State of Nebraska
2017 Youth Risk Behavior Survey Results

December 2017

Preliminary Report

NOTE: This is a preliminary release of the 2017 Nebraska YRBS report. The 2017 National YRBS data will be added to this report following their release, which is expected in June 2018. When the national data have been added to this report the final version will be released.

Nebraska Department of Education
Nebraska Department of Health and Human Services

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Bureau of Sociological Research
University of Nebraska-Lincoln

The Youth Risk Behavior Survey is part of the Nebraska Student Health and Risk Prevention (SHARP) Surveillance System, which administers surveys to youth enrolled in Nebraska Schools.
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Executive Summary

The fourteenth administration of the Nebraska Youth Risk Behavior Survey (YRBS) occurred during the fall of the 2016/2017 academic school year to a random sample of public high school students in Nebraska attending grades 9-12. The 63% overall response rate on the 2017 YRBS allowed the data to be weighted and thus representative of Nebraska high school students for the fourth administration in a row. The following is a summary of the findings from the Nebraska YRBS.

Many of the health topics covered on the YRBS have seen improvement since the early 1990s, with several large improvements occurring between the early 2000s and 2017. This suggests that Nebraska high school students are taking less risk in the areas measured than in previous years. Some of the areas showing the greatest improvement include seat belt usage, physical fighting, tobacco use, sexual activity, soda consumption, television watching, and the use of indoor tanning devices (Table 1).

Table 1. Select Positive Trends among Nebraska High School Students, 1991-2017

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
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<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Never/rarely wear seat belt*</td>
<td>52.4%</td>
<td>28.2%</td>
<td>21.9%</td>
<td>15.9%</td>
<td>15.7%</td>
<td>11.9%</td>
<td>11.3%</td>
<td>8.5%</td>
</tr>
<tr>
<td>In a physical fight in past 12 months</td>
<td>41.7%</td>
<td>34.5%</td>
<td>29.6%</td>
<td>28.5%</td>
<td>26.7%</td>
<td>20.1%</td>
<td>19.7%</td>
<td>19.2%</td>
</tr>
<tr>
<td>Ever tried cigarettes</td>
<td>72.4%</td>
<td>67.1%</td>
<td>60.2%</td>
<td>53.4%</td>
<td>38.7%</td>
<td>31.9%</td>
<td>31.4%</td>
<td>24.0%</td>
</tr>
<tr>
<td>Ever had sex</td>
<td>52.5%</td>
<td>47.0%</td>
<td>42.8%</td>
<td>40.8%</td>
<td>37.1%</td>
<td>35.2%</td>
<td>32.5%</td>
<td>29.1%</td>
</tr>
<tr>
<td>Currently sexually active*</td>
<td>37.2%</td>
<td>31.9%</td>
<td>31.5%</td>
<td>29.9%</td>
<td>27.0%</td>
<td>25.7%</td>
<td>24.9%</td>
<td>20.5%</td>
</tr>
<tr>
<td>Drank soda 1 or more times per day</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>26.2%</td>
<td>22.3%</td>
<td>20.4%</td>
<td>18.2%</td>
</tr>
<tr>
<td>Watched 3 or more hours of TV*</td>
<td>--</td>
<td>--</td>
<td>28.0%</td>
<td>26.5%</td>
<td>25.2%</td>
<td>22.8%</td>
<td>20.1%</td>
<td>19.2%</td>
</tr>
<tr>
<td>Used indoor tanning device in past 12 months</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>18.5%</td>
<td>16.3%</td>
<td>14.2%</td>
<td>8.3%</td>
</tr>
</tbody>
</table>

*Indicator definitions can be found in Appendix A.

In addition to the YRBS topic areas noted above, most saw slight improvement or have remained relatively unchanged over time.

Male and female students reported similar percentages for many of the health topics covered on the YRBS, including injury prevention, alcohol impaired and distracted driving, dating violence, being bullied on school property, attempting suicide, smoking cigarettes, using electronic vapor products and drugs, drinking alcohol, sexual activity, fruit and vegetable and breakfast consumption, average school day screen time, seeing a dentist, and having asthma.

