

North Dakota 2019 High School (Grades 9-12) YRBS Results

(Including breakdowns by region and urban/rural)

Background Information

The Youth Risk Behavior Survey (YRBS) was developed by the Division of Adolescent and School Health (DASH), National Center for Chronic Disease Prevention and Health Promotion, and the Centers for Disease Control and Prevention (CDC) in collaboration with several representatives from state and local health education agencies and other federal agencies.

The YRBS is designed to focus on behaviors related to the leading causes of death and disability among youth and young adults and to assess how these risk behaviors change over time.

It is a self-reporting survey to measure priority health-risk behaviors that fall mainly into eight categories:

- Unintentional injuries and violence
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors (*that result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies*)
- Dietary behaviors
- Physical activity
- Social capital (*connections with others*)
- Other health factors

These behaviors are often established during youth and extend into adulthood and are frequently interrelated.

The YRBS and Youth Tobacco Survey (YTS) are conducted biannually in the late winter/early spring of odd years. Therefore, this study will be conducted again in the late winter/early spring of 2021, 2023, 2025, etc. **To avoid the risk of overburdening your teachers and students with surveys, we strongly recommend you encourage the schools in your area to reserve January and February of odd years for conducting the YRBS and YTS only!**

North Dakota Statewide Results, Limitations, and Contact Information

Statewide Results & Limitations

The statewide data is collected by randomly selecting school buildings, as well as classes within each building. Given that these schools/classes were selected at random and a high participation rate was achieved, the CDC was able to generate weighted data that is highly representative of all high school students (Grades 9-12) from eligible¹, public high schools in the state of North Dakota. Therefore, **the statewide results do not have any limitations and can be used to (1) project the results to all public high school students and (2) compare changes in results from one survey year to another.**

Contact Information for the Statewide Results

The 2019 High School Youth Risk Behavior Survey (YRBS) results are available on the Department of Public Instruction's Safe and Healthy Schools website at: <https://www.nd.gov/dpi/districtschools/safety-health/youth-risk-behavior-survey>

If you have any questions about the statewide YRBS information or desire additional information, please feel free to contact:

Robin Lang
YRBS Data Manager
ND Department of Public Instruction
Email: roclang@nd.gov
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¹ During the 2018-2019 school year, roughly 32,747 students (Grades 9-12) attended "eligible" North Dakota public high schools. To be eligible for the 2019 YRBS High School Survey, a school building was required to have at least 10 students enrolled in Grades 9-12. The North Dakota YRBS survey was completed by 11,109 high school students (Grades 9-12) from 97 North Dakota high schools during the late winter/early spring of 2019, of which 2,045 were students from schools/classes that were "selected" for the statewide CDC sample and 9,064 were students from schools/classes that "voluntarily" participated in the YRBS. Data from all high school student surveys are included in the Winkelman Consulting results.

North Dakota 2019 High School (Grades 9-12) YRBS Results (Including breakdowns by region and urban/rural)

Regional and Urban-Rural Results, Limitations, and Contact Information

Regional and Urban-Rural Results & Limitations

The regional and urban-rural data apply only to those schools/classes participating in the survey during that year. We **cannot** say the results that include “voluntary” data represent all schools/students within a region or segment; we can simply say they represent mainly the schools/classes that **volunteered** to participate in the survey. Therefore, changes that occur within a region or segment from one survey year to another **may not** represent true changes in behavior within the region or segment. The changes **may** simply result because of differences between the kinds of schools/classes that chose to participate in one survey year versus another.

As was noted in the footnote on the previous page, 11,109 high school students (Grades 9-12) participated in the 2019 North Dakota High School YRBS, of which 9,064 were students from schools/classes that “voluntarily” participated in the YRBS. Therefore, the vast majority of the data used for the regional and urban-rural results was not collected from randomly selected school buildings and/or classes. Given that most of these schools/classes “volunteered” to participate and were not selected at random, even though a high participation rate was achieved, Winkelman Consulting is not able to generate weighted data that is representative of all high school students (Grades 9-12) from eligible, public high schools in either the state or an individual region or segment. Because of this, **the regional and urban-rural data cannot be used to (1) project the results to all public high school students in a region or segment or (2) compare changes in results for a region or segment from one survey year to another. Also, noticeable differences may be seen between the results for a region/segment and the statewide data simply because the students from schools/classes that completed “voluntary” YRBS surveys are more (or less) likely to have a certain behavior than the “average” student represented by the random, weighted, representative statewide data.**

Contact Information for the Regional and Urban-Rural Results

If you have any questions about the enclosed regional or urban-rural results or desire additional detail, please feel free to contact:

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Winkelman Consulting
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School Results, Limitations, and Contact Information

Parameters for School Results

Schools that met the requirements² received a similar report that included their 2019 YRBS high school (Grades 9-12) results! To receive results for an individual question, however, three or more students from the school must have reported the behavior being measured by that question.

Contact Information for School Results

If any schools have questions about their school results or desire additional analysis (tables by grade/gender³, significance tests, or data weighting as noted in the footnotes below), please feel free to have them contact Mark Winkelman at Winkelman Consulting (see the contact information above).

² Due to federal and state confidentiality requirements, YRBS high school (Grades 9-12) results will be provided **only** to schools that **both** requested the larger “voluntary” sample **and** returned at least 10 completed high school surveys. If a school did **not** participate in the larger “voluntary” sample and/or did **not** return at least 10 completed high school surveys, they will **not** receive high school results for their school. However, they can still access the 2019 North Dakota Statewide High School YRBS results on the Department of Public Instruction’s Safe and Healthy Schools website (<https://www.nd.gov/dpi/districtschools/safety-health/youth-risk-behavior-survey>).

