(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 2023, 2025, 2027, 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 <u>all</u> middle school students (Grades 7-8) from eligible¹, public middle schools in the state of North Dakota. Therefore, the statewide results do <u>not</u> have <u>any</u> limitations and <u>can</u> be used to (1) project the results to <u>all</u> public middle school students and (2) compare changes in results from one survey year to another.

Contact Information for the Statewide Results

The 2021 Middle 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/districtsschools/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

Telephone: 701-328-2265

¹ During the 2020-2021 school year, roughly 18,688 students (Grades 7-8) attended "eligible" North Dakota public middle schools. To be eligible for the 2021 YRBS Middle School Survey, a school building was required to have at least 10 students enrolled in Grades 7-8. The North Dakota YRBS survey was completed by 5,745 middle school students (Grades 7-8) from 99 North Dakota middle schools during the late winter/early spring of 2021, of which 2,207 were students from schools/classes that were "selected" for the statewide CDC sample and 3,538 were students from schools/classes that "voluntarily" participated in the YRBS. Data from <u>all</u> middle school student surveys are included in the Winkelman Consulting 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 <u>only</u> to those schools/classes participating in the survey during that year. We <u>cannot</u> say the results that include "voluntary" data represent <u>all</u> schools/students within a region or segment; we can simply say they represent <u>mainly</u> the schools/classes that <u>volunteered</u> to participate in the survey. Therefore, changes that occur within a region or segment from one survey year to another <u>may not</u> represent true changes in behavior within the region or segment. The changes <u>may</u> 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, 5,745 middle school students (Grades 7-8) participated in the 2021 North Dakota Middle School YRBS, of which 3,538 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 middle school students (Grades 7-8) from eligible, public middle 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 middle 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:

Mark Winkelman Winkelman Consulting

Email: MRWinkelman@gmail.com

Mobile: 701-799-0877 Office: 701-237-2283

School Results, Limitations, and Contact Information

Parameters for School Results

Schools that met the requirements² received a similar report that included their 2021 YRBS middle school (Grades 7-8) 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 any 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 middle school (Grades 7-8) results will be provided <u>only</u> to schools that <u>both</u> requested the larger "voluntary" sample <u>and</u> returned at least 10 completed middle school surveys. If your school did <u>not</u> participate in the larger "voluntary" sample and/or did <u>not</u> return at least 10 completed middle school surveys, they will <u>not</u> receive middle school results for their school. However, they can still access the 2021 North Dakota Statewide Middle School YRBS results on the Department of Public Instruction's Safe and Healthy Schools website (https://www.nd.gov/dpi/districtsschools/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.

(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 [NDMqn# (or NDMqnname)] 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 2021 North Dakota Middle School (Grades 7-8) 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 <u>all</u> schools/students within a region or segment; we can simply say they represent <u>mainly</u> the schools/classes that <u>volunteered</u> to participate in the survey. Therefore, changes that occur within a region or segment from one survey year to another <u>may not</u> represent true changes in behavior within the region or segment. The changes <u>may</u> 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 (http://www.ndrea.org/index/REAWebsites.html)
 - Central Region Education Association (CREA): Bismarck-Mandan-Minot Area
 - o Great Northwest Education Cooperative (GNWEC): Williston Area
 - North Central Education Cooperative (NCEC): Bottineau-Rugby Area
 - o Northeast Education Services Cooperative (NESC): Devils Lake Area
 - o Roughrider Education Services Program (RESP): Dickinson Area
 - Red River Valley Education Cooperative (RRVEC): Grand Forks Area
 - o South East Education Cooperative (SEEC): Fargo-Jamestown Area
 - Schools that are <u>not</u> 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.
- <u>Urban-Rural categories</u>
 - o 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 March 24, 2022). 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 2021 YRBS Variable Names, Calculations and Descriptive Text

When reviewing the 2021 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 2021 analysis parameters. This will make it very easy for each participating school to identify the changes in their 2021 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!

