

2001 North Dakota Youth Risk Behaviors

Adolescent years form behavior patterns in education and health that have lifelong significance.

*—Adapted from *Fateful Choices*, Fred Hechinger, 1992*

The Youth Risk Behavior Survey (YRBS) monitors six categories of priority health-risk behaviors among youth and young adults. Data were obtained on behaviors that contribute to injuries, tobacco use, alcohol and other drug use, sexual behaviors, dietary behaviors and physical activity.

During the spring of 2001, the North Dakota Department of Health and the North Dakota Department of Public Instruction conducted the fifth biennial YRBS. Weighted data were obtained from 1,377 seventh- and eighth-grade students and 1,599 students in grades nine through 12. These results can be used to make important inferences about all students in grades seven through 12 because of the random, research-based mode of selection.

The 2001 data are compared to the 2001 national¹ and 1999 state weighted survey results to indicate trends. Other sources of information are footnoted.

Changes Over Time* in North Dakota²

When comparing ninth- through 12th-grade results for the 1995 YRBS versus the 2001 YRBS, the following trends were identified:

Decreases Over Time

- Percentage of students who never or rarely wore a bicycle helmet (98% vs. 96%).
- Percentage of students who carried a weapon such as a gun, knife, or club on school property (10% vs. 6%).
- Percentage of students who made a plan about how they would commit suicide (20% vs. 14%).
- Percentage of students who seriously considered attempting suicide during the past 12 months (25% vs. 19%).

Increases Over Time

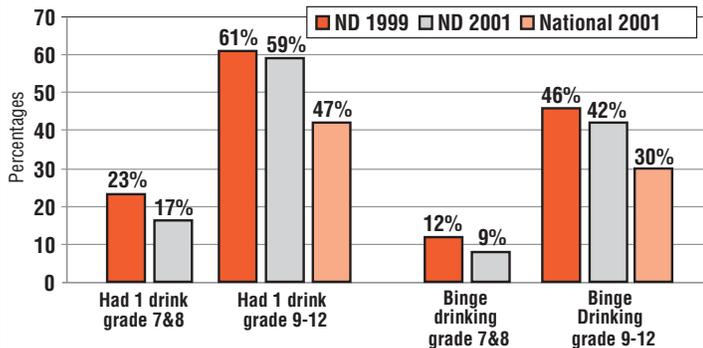
- Percentage of students who used marijuana one or more times during the past 30 days (15% vs. 22%).
- Percentage of students who used any form of cocaine one or more times during their life (5% vs. 9%).

*Changes over time were determined by comparing 95 percent confidence intervals.

Alcohol Use

In 2001, 57 percent of North Dakota seventh- and eighth-grade students and 21 percent of ninth- through 12th-grade students reported they had never consumed alcohol.

Alcohol use during 30 days prior to the survey



Binge drinking: Drinking five or more drinks of alcohol in a row within a couple of hours.

Drinking and Driving

Percentage of students who rode with a driver who had been drinking alcohol and/or drove after drinking during the 30 days prior to the survey.

	Rode with a driver who had been drinking		Drove after drinking	
	'99	'01	'99	'01
ND Grade 9	36%	40%	15%	13%
ND Grade 10	48%	38%	29%	21%
ND Grade 11	52%	41%	38%	28%
ND Grade 12	56%	41%	45%	43%
ND 9-12	48%	44%	31%	27%
National 9-12	33%	31%	13%	13%

North Dakota in 2001...

Fifty-nine percent of high school binge drinkers admitted to driving a car or vehicle when they had been drinking in the 30 days before the survey.

There were 105 North Dakota highway fatalities; in 45 of them, alcohol or drugs was a contributing factor.³

The percentage of students in grades nine through 12 who reported drinking and driving was higher than in any other state.