³ To receive additional analysis by grade, gender, etc. for a minimal fee, there must be at least 10 countable surveys in each grade segment, gender segment, etc. If a grade or gender segment does not have 10 countable surveys, grade segments can be combined to attain the required number of countable surveys. For example, if Grade 10 had seven countable surveys and Grade 11 had six countable surveys, a segment that combines Grades 10-11 could be provided.

North Dakota 2019 High School (Grades 9-12) YRBS Results (Including breakdowns by region and urban/rural)

Format, Question Order, Abbreviations & a Reminder Related to “Voluntary” Data

At the end of each question (or calculated variable) on the following pages, we have provided both a ND [NDHqn# (or NDHqnname)] and a CDC [CDC QN# (or CDC QNname)] question number or variable name. The ND question number indicates the question number as it appeared on the 2019 North Dakota High School (Grades 9-12) YRBS questionnaire. The CDC question number (or variable name) indicates the question number (or variable name) assigned to the question (or variable) by the CDC. Please note that the results on the following pages are listed in an order similar to that in which the statewide results will be presented on the Department of Public Instruction website.

Remember, when looking at the Region or Urban-Rural data, please note that we cannot say the results that include “voluntary” data represent all schools/students within a region or segment; we can simply say they represent mainly the schools/classes that volunteered to participate in the survey. Therefore, changes that occur within a region or segment from one survey year to another may not represent true changes in behavior within the region or segment. The changes may simply result because of differences between the kinds of schools that chose to participate in one survey year versus another.

Prior to 2013, Department of Human Services regions were used for the regional results. Beginning in 2013, however, YRBS stakeholders decided to use Regional Education Association (REA) regions for the regional results. Therefore, the Region/Urban-Rural data is presented for the following categories:

- Regional Education Association (REA) regions
 - Central Region Education Association (CREA): Bismarck-Mandan-Minot Area
 - Great Northwest Education Cooperative (GNWEC): Williston Area
 - North Central Education Cooperative (NCEC): Bottineau-Rugby Area
 - Northeast Education Services Cooperative (NESC): Devils Lake Area
 - Roughrider Education Services Program (RESP): Dickinson Area
 - Red River Valley Education Cooperative (RRVEC): Grand Forks Area
 - South East Education Cooperative (SEEC): Fargo-Jamestown Area
 - Schools that are not a member of a REA: No defined area
 - **NOTE:** Because of the small number of Non-REA school districts that participated in this study, no results are provided for Non-REA school districts.
- Urban-Rural categories
 - Urban Towns: 1,000 or more students in grades K-12 within the community
 - Rural Towns: Less than 1,000 students in grades K-12 within the community

The last page of this report provides a list of Regional Education Associations and their member school districts (as listed on their websites on December 11, 2019). For more information on school district membership for each Regional Education Association (REA) and other resources, please refer to the following websites:

- <http://www.ndrea.org>
- Map: <http://www.ndrea.org/index.php?id=3>
- Contact Information: <http://www.ndrea.org/index.php?id=7>

CDC Changes to YRBS Variable Names, Calculations and Descriptive Text

When reviewing the 2019 YRBS results, please note that, in some years, CDC made many changes to (1) the names (variable labels) it assigned to variables, (2) the manner in which results for a variable were calculated, and/or (3) the text used to describe the context for the results of a question. This will make it difficult for a school (if not impossible) to easily make direct apples-to-apples comparisons to their YRBS results from previous survey years. **Therefore, in roughly four to eight weeks, Winkelman Consulting will send each participating school a second YRBS report that re-analyzes all of their past data using CDC’s 2019 analysis parameters.** This will make it very easy for each participating school to identify the changes in their 2019 YRBS results compared to previous survey years. If there is anything else we can do to assist you (or a school in your area) in better understanding and analyzing current and past YRBS results, feel free to contact Winkelman Consulting at any time!

North Dakota 2019 High School (Grades 9-12) YRBS Results
(Including breakdowns by region and urban/rural)

Unintentional Injuries and Violence

Safety & Injury Prevention	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else) (NDHqn9, CDC QN8)	5.9%	6.5%	9.5%	12.0%	10.7%	7.0%	5.8%	5.4%	5.4%	8.8%
Percentage of students who rarely or never wear a seat belt when driving (among students who drive a car) (NDHqn10, CDC QN90)	6.1%	6.4%	7.5%	11.3%	8.8%	7.5%	5.2%	5.4%	5.0%	8.3%
Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey) (NDHqn11, CDC QN9)	14.2%	14.6%	15.7%	23.0%	18.2%	16.3%	14.1%	12.7%	12.7%	17.7%
Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) (NDHqn12, CDC QN10)	5.5%	6.1%	7.3%	11.5%	6.3%	5.9%	5.7%	4.1%	4.8%	7.0%
Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) (NDHqn13, CDC QN11)	53.0%	54.6%	50.8%	58.1%	54.0%	54.5%	54.1%	53.0%	51.8%	56.5%
Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle) (NDHqn14, CDC QN91)	59.6%	63.0%	56.9%	58.8%	59.7%	61.1%	62.1%	59.1%	60.7%	60.7%
Percentage of students who used the Internet or apps on their cell phone while driving (not counting using their cell phone to get driving instructions or to determine their location, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle) (NDHqn15, CDC QN92)	45.5%	47.2%	49.5%	54.5%	50.6%	45.3%	47.3%	45.0%	44.0%	51.0%