(Including breakdowns by region and urban/rural)

Unintentional Injuries and Violence

Safety & Injury Prevention					Winkeln	nan Consulting	g Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle) (NDMqn7, CDC QN6)	79.7%	78.7%	83.9%	92.0%	90.1%	85.6%	82.3%	77.9%	75.2%	88.0%
Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else) (NDMqn8, CDC QN8)	43.8%	39.1%	51.7%	61.9%	59.0%	61.6%	49.1%	37.0%	34.3%	56.0%
Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) (NDMqn9, CDC QN9)	23.0%	22.1%	24.7%	27.0%	30.3%	31.4%	24.6%	19.6%	18.8%	28.0%

Violence					Winkeln	nan Consulting	g Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	<u>SEEC</u> Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who reported someone did sexual things to them that they did not want to do by pressuring them, lying to them, making promises about the future, threatening to end their relationship, or threatening to spread rumors about them (during the 12 months before the survey) (NDMqn10, CDC QN48)	8.8%	9.2%	11.7%	9.3%	8.6%	7.7%	8.1%	8.8%	8.9%	9.2%
Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting 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) (NDMqn11, CDC QN49)	8.4%	8.9%	10.4%	7.1%	9.2%	12.3%	7.2%	7.0%	8.4%	8.1%

Bullying or Harassment					Winkeln	nan Consulting	g Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	<u>SEEC</u> Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who were ever bullied on school property (NDMqn12, CDC QN12)	38.7%	41.6%	46.0%	45.2%	44.7%	41.6%	43.4%	33.8%	36.5%	43.6%
Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media) (NDMqn13, CDC QN13)	29.2%	31.8%	28.5%	32.3%	34.8%	32.9%	28.3%	25.2%	27.6%	30.8%

(Including breakdowns by region and urban/rural)

Unintentional Injuries and Violence

Injury to Oneself & Suicide					Winkeln	nan Consultin	g Results			
Ouestion	CDC North Dakota Results	<u>CREA</u> Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who ever seriously thought about killing themselves (NDMqn15, CDC QN14)	25.9%	27.7%	29.1%	25.2%	29.5%	23.6%	26.5%	25.6%	25.8%	27.8%
Percentage of students who ever made a plan about how they would kill themselves (NDMqn16, CDC QN15)	19.1%	21.3%	23.6%	23.5%	24.4%	18.8%	20.1%	18.1%	19.4%	21.7%
Percentage of students ever who tried to kill themselves (NDMqn17, CDC QN16)	9.3%	10.5%	11.4%	10.3%	14.4%	9.7%	11.2%	8.2%	9.1%	10.9%

Tobacco Use

Cigarettes					Winkeln	nan Consulting	g Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who ever tried cigarette smoking (even one or two puffs) (NDMqn18, CDC QN17)	11.6%	11.6%	16.9%	10.4%	17.4%	14.0%	10.3%	8.2%	9.6%	13.0%
Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) (NDMqn19, CDC QN19)	3.6%	2.6%	4.8%	2.6%	6.6%	2.9%	3.2%	2.5%	2.4%	3.9%
Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) (NDMqnfrcig, CDC QNFRCIG; calculated using NDMq19, CDC Q19)	0.3%	0.2%	1.6%	0.3%	1.0%	1.3%	0.2%	0.5%	0.6%	0.5%
Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) (NDMqndaycig, CDC QNDAYCIG; calculated using NDMq19, CDC Q19)	0.2%	0.1%	1.4%	0.3%	0.3%	0.6%	0.2%	0.4%	0.4%	0.4%

North Dakota 2021 Middle School (Grades 7-8) Statewide YRBS Results (Including breakdowns by region and urban/rural)

Tobacco Use

Electronic Vapor Products					Winkeln	nan Consulting	g Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who ever used an electronic vapor product (NDMqn20, CDC QN21)	17.4%	17.0%	25.9%	15.9%	22.6%	20.8%	13.4%	11.7%	14.0%	18.4%
Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey) (NDMqn21, CDC QN22)	8.2%	7.7%	11.4%	7.1%	14.6%	9.7%	6.5%	5.2%	6.1%	9.1%
Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) (NDMqnfrevp, CDC QNFREVP; calculated using NDMq21, CDC Q22)	1.4%	1.3%	2.2%	1.3%	1.0%	2.6%	1.4%	1.0%	1.3%	1.4%
Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) (NDMqndayevp, CDC QNDAYEVP; calculated using NDMq21, CDC Q22)	1.0%	0.8%	1.6%	0.3%	1.0%	1.3%	0.9%	0.7%	1.0%	0.7%

