

1999 North Dakota Youth Risk Behaviors

Healthy kids make better students.

Better students make healthy communities.

—Association for State and Territorial Health Officials
—Council of Chief State School Officers

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 1999, the North Dakota Department of Health and the North Dakota Department of Public Instruction conducted the fourth

biennial YRBS. Weighted data were obtained from 1,666 seventh and eighth grade students and 1,823 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 1999 data are compared to the 1999 National¹ and 1995 state weighted survey results to indicate trends. Other sources of information are footnoted.



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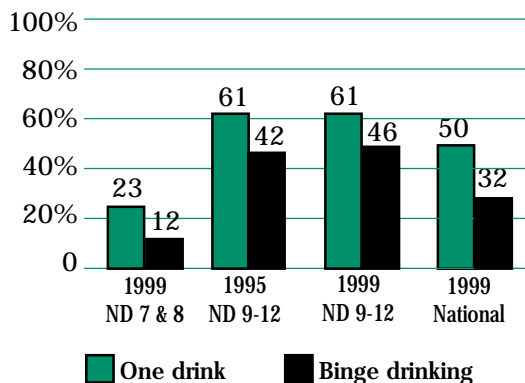
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Alcohol Use

In 1999, 54 percent of North Dakota seventh and eighth grade students and 18 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 or who drove after drinking alcohol during the 30 days prior to the survey:

	Rode with a driver who had been drinking		Drove after drinking	
	'95	'99	'95	'99
9th Grade	41%	36%	19%	15%
10th Grade	43%	48%	28%	29%
11th Grade	60%	52%	42%	38%
12th Grade	52%	56%	43%	45%
ND Sample 9-12	49%	48%	33%	31%
National 9-12	39%	33%	15%	13%

In 1999, the percentage of North Dakota students grades nine through 12 who reported drinking and driving was higher than in any other state.¹

In North Dakota, 63 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.

In 1999, there were 119 North Dakota highway fatalities; in 50 percent alcohol or drugs were involved.⁵

Drug Use

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

	North Dakota 7 & 8		North Dakota 9 - 12		National
	1995	1999	1995	1999	1999
Injectable drugs	—	—	4%	3%	2%
Steroids	4%	4%	5%	3%	4%
Cocaine	3%	4%	5%	8%	10%
Inhalants	19%	16%	20%	16%	15%
Marijuana	11%	12%	26%	36%	47%
Metamphetamines	—	6%	—	11%	9%

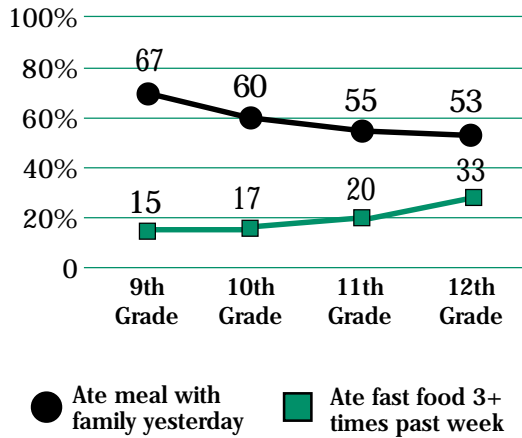
In 1999, 24 percent of North Dakota students grades nine through 12 had been offered, sold or given illegal drugs on school property during the preceding 12 months.

Reasons for referral to juvenile court services in North Dakota ⁴

	1997	1998	% Increase
DUI Violations	89	105	18%
Controlled Substance	435	517	19%
Possession/Purchase of Alcohol	2,378	2,781	17%

Dietary Behaviors

Eating with family and eating fast food

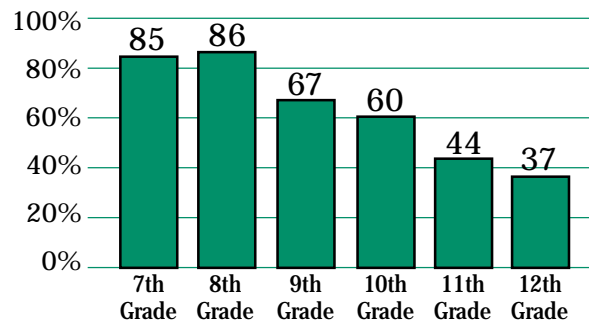


In North Dakota, 42 percent of high school students reported not eating even one serving of a fruit or vegetable a day.