School Violence	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey) (NDHqn16, CDC QN13)	4.9%	5.1%	7.3%	5.3%	4.3%	8.9%	3.8%	4.7%	4.2%	6.2%
Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey) (NDHqn17, CDC QN18)	7.1%	6.4%	10.6%	8.9%	6.9%	10.2%	5.1%	6.4%	6.4%	7.4%

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Unintentional Injuries and Violence

Violence	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to) (NDHqn18, CDC QN19)	7.7%	7.9%	10.8%	5.9%	7.9%	8.2%	7.9%	6.7%	8.0%	7.1%
Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey) (NDHqn19, CDC QN20)	9.2%	9.6%	12.9%	7.9%	9.3%	9.8%	10.9%	9.2%	10.5%	8.8%
Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey) (NDHqn20, CDC QN93)	25.2%	25.7%	29.6%	29.2%	27.6%	26.7%	24.3%	21.5%	25.1%	24.6%

Bullying or Harassment	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who were bullied on school property (ever during the 12 months before the survey) (NDHqn21, CDC QN23)	19.9%	22.4%	24.8%	26.7%	22.9%	26.5%	19.9%	18.7%	19.1%	24.6%
Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey) (NDHqn22, CDC QN24)	14.7%	16.3%	16.5%	19.0%	15.5%	17.6%	14.9%	14.2%	15.3%	16.0%
Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey) (NDHqn23, CDC QN94)	11.6%	12.3%	14.6%	12.2%	12.5%	13.4%	11.2%	10.8%	11.4%	12.6%

North Dakota 2019 High School (Grades 9-12) YRBS Results
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Unintentional Injuries and Violence

Injury to Oneself & Suicide	CDC North Dakota Results	Winkelman Consulting Results								
		<u>CREA</u> Bismarck-Mandan-Minot Area	<u>GNWEC</u> Williston Area	<u>NCEC</u> Bottineau-Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	<u>RRVEC</u> Grand Forks Area	<u>SEEC</u> Fargo-Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Question										
Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey) (NDHqn25, CDC QN26)	18.8%	20.7%	20.9%	18.2%	21.6%	17.8%	18.6%	17.8%	19.7%	18.6%
Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) (NDHqn26, CDC QN27)	15.3%	17.0%	19.8%	16.3%	20.0%	14.8%	14.8%	14.6%	16.0%	16.3%
Percentage of students who attempted suicide (one or more times during the 12 months before the survey) (NDHqn27, CDC QN28)	13.0%	10.6%	15.2%	14.1%	16.4%	13.5%	9.8%	12.3%	11.7%	12.5%

Tobacco Use

Cigarettes	CDC North Dakota Results	Winkelman Consulting Results								
		<u>CREA</u> Bismarck-Mandan-Minot Area	<u>GNWEC</u> Williston Area	<u>NCEC</u> Bottineau-Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	<u>RRVEC</u> Grand Forks Area	<u>SEEC</u> Fargo-Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Question										
Percentage of students who ever tried cigarette smoking (even one or two puffs) (NDHqn28, CDC QN30)	29.3%	29.4%	37.9%	34.8%	37.8%	30.4%	22.7%	22.1%	23.8%	32.4%
Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) (NDHq29, CDC Q32)	8.3%	9.8%	15.0%	11.6%	13.3%	10.3%	5.6%	6.8%	7.3%	10.9%
Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) (NDHqnfrcig, CDC QNFRCIG; calculated using NDHq29, CDC Q32)	2.1%	2.3%	3.0%	2.6%	2.6%	1.5%	1.5%	1.5%	1.7%	2.3%
Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) (NDHqndaycig, CDC QNDAYCIG; calculated using NDHq29, CDC Q32)	1.4%	1.6%	2.0%	2.2%	1.8%	0.9%	1.3%	0.9%	1.2%	1.6%
Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who smoked cigarettes during the 30 days before the survey and who were aged <18 years) (NDHqn30, CDC QN95)	13.2%	7.8%	12.7%	10.9%	10.8%	14.3%	8.7%	9.2%	10.1%	9.4%
Percentage of students who tried to quit smoking cigarettes (among students who smoked cigarettes during the 12 months before the survey) (NDHqn31, CDC QN96)	54.0%	48.6%	50.4%	58.2%	62.4%	55.6%	48.7%	51.9%	51.4%	52.8%

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Tobacco Use

Electronic Vapor Products	CDC North Dakota Results	Winkelman Consulting Results								
		<u>CREA</u> Bismarck-Mandan-Minot Area	<u>GNWEC</u> Williston Area	<u>NCEC</u> Bottineau-Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	<u>RRVEC</u> Grand Forks Area	<u>SEEC</u> Fargo-Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo]) (NDHqn32, CDC QN34)	52.8%	53.9%	59.5%	53.6%	52.6%	52.0%	48.8%	43.3%	48.2%	52.0%
Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey) (NDHqn33, CDC QN35)	33.1%	36.1%	39.1%	33.7%	33.8%	33.2%	30.3%	27.2%	32.2%	31.9%
Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) (NDHqnfrevp, CDC QNFREVP; calculated using NDHq33, CDC Q35)	12.1%	12.9%	15.1%	9.8%	7.6%	11.1%	10.3%	9.9%	12.7%	8.8%
Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) (NDHqndayevp, CDC QNDAYEVP; calculated using NDHq33, CDC Q35)	8.3%	9.2%	11.5%	7.2%	4.1%	8.0%	6.9%	7.0%	8.7%	6.3%
Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years) (NDHqn34, CDC QN36)	4.9%	3.2%	6.2%	1.9%	4.6%	4.2%	3.3%	4.4%	4.5%	2.9%

North Dakota 2019 High School (Grades 9-12) YRBS Results
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Tobacco Use