Other Tobacco (continued on the next page)					Winkeln	nan Consulting	g Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	SEEC 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 (NDMqn22, CDC QN23)	1.3%	1.0%	3.4%	1.0%	2.6%	1.6%	1.1%	1.0%	0.9%	1.8%
Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey) (NDMqnfrskl, CDC QNFRSKL; calculated using NDMq22, CDC Q23)	0.0%	0.1%	1.0%	0.0%	0.3%	1.3%	0.2%	0.2%	0.3%	0.3%
Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey) (NDMqndayskl, CDC QNDAYSKL; calculated using NDMq22, CDC Q23)	0.0%	0.1%	1.0%	0.0%	0.3%	1.3%	0.2%	0.2%	0.3%	0.3%

North Dakota 2021 Middle School (Grades 7-8) Statewide YRBS Results (Including breakdowns by region and urban/rural)

Tobacco Use

Other Tobacco (continued from the previous page)					Winkeln	nan Consulting	g Results			
Ouestion	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who currently smoked cigars (cigars,	Results	Alea	Alea	Alea	Lake Area	Alea	Alea	Alea	TOWNS	TOWNS
cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) (NDMqn23, CDC QN24)	1.6%	1.2%	3.0%	1.3%	3.0%	1.6%	1.6%	1.3%	1.1%	2.0%
Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey) (NDMqnfrcgr, CDC QNFRCGR; calculated using NDMq23, CDC Q24)	0.0%	0.1%	0.8%	0.0%	0.3%	0.6%	0.2%	0.3%	0.3%	0.3%
Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey) (NDMqndaycgr, CDC QNDAYCGR; calculated using NDMq23, CDC Q24)	0.0%	0.1%	0.8%	0.0%	0.3%	0.6%	0.2%	0.2%	0.3%	0.2%
Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) (NDMqntb5, CDC QNTB5; calculated using NDMq19, CDC Q19 & NDMq21, CDC Q22)	9.2%	8.6%	12.1%	8.1%	16.2%	10.1%	8.1%	5.9%	6.7%	10.4%
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) (NDMqntb4, CDC QNTB4; calculated using NDMq19, CDC Q19; NDMq21, CDC Q22; NDMq22, CDC Q23; & NDMq23, CDC Q24)	9.7%	9.0%	12.7%	8.1%	17.4%	11.4%	8.6%	6.5%	7.0%	11.4%
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) (NDMqntb3, CDC QNTB3; calculated using NDMq19, CDC Q19; NDMq22, CDC Q23; & NDMq23, CDC Q24)	4.6%	3.4%	6.4%	3.2%	8.5%	4.6%	4.0%	3.3%	3.0%	5.4%
Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) (NDMqntb2, CDC QNTB2; calculated using NDMq19, CDC Q19 & NDMq23, CDC Q24)	4.0%	2.9%	5.8%	3.2%	6.9%	3.9%	3.6%	2.8%	2.6%	4.6%

(Including breakdowns by region and urban/rural)

Alcohol and Other Drug Use

Alcohol					Winkeln	nan Consulting	g Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	<u>NCEC</u> Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	<u>SEEC</u> Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who ever drank alcohol (other than a few sips) (NDMqn24, CDC QN25)	20.6%	23.0%	31.0%	24.8%	28.1%	33.4%	21.3%	18.5%	19.3%	27.3%
Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) (NDMqn25, CDC QN26)	6.2%	6.0%	13.1%	7.8%	9.9%	9.7%	6.5%	6.0%	5.7%	9.0%
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) (NDMqn26, CDC QN51)	6.2%	8.0%	11.1%	7.7%	12.9%	12.6%	6.7%	5.8%	6.1%	10.0%
Percentage of students who ever had 5 or more drinks of alcohol in a row (within a couple of hours) (NDMqn27, CDC QN52)	6.4%	7.0%	10.6%	11.3%	9.9%	12.1%	5.2%	5.2%	5.6%	9.1%