Drug Use

Students reported using the following substances at some time in their lives:

Grade 7 & 8

	ND 1999	ND 2001
Injectable drugs	--	2%
Steroids	4%	4%
Cocaine	4%	5%
Inhalants	16%	11%
Marijuana	12%	11%
Methamphetamines	6%	4%

Grade 9-12

	ND 1999	ND 2001	National 2001
Injectable drugs	2%	2%	2%
Steroids	3%	4%	5%
Cocaine	8%	9%	9%
Inhalants	16%	15%	15%
Marijuana	36%	39%	42%
Methamphetamines	11%	10%	10%

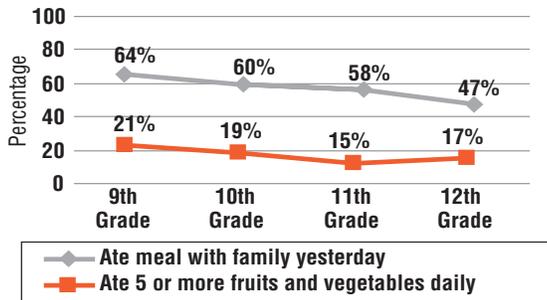
Reasons for referral to juvenile court services in North Dakota⁴

	2000	2001	% Difference
DUI/Physical Control	78	102	30.8
Controlled Substances - Possession	596	617	3.5
Possession/Purchase of Alcohol	2,863	2,482	-13.3
Tobacco	554	407	-26.5

As in previous years, the illegal possession or purchase of alcoholic beverages continues to be the most common single reason for referral to the juvenile court.⁵

Dietary Behaviors

Family Meals Eating fruits and vegetables



North Dakota in 2001...

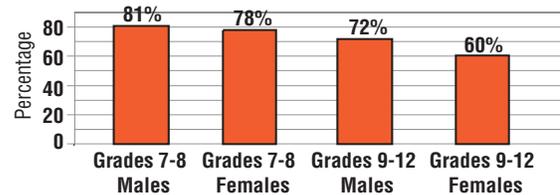
The percentage of teens eating at a fast food restaurant three or more times in the past week ranged from 13 percent of ninth graders to 25 percent of 12th graders.

Physical Activity

Students in grades nine through 12, especially females, are less likely to get the recommended amount of weekly physical activity than are students in grades seven and eight.

Recommended levels of activity: at least 20 minutes of vigorous physical activity on three or more of the past seven days or at least 30 minutes of moderate physical activity on five or more of the past seven days.

Students with recommended amounts of weekly physical activity



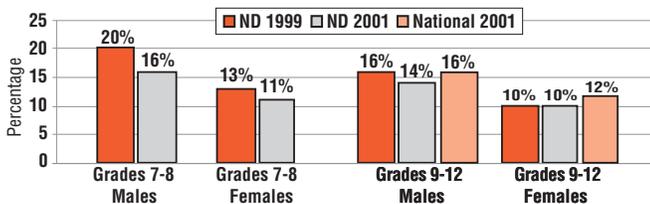
North Dakota in 2001...

Only about one-third of seventh through 12th graders attended daily physical education classes.

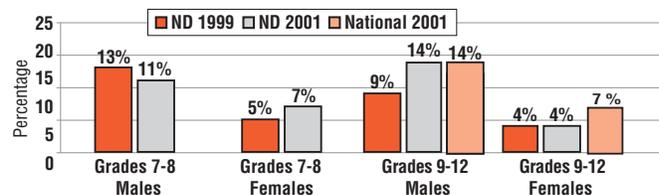
The percentage of students who watched three or more hours of TV on an average school day ranged from 30 percent of seventh and eighth graders to 26 percent of nine through 12th graders.

Weight Status

Students at risk of becoming overweight

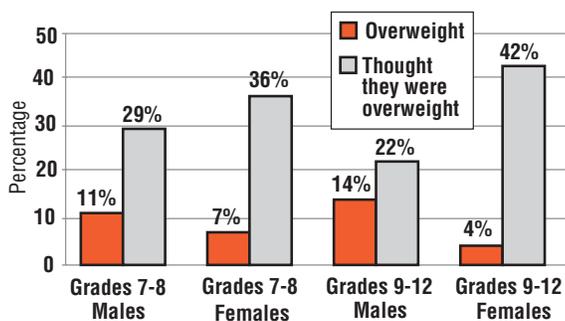


Students who are overweight



Body Image

How students view their body



Beverage Choices

Milk consumption decreases and sugar-containing beverage intake increases as students get older.