Other Tobacco	CDC North Dakota Results	Winkelman Consulting Results								
		<u>CREA</u> Bismarck-Mandan-Minot Area	<u>GNWEC</u> Williston Area	<u>NCEC</u> Bottineau-Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	<u>RRVEC</u> Grand Forks Area	<u>SEEC</u> Fargo-Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) (NDHqn35, CDC QN37)	4.5%	5.4%	6.7%	4.7%	5.6%	6.8%	4.5%	3.0%	3.8%	5.7%
Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) (NDHqn36, CDC QN38)	5.2%	5.6%	8.2%	6.9%	7.2%	7.3%	3.8%	3.6%	4.3%	6.3%
Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) (NDHqntb5, CDC QNTB5; calculated using NDHq29, CDC Q32 & NDHqn33, CDC QN35)	34.7%	37.9%	42.8%	35.6%	37.7%	35.6%	31.4%	28.6%	33.7%	34.3%
Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) (NDHqntb4, CDC QNTB4; calculated using NDHq29, CDC Q32; NDHqn33, CDC QN35; NDHqn35, CDC QN37; & NDHq36, CDC Q38)	35.5%	39.2%	44.1%	36.7%	38.9%	38.0%	32.4%	29.2%	34.5%	35.8%
Percentage of students who currently smoked cigarettes or cigars, or used smokeless tobacco (on at least 1 day during the 30 days before the survey) (NDHqntb3, CDC QNTB3; calculated using NDHq29, CDC Q32; NDHqn35, CDC QN37; & NDHq36, CDC Q38)	12.2%	14.3%	20.4%	15.4%	16.9%	16.7%	9.3%	9.5%	10.9%	15.1%
Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) (NDHqntb2, CDC QNTB2; calculated using NDHq29, CDC Q32 & NDHq36, CDC Q38)	10.7%	12.1%	17.6%	14.4%	15.7%	13.9%	7.0%	8.2%	9.2%	13.1%

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Alcohol and Other Drug Use

Alcohol	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life) (NDHqn37, CDC QN97)	56.6%	61.0%	60.2%	61.9%	57.7%	61.1%	53.6%	52.2%	54.0%	60.6%
Percentage of students who had their first of drink alcohol before age 13 years (other than a few sips) (NDHqn38, CDC QN40)	12.9%	15.9%	20.0%	14.8%	12.9%	20.8%	12.5%	12.7%	13.2%	16.4%
Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) (NDHqn39, CDC QN41)	27.6%	31.6%	30.6%	32.8%	29.1%	30.7%	23.3%	22.5%	25.4%	29.4%
Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey) (NDHqn40, CDC QN42)	15.6%	17.7%	16.6%	19.5%	18.7%	17.6%	13.9%	12.1%	14.0%	17.2%
Percentage of students who think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend (NDHqn41, CDC QN98)	29.3%	29.5%	24.5%	27.9%	24.4%	26.9%	32.0%	32.4%	33.1%	25.6%

Marijuana	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who ever used marijuana (one or more times during their life) (NDHqn42, CDC QN45)	27.2%	28.9%	39.3%	29.9%	37.6%	28.2%	22.6%	21.2%	27.5%	25.8%
Percentage of students who tried marijuana for the first time before age 13 years (NDHqn43, CDC QN46)	5.0%	5.3%	12.5%	6.2%	9.8%	5.0%	3.9%	3.5%	5.1%	5.5%
Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) (NDHqn44, CDC QN47)	12.5%	14.7%	18.8%	13.3%	19.5%	11.1%	10.1%	10.6%	14.1%	11.4%
Percentage of students who usually used marijuana by smoking it in a joint, bong, pipe, or blunt (during the 30 days before the survey, among students who used marijuana) (NDHqn45, CDC QN99)	70.2%	70.4%	80.0%	83.5%	84.9%	73.0%	71.4%	68.6%	68.6%	81.1%

North Dakota 2019 High School (Grades 9-12) YRBS Results
(Including breakdowns by region and urban/rural)

Alcohol and Other Drug Use

Other Drugs	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life) (NDHqn46, CDC QN49)	14.5%	14.2%	19.4%	14.7%	12.8%	14.9%	11.2%	11.5%	13.3%	12.8%
Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life) (NDHqn47, CDC QN50)	3.4%	3.1%	4.8%	3.0%	2.5%	3.6%	3.1%	2.5%	3.4%	2.5%
Percentage of students who ever used heroin (also called "smack," "junk," or "China white," one or more times during their life) (NDHqn48, CDC QN52)	1.3%	1.2%	1.7%	1.7%	1.1%	1.9%	1.6%	1.0%	1.3%	1.3%
Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life) (NDHqn49, CDC QN53)	1.6%	1.7%	2.1%	2.7%	1.8%	3.3%	2.0%	1.7%	1.9%	1.9%
Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life) (NDHqn50, CDC QN56)	1.1%	1.0%	1.9%	1.3%	1.2%	1.3%	1.2%	1.1%	1.2%	1.1%
Percentage of students who ever used hallucinogenic drugs (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms, one or more times during their life) (NDHqn51, CDC QN100)	5.9%	6.2%	10.9%	4.2%	6.2%	5.9%	4.3%	4.8%	6.5%	4.3%