Marijuana					Winkeln	nan Consulting	Results			
Ouestion	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who ever used marijuana (one or more times during their life) (NDMqn28, CDC QN53)	8.1%	8.0%	10.2%	9.1%	13.8%	7.1%	5.9%	5.3%	6.2%	8.7%
Percentage of students who tried marijuana for the first time before age 11 years (NDMqn29, CDC QN28)	1.8%	1.9%	2.2%	2.6%	3.6%	1.9%	2.0%	0.8%	1.2%	2.3%

Other Drugs					Winkeln	nan Consulting	g Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	<u>SEEC</u> Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who ever took prescription pain medication 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) (NDMqn30, CDC QN29)	7.8%	8.6%	14.7%	8.7%	7.9%	8.1%	7.4%	5.8%	7.3%	8.8%
Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high) (NDMqn31, CDC QN31)	5.2%	5.1%	8.9%	6.5%	9.2%	5.5%	5.6%	4.5%	4.3%	7.2%
Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life) (NDMqn32, CDC QN54)	2.5%	2.7%	4.8%	2.6%	3.6%	4.2%	2.7%	2.1%	2.3%	3.4%

(Including breakdowns by region and urban/rural)

Sexual Identity and Sexual Behavior

Sexual Identity					Winkeln	nan Consulting	Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who are transgender (NDMqn52, CDC QN65)	1.4%	1.6%	3.0%	1.6%	1.7%	2.3%	0.9%	1.5%	1.5%	1.9%
Percentage of students who describe themselves as gay or lesbian or bisexual (NDMqn53, QN variable <u>not</u> calculated by CDC for CDC Q66)	10.7%	10.6%	8.7%	7.1%	12.3%	8.7%	9.9%	12.0%	11.9%	9.1%

Sexual Behavior					Winkeln	nan Consulting	Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who ever had sexual intercourse (NDMqn54, CDC QN32)	6.0%	5.7%	10.8%	6.2%	7.6%	9.2%	5.1%	4.8%	5.9%	6.2%
Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse) (NDMqn55, CDC QN35)	44.8%	53.8%	48.0%	66.7%	45.5%	46.4%	29.6%	55.2%	50.3%	51.7%
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) (NDMqn56, CDC QN67)	2.6%	4.1%	4.7%	3.2%	2.6%	5.8%	2.0%	3.2%	3.2%	4.0%

Dietary Behaviors

Weight					Winkeln	nan Consultin	g Results			
Ouestion	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who described themselves as slightly or very overweight (NDMqn33, CDC QN36)	32.0%	30.0%	36.7%	32.6%	37.8%	32.9%	33.9%	28.6%	30.4%	32.1%
Percentage of students who were trying to lose weight (NDMqn34, CDC QN37)	43.5%	45.1%	47.4%	45.6%	47.7%	47.4%	48.2%	43.0%	44.2%	46.3%

(Including breakdowns by region and urban/rural)

Dietary Behaviors

Dietary Intake					Winkeln	nan Consulting	Results			
Ouestion	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who did not eat fruit (one or more times during the 7 days before the survey) (NDMqn35, CDC QN55)	6.5%	6.2%	9.2%	5.2%	6.9%	6.5%	7.2%	5.9%	6.3%	6.6%
Percentage of students who did not eat vegetables (not counting French fries, fried potatoes, or potato chips, one or more times during the 7 days before the survey) (NDMqn36, CDC QN56)	12.3%	11.1%	13.8%	11.3%	13.2%	10.3%	12.8%	11.3%	12.4%	10.7%