However, males were more likely than females to report physical fighting, smokeless tobacco use, feeling slightly or very underweight, trying to gain weight, milk consumption, drinking sugar-sweetened beverages, and physical activity. Females, on the other hand, were more likely than males to report having been forced to have sex, being bullied electronically, being depressed, considering and planning suicide, feeling slightly or very overweight, trying to lose weight, using high risk weight loss methods, and indoor tanning.

As the grade level increased, students tended to report riskier behavior, including alcohol impaired and distracted driving, tobacco, alcohol, and drug use, sexual activity, and use of indoor tanning
devices. In contrast, participation in preventive behaviors such as fruit and vegetable consumption and physical activity tended to decrease as grade level increased.

Figure 1 shows the percentage of students who reported each of the core measures.

*Indicator definitions can be found in Appendix A.
Introduction

This report summarizes the findings from the 2017 Nebraska Youth Risk Behavior Survey (YRBS). The 2017 YRBS represents the fourteenth administration of the survey in Nebraska, which is targeted at public high school students in grades 9-12. However, this is the fourth administration of the survey under the Nebraska Student Health and Risk Prevention (SHARP) Surveillance System. SHARP consists of the coordinated administration of three school-based student health surveys in Nebraska, including the YRBS, the Youth Tobacco Survey (YTS), and the Nebraska Risk and Protective Factor Student Survey (NRPFSS). Under SHARP, all three surveys are administered during the fall of even calendar years. The Nebraska SHARP Surveillance System is administered jointly by the Nebraska Department of Health and Human Services and the Nebraska Department of Education through a contract with the Bureau of Sociological Research at the University of Nebraska-Lincoln. For more information on the SHARP Surveillance System please visit http://bosr.unl.edu/sharp.

As a result of the creation of SHARP and its inclusion of the YRBS, the administration schedule for the YRBS shifted from the spring of odd calendar years to the fall of even calendar years. The first ten administrations of the YRBS in Nebraska occurred during the spring of every odd calendar year between 1991 and 2009. The next four administrations of the YRBS in Nebraska, between 2011 and 2017, occurred during the fall of each even calendar year between 2010 and 2016. These administrations occurred during the same academic school year as they would have under the original administration schedule, but simply occurred during the first semester of the academic school year rather than the second semester as they would have previously. Future Nebraska YRBS surveys will continue to be administered during the fall semester of even calendar years.

The Nebraska YRBS is part of the National Youth Risk Behavior Surveillance System managed by the Centers for Disease Control and Prevention (CDC). The YRBS monitors priority health-risk behaviors that contribute to the leading causes of death, disease, injury, and social problems among high school students. The YRBS covers a broad range of topics including unintentional injuries, violence and bullying, mental health and suicide, tobacco, alcohol and drug use, sexual behaviors, weight management, dietary behaviors, and physical activity, among others.

The 2017 Nebraska YRBS data had an overall response rate of 63%. As a result, the data were weighted by the CDC to be representative of public high school students in Nebraska. This represents the fourth administration in a row that Nebraska has obtained weighted data. However, it is only the eighth time Nebraska has received weighted data since the survey began in 1991. See the methods section of this report for further information on the collection, analysis, and reporting of the YRBS data presented in this report.
The YRBS is the only state level source of information for many of the important health behaviors affecting Nebraska high school students. As a result, the data are critically important for local and state health planning, including school-level planning, for securing funding for and evaluating youth prevention programs, and for fulfilling federal reporting requirements, among other uses.
Transportation Safety

Injury Prevention

- Bicycle helmet and seat belt use have improved among Nebraska high school students since the early 1990s (Figure 2), though seatbelt use is far more common than bicycle helmet use.
- Among students who rode a bicycle during the past 12 months, the percentage who reported never or rarely wearing a bicycle helmet while riding dropped between 1991 (97.7%) and 2017 (84.7%).
- The proportion of students who reported never or rarely wearing a seat belt while riding in a car driven by someone else had a significant decline from 52.4% in 1991 to 15.9% in 2005 to 8.5% in 2017.

![Figure 2: Injury Prevention among Nebraska High School Students, from 1991 to 2017](image)

*Indicator definitions can be found in Appendix A.

**NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.

- During 2017, more than 8 in 10 high school students (84.7%) who rode a bicycle during the past 12 months reported never or rarely wearing a bicycle helmet while riding. Close to 1 in 12 (8.5%) reported never or rarely wearing a seat belt (Figure 3).
- Male and female high school students reported a relatively similar percentage for never or rarely wearing a bicycle helmet during the past 12 months and never or rarely wearing a seat belt.