Sexual Behavior

Sexual Behavior (continued on the next page)	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who have been tested for a sexually transmitted disease (STD) including HIV, the virus that causes AIDS (not counting tests done if they donated blood, during the 12 months before the survey) (NDHqn73, CDC QN106)	9.4%	6.2%	12.0%	6.4%	7.5%	6.3%	6.0%	7.2%	7.5%	6.2%
Percentage of students who ever had sexual intercourse (NDHqn92, CDC QN58)	38.3%	37.4%	42.2%	37.5%	38.7%	39.5%	34.1%	32.3%	36.1%	35.4%
Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey) (NDHqn93, CDC QN61)	29.6%	28.5%	33.7%	33.2%	29.5%	28.5%	27.2%	25.0%	28.4%	27.2%
Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active) (NDHqn94, CDC QN62; calculated using NDHqn93, CDC Q61)	16.7%	18.5%	20.5%	20.2%	15.8%	14.4%	19.1%	15.6%	17.6%	17.8%

North Dakota 2019 High School (Grades 9-12) YRBS Results
(Including breakdowns by region and urban/rural)

Sexual Behavior

Question	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	Urban Towns	Rural Towns
Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active) (NDHqn95, CDC QN63; calculated using NDHq93, CDC Q61)	55.6%	58.1%	50.9%	50.7%	53.8%	64.7%	58.8%	57.0%	55.4%	59.2%
Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active) (NDHqn96, CDC QN64; calculated using NDHq93, CDC Q61)	30.5%	28.3%	22.6%	20.9%	29.6%	17.5%	28.1%	27.6%	28.8%	24.0%
Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active) (NDHqniudimp, CDC qniudimp; calculated using NDHq93, CDC Q61 & NDHq96, CDC Q64)	6.4%	6.2%	5.6%	1.8%	7.3%	8.4%	8.5%	9.9%	9.6%	4.8%
Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active) (NDHqnothhpl, CDC qnothhpl; calculated using NDHq93, CDC Q61 & NDHq96, CDC Q64)	40.4%	37.3%	33.3%	31.9%	40.3%	32.2%	40.9%	41.7%	42.9%	32.6%
Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active) (NDHqndualbc, CDC qndualbc; calculated using NDHq93, CDC Q61; NDHq95, CDC Q63; & NDHq96, CDC Q64)	14.5%	13.4%	8.2%	8.2%	16.9%	11.5%	16.1%	15.9%	15.2%	12.5%
Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active) (NDHqnbncnone, CDC qnbncnone; calculated using NDHq93, CDC Q61; NDHq95, CDC Q63; & NDHq96, CDC Q64)	8.4%	8.9%	11.3%	12.9%	10.2%	10.5%	9.4%	8.9%	8.6%	10.9%
Percentage of students who had texted, e-mailed, or posted electronically a revealing or sexual photo of themselves (during the 30 days before the survey) (NDHqn97, CDC QN123)	17.1%	16.5%	14.3%	19.1%	13.9%	15.4%	12.7%	15.9%	15.3%	15.6%
Percentage of students who describe themselves as gay or lesbian or bisexual (NDHqn98, QN variable <u>not</u> calculated by CDC for CDC Q66)	9.5%	9.7%	11.5%	9.6%	9.9%	11.1%	8.9%	9.4%	10.2%	9.0%

North Dakota 2019 High School (Grades 9-12) YRBS Results
(Including breakdowns by region and urban/rural)

Dietary Behaviors

Weight	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart) (NDHqnobese, CDC QNOBESE; calculated using NDHq1, CDC Q1; NDHq2, CDC Q2; NDHq6, CDC Q6; & NDHq7, CDC Q7)	14.0%	13.7%	22.1%	18.5%	19.8%	15.0%	15.5%	14.4%	14.0%	17.4%
Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart) (NDHqnowt, CDC QNOWT; calculated using NDHq1, CDC Q1; NDHq2, CDC Q2; NDHq6, CDC Q6; & NDHq7, CDC Q7)	16.5%	16.0%	17.6%	18.7%	15.8%	14.9%	15.2%	16.1%	15.6%	16.6%
Percentage of students who described themselves as slightly or very overweight (NDHqn52, CDC QN67)	32.6%	32.8%	33.6%	38.5%	39.6%	28.8%	34.7%	34.2%	33.0%	35.7%
Percentage of students who were trying to lose weight (NDHqn53, CDC QN68)	44.7%	46.4%	49.8%	50.5%	50.2%	41.7%	45.9%	44.2%	45.5%	46.8%
Percentage of students who tried to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals (during the 30 days before the survey) (NDHqn54, CDC QN101)	19.3%	20.4%	20.6%	21.2%	18.2%	19.3%	17.2%	18.3%	19.0%	19.2%

Dietary Intake <i>(continued on the next two pages)</i>	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) (NDHqnfr2, CDC QNFR2; calculated using NDHq55, CDC Q69 & NDHq56, CDC Q70)	22.8%	23.0%	23.3%	21.7%	24.5%	20.0%	28.9%	22.6%	25.4%	21.6%
Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) (NDHqnfr1, CDC QNFR1; calculated using NDHq55, CDC Q69 & NDHq56, CDC Q70)	54.1%	56.0%	55.2%	52.0%	55.9%	50.6%	60.0%	55.2%	57.2%	54.1%
Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) (NDHqnfr0, CDC QNFR0; calculated using NDHq55, CDC Q69 & NDHq56, CDC Q70)	6.1%	5.5%	6.2%	7.0%	6.4%	6.3%	4.4%	5.3%	5.3%	5.8%

North Dakota 2019 High School (Grades 9-12) YRBS Results
(Including breakdowns by region and urban/rural)