Meal Habits & Food Security					Winkeln	nan Consulting	g Results			
Question	CDC North Dakota Results	<u>CREA</u> Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
Percentage of students who did not eat breakfast (during the 7 days before the survey) (NDMqn37, CDC QN38)	13.8%	13.5%	13.9%	15.8%	12.5%	14.8%	15.1%	13.6%	13.7%	14.1%
Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) (NDMqnbk7day, CDC QNBK7DAY; calculated using NDMq37, CDC Q38)	34.7%	35.1%	35.1%	33.8%	31.3%	36.8%	30.8%	39.6%	37.4%	34.5%
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) (NDMqn38, CDC QN57)	2.1%	2.3%	2.0%	2.3%	4.3%	3.5%	2.9%	1.9%	2.0%	2.7%

Physical Activity

Physical Activity (continued on the next page)					Winkeln	nan Consulting	g Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> 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) (NDMqnpa7day, CDC QNPA7DAY; calculated using NDMq39, CDC Q39)	34.5%	36.3%	33.7%	36.7%	40.7%	43.7%	35.8%	34.6%	34.4%	38.2%
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) (NDMqn39, CDC QN39)	62.7%	65.2%	59.0%	65.9%	65.9%	68.6%	64.2%	61.6%	62.1%	65.3%

(Including breakdowns by region and urban/rural)

Physical Activity

Physical Activity (continued from the previous page)					Winkeln	nan Consulting	g Results			
Ouestion	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
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) (NDMqnpa0day, CDC QNPA0DAY; calculated using NDMq39, CDC Q39)	6.3%	5.6%	8.5%	6.1%	6.6%	7.1%	5.8%	6.2%	6.4%	6.1%
Percentage of students who spent 3 or more hours per day on screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork, on an average school day) (NDMqn40, CDC QN40)	71.5%	71.4%	70.5%	74.0%	71.1%	64.5%	71.9%	72.3%	72.9%	69.6%
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) (NDMqn41, CDC QN58)	18.7%	16.4%	20.6%	25.8%	27.2%	16.1%	26.1%	27.5%	22.8%	22.8%

Social Capital (Connections with Others)

Connections with People at School					Winkeln	nan Consulting	g Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	<u>NCEC</u> Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
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) (NDMqn49, CDC QN62)	71.3%	74.4%	75.1%	81.0%	73.0%	81.0%	75.7%	70.9%	68.4%	80.9%
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 (NDMqn50, CDC QN63)	54.8%	56.1%	51.7%	51.6%	55.6%	60.0%	57.7%	60.5%	56.9%	58.1%
Percentage of students who reported they most of the time or always felt that they were treated badly or unfairly in school because of their race or ethnicity (during their life) (NDMqn51, CDC QN64)	4.3%	4.2%	5.4%	5.1%	5.9%	5.2%	4.7%	3.4%	3.9%	4.7%

(Including breakdowns by region and urban/rural)

Social Capital (Connections with Others)

Connections with Family					Winkeln	nan Consultin	g Results			
Question	CDC North Dakota Results	<u>CREA</u> Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
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) (NDMqn48, CDC QN61)	24.3%	24.6%	20.7%	27.3%	24.3%	24.1%	25.1%	26.7%	25.7%	24.6%

Other

Mental & Physical Health Issues					Winkeln	nan Consulting	Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
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) (NDMqn14, CDC QN50)	35.1%	38.4%	40.8%	31.9%	41.3%	39.4%	34.6%	32.5%	35.7%	36.3%
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) (NDMqn42, CDC QN43)	14.6%	15.8%	22.1%	19.6%	18.0%	18.1%	13.5%	12.9%	15.2%	16.0%
Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey) (NDMqn43, CDC QN44)	25.4%	26.8%	26.9%	23.8%	25.3%	25.8%	26.3%	23.8%	24.9%	26.0%
Percentage of students who got 8 or more hours of sleep (on an average school night) (NDMqn44, CDC QN45)	44.4%	42.5%	40.8%	44.7%	47.2%	45.8%	44.0%	44.5%	42.4%	45.5%
Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey) (NDMqn45, CDC QN46)	1.2%	1.4%	3.2%	2.3%	3.3%	1.0%	2.2%	1.4%	1.2%	2.4%