Physical Activity

Physical education class participation dropped significantly between grades seven and 12, from 85 percent of seventh graders to 37 percent of 12th graders attending one or more times per week.

Students attending physical education class at least once a week



Seventh & Eighth Grade: 77 percent were involved in a team sport run by the school or other organization.

Ninth through 12th Grade: 65 percent of males and 61 percent of females were involved in a team sport run by the school.

Body Image/Weight Loss

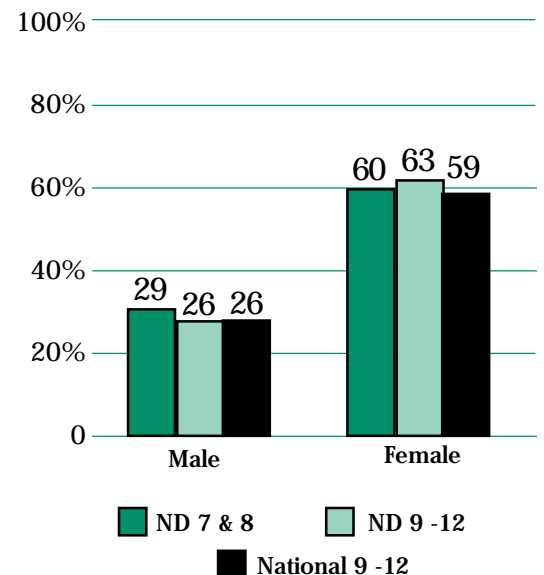
Students who considered themselves "slightly" or "very" overweight

North Dakota 7&8 Grade	Males	28%
	Females	38%
North Dakota 9-12 Grade	Males	28%
	Females	41%

Students from North Dakota schools reported using the following methods to maintain their current weight or to lose weight in the 30 days prior to the survey

	Grade 7 & 8		Grade 9 -12	
	Males	Females	Males	Females
Exercise	53%	73%	44%	72%
Diet	26%	52%	21%	58%
Laxative/Vomit	3%	6%	3%	10%
Diet Pill/Powders/Liquids	4%	11%	5%	12%

Students who have tried to lose weight



Violence

In 1999, 12 percent of ninth through 12th grade students and 4 percent of seventh and eighth grade students reported carrying a weapon other than for hunting during the previous 30 days. Eight percent of ninth through 12th graders and 4 percent of seventh and eighth graders indicated that they had carried a weapon on school property during the same time period. A weapon is defined as a knife, gun or club.

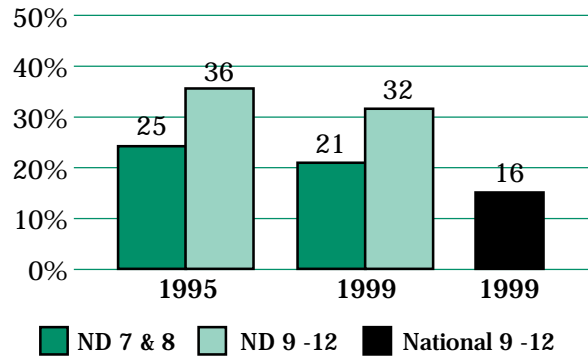
Students who were involved in a physical fight during the last 12 months

	Males	Females
North Dakota 7 & 8	42%	22%
North Dakota 9 -12	38%	22%
National 9-12	44%	27%

In 1998, North Dakota juveniles were involved in 42 weapons violations without more serious charges.⁴

Seat Belts/Helmets

Students who RARELY or NEVER wore a seat belt



In 1999, 71 percent of North Dakota high school students who rarely or never wore a seat belt admitted to riding with others who had been drinking.