Dietary Behaviors

Question	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	Urban Towns	Rural Towns
Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey) (NDHqn55, CDC QN69)	29.1%	31.8%	26.8%	28.3%	24.5%	30.9%	27.2%	30.7%	30.8%	28.0%
Percentage of students who did not eat fruit (one or more times during the 7 days before the survey) (NDHqn56, CDC QN70)	12.0%	10.0%	12.1%	13.1%	12.8%	11.8%	9.6%	10.2%	10.3%	11.0%
Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey) (NDHqnveg3, CDC QNVEG3; calculated using NDHq57, CDC Q71 to NDHq60, CDC Q74)	10.1%	11.1%	10.5%	9.1%	10.8%	11.1%	12.4%	10.9%	11.8%	10.1%
Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey) (NDHqnveg2, CDC QNVEG2; calculated using NDHq57, CDC Q71 to NDHq60, CDC Q74)	22.3%	23.9%	23.1%	21.9%	20.9%	25.3%	25.0%	23.9%	24.9%	22.3%
Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey) (NDHqnveg1, CDC QNVEG1; calculated using NDHq57, CDC Q71 to NDHq60, CDC Q74)	57.1%	58.0%	60.3%	55.4%	58.7%	61.8%	59.1%	58.9%	59.1%	58.2%
Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey) (NDHqnveg0, CDC QNVEG0; calculated using NDHq57, CDC Q71 to NDHq60, CDC Q74)	6.6%	5.9%	5.3%	6.2%	5.9%	4.2%	6.8%	6.4%	6.6%	5.3%
Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) (NDHqn57, CDC QN71)	44.5%	42.3%	40.7%	43.6%	45.0%	38.1%	43.1%	43.4%	43.0%	42.3%
Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey) (NDHqn58, CDC QN72)	31.5%	31.8%	29.2%	30.2%	25.9%	27.5%	31.2%	31.0%	32.6%	27.7%
Percentage of students who did not eat carrots (one or more times during the 7 days before the survey) (NDHqn59, CDC QN73)	49.9%	48.0%	51.5%	50.7%	48.7%	47.8%	43.6%	46.3%	45.8%	48.8%
Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey) (NDHqn60, CDC QN74)	18.7%	18.4%	19.7%	19.3%	21.6%	15.4%	21.1%	18.4%	19.0%	19.1%
Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) (NDHqn61, CDC QN75)	28.1%	27.5%	25.7%	28.4%	25.9%	28.4%	29.2%	31.0%	30.5%	26.4%
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) (NDHqnsoda1, CDC QNSODA1; calculated using NDHq61, CDC Q75)	15.9%	15.8%	19.0%	17.1%	19.4%	16.5%	16.9%	14.3%	15.1%	17.4%

North Dakota 2019 High School (Grades 9-12) YRBS Results
(Including breakdowns by region and urban/rural)

Dietary Behaviors

Question	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	Urban Towns	Rural Towns
Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) (NDHqnsoda2, CDC QNSODA2; calculated using NDHq61, CDC Q75)	9.0%	8.7%	11.8%	10.2%	12.6%	8.6%	10.2%	8.3%	8.7%	10.3%
Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey) (NDHqn62, CDC QN102)	14.3%	14.7%	18.0%	16.2%	14.8%	15.1%	15.4%	14.4%	14.2%	16.0%
Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey) (NDHqnmilk3, CDC QNMILK3; calculated using NDHq63, CDC Q76)	11.1%	10.6%	10.8%	14.2%	12.3%	11.9%	13.0%	14.1%	11.3%	14.1%
Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey) (NDHqnmilk1, CDC QNMILK1; calculated using NDHq63, CDC Q76)	40.8%	39.0%	37.4%	42.2%	41.6%	41.1%	41.7%	46.0%	39.3%	45.6%
Percentage of students who did not drink milk (during the 7 days before the survey) (NDHqn63, CDC QN76)	20.5%	19.6%	20.4%	14.5%	14.2%	16.6%	18.8%	17.2%	20.3%	14.8%
Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey) (NDHqnwater3, CDC QNWATER3; calculated using NDHq64, CDC Q103)	48.9%	52.0%	48.5%	50.1%	47.5%	49.3%	45.9%	48.8%	49.6%	48.8%
Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey) (NDHqnwater2, CDC QNWATER2; calculated using NDHq64, CDC Q103)	66.5%	68.3%	64.9%	65.1%	65.1%	65.3%	64.3%	66.6%	67.0%	65.4%
Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey) (NDHqnwater1, CDC QNWATER1; calculated using NDHq64, CDC Q103)	75.9%	77.2%	74.0%	73.8%	73.8%	75.0%	75.0%	76.6%	76.2%	75.4%
Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey) (NDHqn64, CDC QN103)	3.6%	2.9%	4.0%	4.6%	2.6%	4.0%	3.6%	3.5%	3.4%	3.3%

North Dakota 2019 High School (Grades 9-12) YRBS Results
(Including breakdowns by region and urban/rural)

Dietary Behaviors

Meal Habits & Food Security	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) (NDHqn7day, CDC QNBK7DAY; calculated using NDHq65, CDC Q77)	30.6%	28.8%	26.5%	28.8%	30.3%	30.0%	30.4%	30.3%	30.2%	28.7%
Percentage of students who did not eat breakfast (during the 7 days before the survey) (NDHq65, CDC Q77)	14.4%	14.5%	14.8%	12.6%	10.5%	14.0%	11.8%	14.8%	14.1%	13.3%
Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey) (NDHqn66, CDC QN104)	2.8%	2.4%	1.9%	3.1%	2.7%	2.7%	3.1%	2.4%	2.9%	2.1%