Oral Health					Winkeln	nan Consulting	g Results			
Question	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	<u>RESP</u> Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
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) (NDMqn46, CDC QN59)	75.3%	72.6%	67.7%	74.0%	76.3%	77.7%	73.7%	78.6%	74.9%	75.0%
Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) (NDMqnnodnt, CDC QNNODNT; calculated using NDMq46, CDC Q59)	1.1%	1.0%	1.2%	1.3%	0.7%	1.3%	0.7%	0.9%	1.1%	0.8%
Percentage of students who brushed their teeth on seven days (during the 7 days before the survey) (NDMqn47, CDC QN60)	60.2%	60.0%	58.2%	60.1%	62.8%	60.0%	58.5%	65.4%	64.1%	59.0%

North Dakota 2021 Middle School (Grades 7-8) Statewide YRBS Results (Including breakdowns by region and urban/rural)

Other

Demographics						Winkeln	nan Consulting	Results			
Ou	estion	CDC North Dakota Results	CREA Bismarck- Mandan- Minot Area	GNWEC Williston Area	NCEC Bottineau- Rugby Area	<u>NESC</u> Devils Lake Area	RESP Dickinson Area	RRVEC Grand Forks Area	SEEC Fargo- Jamestown Area	<u>Urban</u> Towns	<u>Rural</u> Towns
•	12 years old	13.6%	13.6%	13.0%	12.5%	11.8%	9.7%	12.4%	12.5%	13.3%	11.9%
How old are you? (NDHq1,	13 years old	48.0%	49.4%	53.3%	46.9%	46.7%	38.4%	49.7%	49.6%	50.8%	46.7%
CDC Q1)	14 years old	36.1%	34.5%	30.3%	40.2%	36.5%	46.8%	35.3%	36.2%	33.8%	38.5%
	15 years old	2.3%	2.3%	2.2%	0.3%	4.9%	5.2%	1.8%	1.5%	1.7%	2.7%
What is your sex? (NDHq2,	Female	48.7%	48.6%	47.5%	52.4%	44.6%	50.5%	52.4%	49.3%	48.3%	50.4%
CDC Q2)	Male	51.3%	51.4%	52.5%	47.6%	55.4%	49.5%	47.6%	50.7%	51.7%	49.6%
T 1	7 th grade	50.2%	52.2%	58.4%	47.3%	53.3%	43.2%	52.3%	49.0%	51.7%	49.9%
In what grade are you?	8 th grade	49.8%	47.8%	40.6%	52.4%	46.7%	56.8%	47.5%	50.8%	48.1%	49.9%
(NDHq3, CDC Q3)	Ungraded or other grade	0.0%	0.0%	1.0%	0.3%	0.0%	0.0%	0.2%	0.1%	0.2%	0.2%
	American Indian or Alaska Native	11.6%	6.4%	8.5%	13.0%	19.0%	4.3%	3.6%	1.7%	3.5%	8.0%
	Asian	0.8%	1.1%	1.4%	0.3%	0.7%	0.3%	1.1%	1.8%	1.8%	0.5%
Race/Ethnicity (NDHraceeth,	Black or African American	6.4%	3.9%	2.0%	0.3%	1.0%	0.7%	2.0%	8.6%	7.8%	0.8%
CDC RACEETH calculated using NDHq4, CDC Q4 and	Native Hawaiian or other Pacific Islander	0.2%	0.9%	0.4%	1.0%	0.0%	0.0%	0.2%	0.2%	0.6%	0.2%
NDHq5, CDC Q5)	White	73.9%	73.6%	65.8%	74.6%	67.7%	83.0%	72.4%	79.6%	72.8%	78.2%
	Hispanic or Latino	0.5%	1.2%	3.4%	0.0%	0.0%	1.0%	3.5%	0.7%	1.5%	1.0%
	Multiple – Hispanic	3.4%	6.1%	11.5%	4.9%	5.0%	5.6%	11.5%	3.5%	6.0%	6.0%
	Multiple – Non-Hispanic	3.2%	6.7%	7.0%	5.9%	6.7%	5.2%	5.8%	3.9%	5.8%	5.1%
	Less than 1 year	0.2%	0.4%	1.6%	0.0%	0.7%	0.3%	0.2%	0.3%	0.5%	0.4%
How long have you lived in	1 to 3 years	0.9%	0.7%	0.4%	0.3%	1.0%	1.0%	0.7%	1.0%	1.0%	0.4%
the United States? (NDHq6,	4 to 6 years	0.9%	1.2%	1.8%	0.6%	0.0%	0.0%	0.7%	1.0%	1.4%	0.4%
CDC Q47)	> 6 years, but not whole life	3.6%	4.3%	4.0%	1.6%	1.0%	3.2%	4.0%	3.4%	5.0%	1.7%
	Always	94.4%	93.5%	92.2%	97.4%	97.4%	95.5%	94.4%	94.4%	92.0%	97.2%