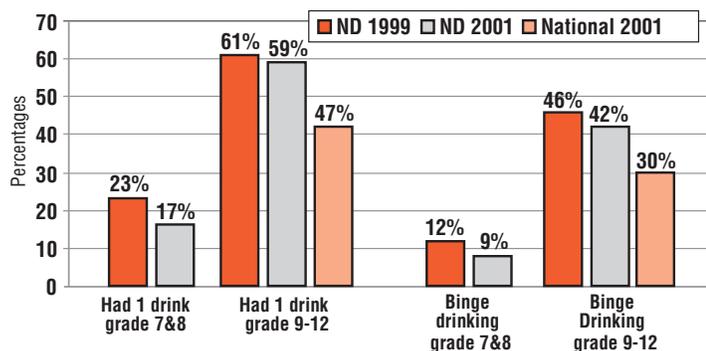
Drank 3 or more glasses of milk	Males		Females	
	1999	2001	1999	2001
ND Grade 7 & 8	63%	54%	55%	39%
ND Grade 9 - 12	43%	37%	25%	21%

Drank more than 12 oz sweetened bev.	Males		Females	
	1999	2001	1999	2001
ND Grade 7 & 8	NA	53%	NA	41%
ND Grade 9 - 12	NA	63%	NA	43%

Alcohol Use

In 2001, 57 percent of North Dakota seventh- and eighth-grade students and 21 percent of ninth- through 12th-grade students reported they had never consumed alcohol.

Alcohol use during 30 days prior to the survey



Binge drinking: Drinking five or more drinks of alcohol in a row within a couple of hours.

Drinking and Driving

Percentage of students who rode with a driver who had been drinking alcohol and/or drove after drinking during the 30 days prior to the survey.

	Rode with a driver who had been drinking		Drove after drinking	
	'99	'01	'99	'01
ND Grade 9	36%	40%	15%	13%
ND Grade 10	48%	38%	29%	21%
ND Grade 11	52%	41%	38%	28%
ND Grade 12	56%	41%	45%	43%
ND 9-12	48%	44%	31%	27%
National 9-12	33%	31%	13%	13%

North Dakota in 2001...

Fifty-nine percent of high school binge drinkers admitted to driving a car or vehicle when they had been drinking in the 30 days before the survey.

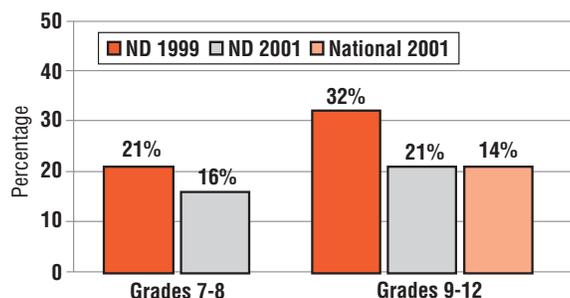
There were 105 North Dakota highway fatalities; in 45 of them, alcohol or drugs was a contributing factor.³

The percentage of students in grades nine through 12 who reported drinking and driving was higher than in any other state.

Safety/Prevention

Seat belts/Helmets

Students who RARELY or NEVER wore a seat belt



Always wore a helmet

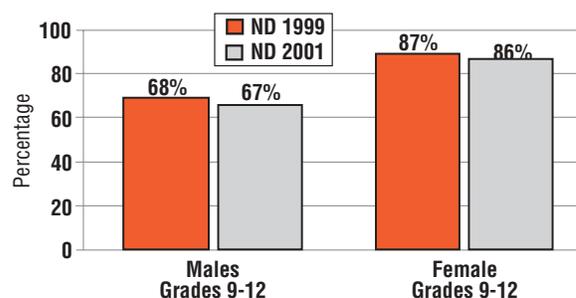
Bicycle	ND 7-12	4%
Rollerblade/Skateboard	ND 7-8	2%
Motorcycle	ND 9-12	8%

North Dakota in 2001...