Physical Activity

Physical Activity (continued on the next page)	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) (NDHqnpa7day, CDC QNPA7DAY; calculated using NDHq67, CDC Q78)	25.2%	26.1%	32.0%	26.7%	28.4%	29.4%	24.5%	22.7%	22.6%	29.4%
Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) (NDHqn67, CDC QN78)	49.0%	51.1%	54.0%	48.6%	51.8%	54.4%	50.9%	48.0%	46.8%	55.0%
Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) (NDHqnpa0day, CDC QNPA0DAY; calculated using NDHq67, CDC Q78)	14.3%	12.0%	16.0%	14.4%	13.7%	12.4%	13.6%	14.2%	14.5%	12.1%
Percentage of students who watched television 3 or more hours per day (on an average school day) (NDHqn68, CDC QN79)	18.8%	18.6%	19.0%	19.3%	20.4%	16.1%	18.4%	17.5%	18.2%	18.3%
Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day) (NDHqn69, CDC QN80)	45.3%	47.9%	42.4%	49.2%	48.1%	42.0%	51.2%	44.9%	45.9%	48.3%

North Dakota 2019 High School (Grades 9-12) YRBS Results
(Including breakdowns by region and urban/rural)

Physical Activity

Physical Activity (continued from the previous page)	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school) (NDHqn70, CDC QN81)	48.8%	53.8%	44.9%	39.4%	41.6%	44.0%	55.7%	41.6%	50.0%	44.4%
Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school) (NDHqndlype, CDC QNDLYPE; calculated using NDHq70, CDC Q81)	35.0%	31.7%	33.7%	21.2%	24.9%	36.3%	47.1%	33.2%	36.2%	31.3%
Percentage of students who reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their physical education teacher) (NDHqn71, CDC QN105)	14.0%	11.7%	18.9%	9.5%	15.0%	22.6%	13.1%	11.7%	13.6%	12.6%

Social Capital (Connections with Others)

Connections with Family	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey) (NDHqn79, CDC QN110)	3.4%	2.7%	5.3%	4.6%	3.3%	4.8%	3.5%	2.6%	3.1%	3.5%
Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey) (NDHqn80, CDC QN111)	5.0%	4.0%	6.1%	4.6%	5.9%	5.4%	3.2%	3.6%	4.3%	3.9%
Percentage of students who ate a meal with their family on three or more days (during the 7 days before the survey) (NDHqn85, CDC QN116)	71.1%	75.3%	73.9%	72.4%	76.0%	74.6%	73.6%	72.1%	72.6%	75.3%
Percentage of students who would most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious) (NDHqn86, CDC QN117)	25.0%	23.7%	20.1%	21.6%	19.8%	27.8%	23.7%	25.7%	24.8%	22.7%
Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be (NDHqn87, CDC QN118)	78.4%	79.7%	75.6%	77.8%	79.1%	79.2%	81.1%	80.9%	80.4%	79.3%

North Dakota 2019 High School (Grades 9-12) YRBS Results
(Including breakdowns by region and urban/rural)

Social Capital (Connections with Others)

Connections with People at School	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who participate in school activities one or more hours (such as sports, band, drama, or clubs, during an average week when they are in school) (NDHqn88, CDC QN119)	69.6%	71.0%	67.8%	73.8%	71.0%	71.1%	70.2%	72.6%	67.9%	75.6%
Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem (NDHqn89, CDC QN120)	71.1%	66.7%	62.8%	68.6%	67.2%	69.4%	66.1%	72.5%	67.9%	69.2%
Percentage of students who strongly agree or agree that their school has clear rules and consequences for behavior (NDHqn90, CDC QN121)	64.4%	66.0%	48.7%	53.6%	58.8%	57.1%	67.3%	65.9%	66.8%	59.3%
Percentage of students who most of the time or always feel safe and secure at school (NDHqn91, CDC QN122)	72.9%	75.0%	66.0%	71.9%	72.4%	68.1%	76.3%	78.5%	74.3%	76.0%

Other

Academic Performance	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey) (NDHqn8, CDC QN89)	79.5%	81.2%	69.1%	81.8%	75.8%	76.0%	77.3%	80.8%	79.3%	78.7%

Oral Health	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey) (NDHqn74, CDC QN86)	77.8%	76.5%	66.2%	69.2%	75.0%	73.4%	77.4%	80.8%	78.4%	74.4%
Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) (NDHqnodnt, CDC QNNODNT; calculated using NDHq74, CDC Q86)	1.8%	1.5%	1.8%	1.9%	1.5%	1.7%	1.2%	1.6%	1.7%	1.3%
Percentage of students who brushed their teeth on seven days (during the 7 days before the survey) (NDHqn75, CDC QN107)	66.8%	65.8%	66.9%	61.1%	67.4%	63.0%	64.5%	67.7%	68.2%	63.0%

North Dakota 2019 High School (Grades 9-12) YRBS Results
(Including breakdowns by region and urban/rural)

Other

Skin Protection	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not counting getting a spray-on tan] one or more times during the 12 months before the survey) (NDHqn76, CDC QN108)	7.0%	6.4%	7.0%	9.6%	7.0%	6.0%	5.6%	4.6%	5.9%	6.0%
Percentage of students who had a sunburn (counting even a small part of the skin turning red or hurting for 12 hours or more after being outside in the sun or after using a sunlamp or other indoor tanning device, one or more times during the 12 months before the survey) (NDHqn77, CDC QN109)	56.3%	61.1%	50.9%	58.6%	51.5%	57.5%	57.5%	57.6%	56.2%	59.8%