Always wore a helmet

Bicycle	7 -12 Grade	2%
Rollerblade/Skateboard	7 & 8 Grade	3%
Motorcycle	9 -12 Grade	8%

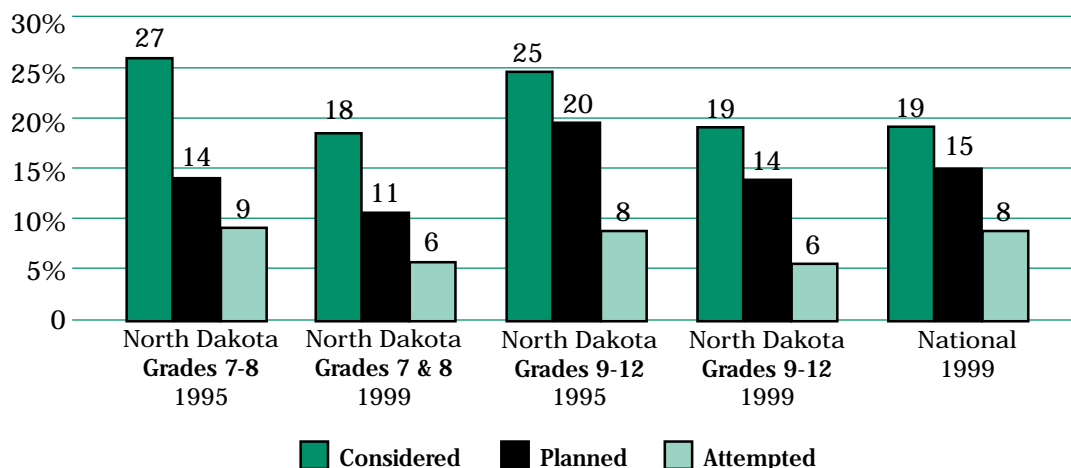
Suicide

In 1998, there were nine reported suicides among people younger than 20 in North Dakota; a large majority of these cases were teenage males.⁹

For adolescents 15 to 19 years of age, suicide is the second leading cause of death, and homicide is the third leading cause of death. While the suicide rate for the general population has remained relatively stable since the 1950s, the suicide rate for adolescents has more than tripled.⁶

Boys are more likely to commit suicide, but girls are more likely to consider and plan suicide. It is believed this is due to the method of choice: pill ingestion for females and firearms for males.⁷ Homes with guns are 4.8 times more likely to experience the suicide of a resident than homes without guns.⁸

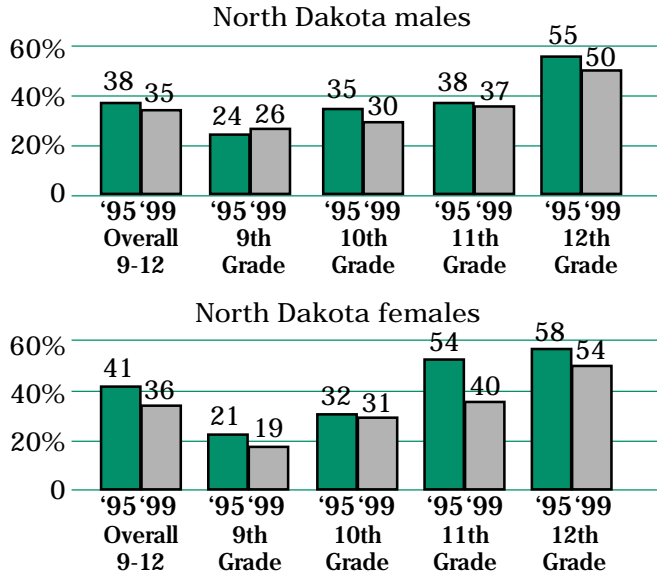
Seriously considered, planned or attempted suicide



Sexual Behavior

Nationally, 52 percent of male and 48 percent of female students grades nine through 12 have been sexually active during their lifetime.

Students in grades nine through 12 who reported intercourse during their lifetime.



In 1999, 35 percent of North Dakota students grades nine through 12 who have ever had sex reported drinking alcohol or using drugs before engaging in sexual intercourse; this compares to 25 percent nationally.

1998 North Dakota Teen Pregnancies⁹
There were 963 teen pregnancies and 781 live births among 12- through 19-year-olds.

Sex and Violence

Eleven percent of North Dakota students grades nine through 12 reported they had been hit, slapped or physically hurt on purpose by a boyfriend or girlfriend during the previous year.

Nine percent of high school students indicated they had been forced to have sexual intercourse when they did not want to. Females reported forced intercourse at twice the rate of males.