One quarter of students in grades seven through 12 reported they always wore a seat belt.

Oral Health

Students who brush their teeth daily



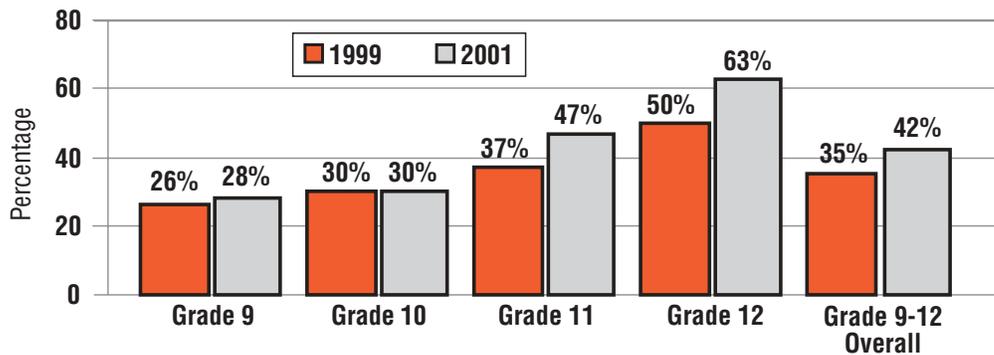
North Dakota in 2001...

Nearly 60 percent (58%) of high school students reported one or more cavities in their permanent teeth.

About 80 percent of students in grades seven through 12 visited a dentist within the past year.

Sexual Behavior

Percentage of North Dakota students in grades nine through 12 reporting intercourse during their lifetime



Sexual abstinence is at least an important priority to 52 percent of North Dakota students in grades nine through 12.

2001 North Dakota Teen Pregnancies

There were 889 teen pregnancies and 712 live births among 12- through 19-year-olds.⁷

North Dakota in 2001...

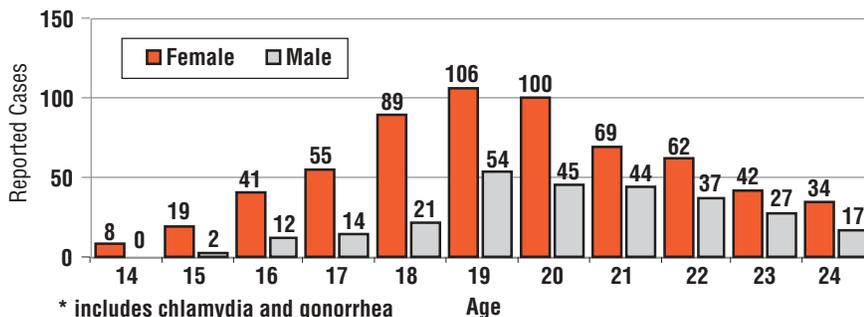
Thirty-four percent of students in grades nine through 12 reported drinking alcohol or using drugs before last sexual intercourse; this compares to 26 percent nationally.

Almost 60 percent of high school students who have ever had sex indicated they had used a condom the last time they had sexual intercourse.

For those students reporting sexual activity, 25 percent were age 15 or younger when they had sexual intercourse for the first time.

Sexually Transmitted Diseases/Infections

Number of STDs* by Age and Sex – North Dakota 2001



In North Dakota 37 percent of all sexually transmitted diseases occur in 15- through 19-year-olds.

Number of sexually transmitted diseases/ infections reported in 15- to 19-year-olds⁸

	Chlamydia	Gonorrhea
1995	320	10
1996	304	11
1997	276	26
1998	349	25
1999	307	30
2000	329	23
2001	397	16

HIV/AIDS

North Dakota in 2001...