(Including breakdowns by region and urban/rural)

Regional Education Association (REA) Member North Dakota School Districts (as of March 24, 2022) Used for the 2021 YRBS Regional Data

CREA	GNWEC	NCEC	NESC	RESP	RRVEC	SEEC
Bismarck-Mandan-Minot Area	Williston Area	Bottineau-Rugby Area	Devils Lake Area	Dickinson Area	Grand Forks Area	Fargo-Jamestown Area
REABISMARCK-Mandan-Minot Area Apple Creek Ashley Beulah Beulah Bowbells Center-Stanton Dakota Memorial Elgin-New Leipzig Flasher Fort Yates Garrison Glenburn Goodrich Hazelton-Moffit-Braddock Hazen Kenmare Kidder County Lewis and Clark Light of Christ Schools Linton Little Heart Mandan Manning Marmott/YCC Max Minot Minot Minot Catholic Naw Salem- New Salem- Christian (M Sawyer Sawyer Salfridge Salfridge Shiloh Christ Scholh Christ	Alexander Burke Central Divide County Eight Mile (Trenton) Grenora Mandaree McKenzie County Nesson (Ray) New Town Parshall Powers Lake Stanley Tioga Williston Basin Yellowstone (East Fairview)	NCEC Bottineau-Rugby Area Anamoose Bottineau Drake Dunseith Dunseith Day Harvey Little Flower Catholic (Rugby) MLS Mohall (Mohall Lansford Sherwood) Newburg-United Ojibwa Indian (Belcourt) Rugby St. Ann's Catholic (Belcourt) St. John TGU Towner (Towner & Granville) Turtle Mountain (Belcourt) Westhope	NESC Devils Lake Area Dakota Prairie Devils Lake Edmore Fessenden-Bowdon Four Winds (Ft Totten) Kensal Lakota Langdon Leeds Maddock Midkota (Binford/Glenfield) Minnewaukan Mt. Pleasant (Rolla) Munich New Rockford-Sheyenne North Dakota School for the Deaf North Star Oberon Pingree-Buchanan Rolette St. Alphonsus (Langdon) St. Joseph (Devils Lake) Starkweather Tate Topa (Ft Totten) Warwick	RESP Dickinson Area Beach Belfield Billings Co Bowman Co Dickinson Glen Ullin Halliday Hebron Hettinger Killdeer Lone Tree (Golva) Marmarth Mott-Regent New England Richardton-Taylor Scranton South Heart Twin Buttes	RRVEC Grand Forks Area Cavalier Central Valley Drayton Emerado Finley-Sharon Fordville-Lankin Grafton Grand Forks Hatton Hillsboro Hope-Page Larimore Manvel May-Port CG Midway Minto North Border Northwood Park River Thompson Valley-Edinburg	SEEC Fargo-Jamestown Area Barnes County North Carrington Central Cass Circle of Nations Edgeley Ellendale Enderlin Area Fairmount Fargo Fort Ransom Gackle-Streeter Griggs County Central Hankinson Jamestown JPII Catholic Schools Network (Fargo) Kindred Kulm LaMoure Lidgerwood Lisbon Litchville-Marion Maple Valley Mapleton Medina Midkota Milnor Montpelier North Sargent Northern Cass Oak Grove Oakes Richland Sargent Central St. John's Academy (Jamestown) Valley City Wahpeton