In North Dakota at least 66 percent of all sexual assault victims were younger than age 18 at the time of the assault(s).¹⁴

Sexually Transmitted Diseases/Infections

In North Dakota, 33 percent of all sexually transmitted diseases occur in 15- through 19-year-olds.¹⁰

Sexually transmitted diseases/infections reported in 15- to 19-year-olds¹⁰

	Chlamydia	Gonorrhea
1992	298	13
1993	254	9
1994	339	9
1995	320	10
1996	304	11
1997	276	26
1998	349	25
1999	307	30

HIV/AIDS

Only 58 percent of high school students who have ever had sex indicated they had used a condom the last time they had sexual intercourse.

Adolescents younger than age 15 were less likely to use condoms (47 percent) than older high school students (59 percent) the last time they had sexual intercourse.

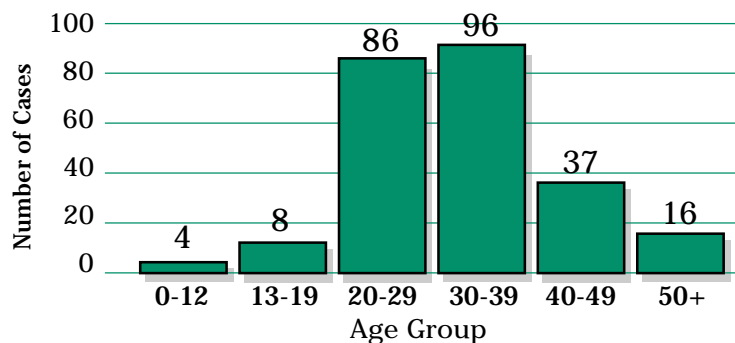
Even though AIDS incidence is declining, there has not been a comparable decline in the number of newly diagnosed HIV cases among youth. Scientists believe that cases of HIV infection reported among 13- through 24-year-olds are indicative of overall trends in HIV incidence because this age group has more recently initiated high-risk behaviors.¹¹ Teens infected with HIV often are not diagnosed until years later.

The Centers for Disease Control and Prevention estimates that between 120,000 and 160,000 adult and adolescent females are living with HIV infection in the United States.¹²

Age at HIV Diagnosis

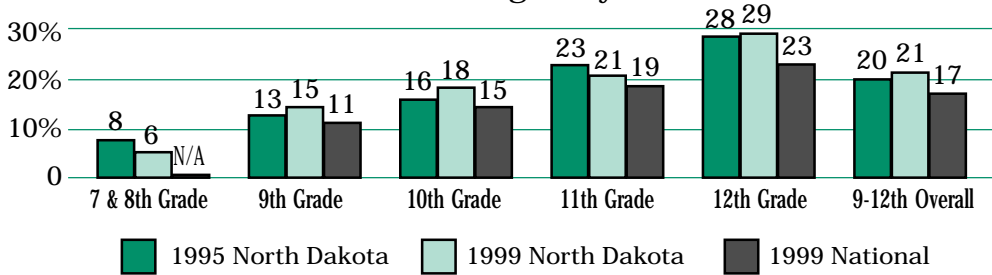
North Dakota Cumulative Reported HIV Cases¹³

1984 through 1999
 n=247



Cigarette Smoking

Teens who regularly smoke



If current patterns continue, one in three adolescents who are regular smokers eventually will die of a smoking-related disease.²

Percentage of students younger than age 18 who were current cigarette smokers and reported having purchased cigarettes without being asked to show proof of age:

	'95	'99
ND 9-12 Grade	64%	66%
National	--	70%

Regular Smoker:
A person who smoked on 20 or more of the past 30 days.

Current Smoker:
A person who has smoked within the last 30 days.

Fifty-four percent of regular smokers in North Dakota high schools have tried marijuana.

Of the children who smoke three to four cigarettes per day, 75 percent become habitual smokers. Use of tobacco also greatly increases the likelihood of other drug use. This has led nicotine to be called the "gateway" drug.³

Chewing Tobacco

Used chewing tobacco and/or snuff during the past 30 days:

ND 7 & 8 Grade	'95	'99
Males	—	10%
Females	—	5%
ND 9-12 Grade	'95	'99
Males	24%	25%
Females	3%	5%
National 9-12 Grade	'95	'99
Males	—	14%
Females	—	1%

Primary Research Studies:

North Dakota Youth Risk Behavior Survey, North Dakota Department of Health and North Dakota Department of Public Instruction, 1995 and 1999.

Other Sources

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No knowledge is more crucial than knowledge about health. Without it, no other life goal can be successfully achieved.

—Ernest L. Boyer (1983)

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