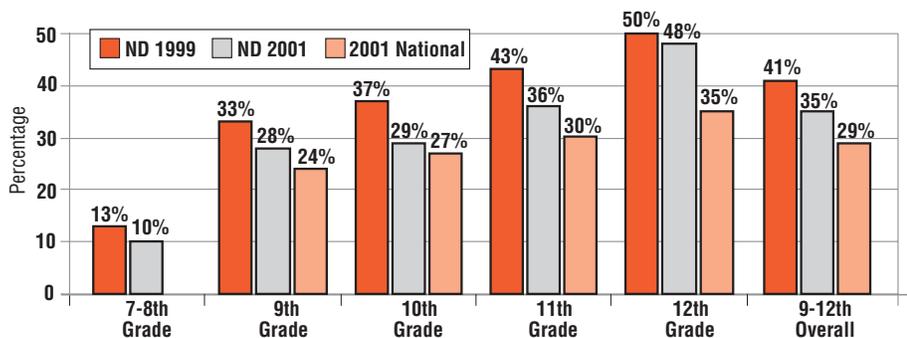
Eighty-nine percent of high school students reported having been taught about HIV/AIDS in school.

Forty-one percent of high school students reported talking to their parents or another adult about HIV/AIDS.

Individuals age 15 through 24 accounted for 72 percent of gonorrhea and chlamydia cases respectively. This indicates that unprotected sexual activity, which is also a risk behavior for acquiring HIV, is occurring to a large degree among this age group.⁷

Cigarette Smoking

Teens who currently smoke



A current smoker is a person who has smoked on one or more of the past 30 days.

North Dakota in 2001...

Forty-four percent of the current smokers in grades nine through 12 smoked their first whole cigarette before the age of 13.

North Dakota ranks among the highest in the nation reporting current cigarette use for teens in grades nine through 12.

Chewing Tobacco

Used chewing tobacco and/or snuff on one or more of the past 30 days:

ND Grades 7-8	1999	2001
Overall	7%	6%
Males	10%	10%
Females	5%	2%

ND Grades 9-12	1999	2001
Overall	15%	13%
Males	25%	22%
Females	5%	4%

National 9-12	1999	2001
Overall	8%	8%
Males	14%	15%
Females	1%	2%

Primary Research Studies

North Dakota Youth Risk Behavior Survey. North Dakota Department of Health and North Dakota Department of Public Instruction, 1999 and 2001.

Other Sources

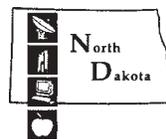
- Centers for Disease Control and Prevention. Surveillance Summaries, June 28, 2002. MMWR 2002:51 (No. SS-4). www.cdc.gov/mmwr/PDF/ss/ss5104.pdf.
- Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance System (YRBSS) – 2001 Information and Results: Youth 2001 Online. Compare Results Within a Location Over Time. www.cdc.gov/nccdphp/dash/yrbs/index.htm.
- North Dakota Highway Patrol, December 2002.
- North Dakota Courts 2001 Annual Report: Juvenile Caseload www.court.state.nd.us/court/news/AnnualReport2001/Juvenile.htm.
- North Dakota Courts 2001 Annual Report: Juvenile Caseload www.court.state.nd.us/court/news/AnnualReport2001/Juvenile.htm.
- North Dakota Department of Health, Division of Vital Records. www.health.state.nd.us.
- North Dakota Department of Health, Division of Vital Records. www.health.state.nd.us.
- North Dakota Department of Health, Division of Disease Control. STD Program, December 2002. www.health.state.nd.us/disease/std.

December 2002



North Dakota Department of Health

Terry Dwelle, M.D., M.P.H.T.M.
State Health Officer
600 E. Boulevard Ave., Dept. 301
Bismarck, N.D. 58505-0200



North Dakota Department of Public Instruction

Dr. Wayne G. Sanstead
State Superintendent
600 E. Boulevard Ave., Dept. 201
Bismarck, N.D. 58505-0440

For more information contact:

North Dakota Department of Health
Division of Health Promotion
701.328.3138

North Dakota Department of Public Instruction
School Health Programs
701.328.2753

Support provided by:
Centers for Disease Control & Prevention
Cooperative Agreement No. U87CCU808975-10
PHHS Block Grant
No. 2003-B1-ND-PRVS