Mental & Physical Health Issues	CDC North Dakota Results	Winkelman Consulting Results								
		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Question										
Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) (NDHqn24, CDC QN25)	30.5%	34.4%	40.8%	34.7%	33.3%	34.2%	31.1%	29.1%	33.1%	31.8%
Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey) (NDHqn72, CDC QN83)	16.2%	18.3%	21.3%	17.3%	16.6%	21.0%	16.0%	14.3%	16.0%	17.9%
Percentage of students who got 8 or more hours of sleep (on an average school night) (NDHqn78, CDC QN88)	29.5%	27.3%	25.4%	29.8%	30.8%	34.2%	28.9%	29.3%	26.9%	31.4%
Percentage of students who reported their mental health was not good (including stress, depression, and problems with emotions, on at least 1 day during the 30 days before the survey) (NDHqn81, CDC QN112)	61.2%	68.3%	66.8%	62.5%	66.9%	60.4%	65.1%	61.3%	66.0%	62.8%
Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem) (NDHqn82, CDC QN113)	35.4%	37.4%	42.1%	40.3%	38.2%	35.1%	38.0%	35.0%	37.9%	36.1%
Percentage of students who have any long-term health problems (such as asthma, epilepsy, or life-threatening allergies; 6 months or more) (NDHqn83, CDC QN114)	16.7%	17.4%	18.1%	21.5%	13.3%	15.7%	16.0%	15.3%	16.7%	16.0%

North Dakota 2019 High School (Grades 9-12) YRBS Results
(Including breakdowns by region and urban/rural)

Other

Gambling		CDC North Dakota Results	Winkelman Consulting Results							
Question	CREA Bismarck-Mandan-Minot Area		GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
Percentage of students who gambled on a sports team, gambled when playing cards or a dice game, played one of their state's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game (one or more times during the 12 months before the survey) (NDHqn84, CDC QN115)	20.2%	22.5%	24.4%	21.3%	24.3%	23.9%	23.5%	19.5%	21.2%	23.0%

Demographics		CDC North Dakota Results	Winkelman Consulting Results								
Question	Response		CREA Bismarck-Mandan-Minot Area	GNWEC Williston Area	NCEC Bottineau-Rugby Area	NESC Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo-Jamestown Area	Urban Towns	Rural Towns
How old are you? (NDHq1, CDC Q1)	14 years old	10.0%	11.8%	11.7%	11.2%	11.3%	14.3%	13.6%	11.0%	12.1%	11.7%
	15 years old	27.1%	25.1%	24.8%	25.7%	27.2%	26.1%	28.2%	27.1%	25.8%	27.3%
	16 years old	23.1%	25.3%	24.5%	25.8%	23.9%	23.7%	25.4%	24.6%	25.3%	24.3%
	17 years old	25.0%	24.1%	24.8%	23.7%	25.1%	24.0%	21.4%	23.2%	23.9%	23.0%
	18 years old or older	14.3%	13.4%	13.4%	13.6%	12.0%	11.3%	11.3%	13.6%	12.5%	13.4%
What is your sex? (NDHq2, CDC Q2)	Female	49.2%	51.2%	50.2%	51.3%	53.8%	49.3%	48.2%	50.3%	51.3%	49.4%
	Male	50.8%	48.8%	49.8%	48.7%	46.2%	50.7%	51.8%	49.7%	48.7%	50.6%
In what grade are you? (NDHq3, CDC Q3)	9 th grade	25.9%	27.2%	25.8%	26.6%	28.9%	29.0%	31.1%	28.2%	27.2%	29.7%
	10 th grade	25.9%	25.2%	28.3%	26.6%	25.6%	27.6%	24.2%	25.2%	25.0%	26.1%
	11 th grade	24.0%	24.5%	22.9%	23.9%	23.9%	24.3%	25.5%	23.9%	25.3%	23.0%
	12 th grade	24.1%	22.9%	22.2%	22.6%	21.4%	18.8%	19.2%	22.4%	22.3%	21.0%
	Ungraded or other grade	0.2%	0.2%	0.8%	0.2%	0.2%	0.3%	0.0%	0.3%	0.2%	0.2%
Race/Ethnicity (NDHraceeth, CDC RACEETH; calculated using NDHq4, CDC Q4 and NDHq5, CDC Q5)	American Indian or Alaska Native	10.5%	6.2%	17.7%	16.1%	23.8%	2.3%	2.8%	1.6%	4.2%	9.7%
	Asian	0.7%	0.9%	0.9%	0.0%	0.4%	0.9%	1.5%	2.1%	2.0%	0.4%
	Black or African American	5.6%	2.0%	2.8%	1.2%	0.6%	1.1%	2.9%	4.5%	4.3%	0.7%
	Native Hawaiian or other Pacific Islander	0.2%	0.4%	1.2%	0.2%	0.5%	0.8%	0.2%	0.4%	0.5%	0.3%
	White	76.4%	79.4%	52.0%	70.2%	62.8%	80.6%	76.7%	82.1%	75.8%	77.4%
	Hispanic or Latino	0.8%	0.6%	3.1%	0.5%	0.1%	2.1%	1.3%	0.8%	1.2%	0.7%
	Multiple – Hispanic	4.2%	5.7%	12.6%	7.4%	5.4%	7.6%	8.5%	4.5%	6.7%	6.0%
Multiple – Non-Hispanic	1.6%	4.8%	9.6%	4.5%	6.4%	4.7%	6.2%	4.0%	5.4%	4.8%	

North Dakota 2019 High School (Grades 9-12) YRBS Results

(Including breakdowns by region and urban/rural)

Regional Education Association (REA) Member North Dakota School Districts (as of December 11, 2019)

Used for the 2019 YRBS Regional Data

<u>CREA</u> Bismarck-Mandan-Minot Area	<u>GNWEC</u> Williston Area	<u>NCEC</u> Bottineau-Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	<u>RRVEC</u> Grand Forks Area	<u>SEEC</u> Fargo-Jamestown Area
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