### How Nebraska Compares to the Nation

<table>
<thead>
<tr>
<th></th>
<th>Nebraska</th>
<th>US*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never/rarely wore bicycle helmet during past 12 months**</td>
<td>84.7%</td>
<td></td>
</tr>
<tr>
<td>Never/rarely wore seat belt**</td>
<td>8.5%</td>
<td></td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.
**Indicator definitions can be found in Appendix A.
- Little difference was seen by grade level for never or rarely wearing a bicycle helmet during past 12 months and never or rarely wearing a seat belt.

**Figure 3: Injury Prevention among Nebraska High School Students, by Gender and Grade, 2017**

![Graph showing percentage of students never or rarely wearing bicycle helmets and seat belts, by gender and grade.]

**Alcohol Impaired Driving**

- Nebraska high school students that reported riding in a vehicle during the past 30 days driven by someone who had been drinking alcohol declined dramatically between 1991 and 2017 (Figure 4). The percentage of students who reported riding with an alcohol impaired driver dropped from 46.1% in 1991 to 35.6% in 2005 to 22.1% in 2017.
- The percentage of students that reported driving when they had been drinking alcohol during the past 30 days has remained relatively stable between 2013 and 2017. Trend data prior to 2013 for drinking and driving are not available due to changes in how the question was asked on the 2013 YRBS.

**Figure 4: Alcohol Impaired Driving among Nebraska High School Students during the Past 30 Days, from 1991 to 2017**

<table>
<thead>
<tr>
<th>Year</th>
<th>Rode with drinking driver</th>
<th>Drove when drinking*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>46.1%</td>
<td>6.8%</td>
</tr>
<tr>
<td>1993</td>
<td>43.4%</td>
<td>10.1%</td>
</tr>
<tr>
<td>2003</td>
<td>38.5%</td>
<td>6.3%</td>
</tr>
<tr>
<td>2005</td>
<td>35.6%</td>
<td></td>
</tr>
<tr>
<td>2011</td>
<td>23.9%</td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td>20.3%</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>22.3%</td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>22.1%</td>
<td></td>
</tr>
</tbody>
</table>

*Among those who drove a car or other vehicle during the past 30 days.

**NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.**
• In 2017, more than 1 in 5 high school students (22.1%) reported riding with a drinking driver during the past 30 days while 1 in 16 students (6.3%), among those who drove a car or other vehicle during the past 30 days, reported driving when they had been drinking alcohol (Figure 5).

• Males and females reported a similar percentage for riding with a drinking driver and driving after they had been drinking during the past 30 days.

• Little difference by grade was seen for riding with a drinking driver during the past 30 days. However, 12th grade students (10.5%) were significantly more likely than 9th grade students (1.7%) to report drinking and driving during past 30 days.

Distracted Driving

• Among high school students who drove a car or other vehicle during the past 30 days, nearly half (48.3%) reported texting or e-mailing while driving (Figure 6). Trend data prior to 2013 are not available due to changes in how the question was asked on the 2013 YRBS.
Among students who reported driving during the past 30 days, males and females were equally likely to report texting or e-mailing while driving (Figure 7).

As the grade level increased, the percentage of students who drove during the past 30 days and reported texting or e-mailing while driving increased.

### How Nebraska Compares to the Nation

<table>
<thead>
<tr>
<th>Nebraska</th>
<th>US*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Texted/E-mailed while driving during past 30 days**</td>
<td>48.3%</td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.

**Among those who drove a car or other vehicle during the past 30 days

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**Figure 7: Texted or E-mailed While Driving among Nebraska High School Students during the Past 30 Days, by Gender and Grade, 2017**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Total</th>
<th>Male</th>
<th>Female</th>
<th>9th</th>
<th>10th</th>
<th>11th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th</td>
<td>48.3%</td>
<td>45.8%</td>
<td>51.0%</td>
<td>23.1%</td>
<td>33.8%</td>
<td>54.5%</td>
<td>68.4%</td>
</tr>
</tbody>
</table>

*Among those who drove a car or other vehicle during the past 30 days
Violence and Bullying

Violence

- Nebraska high school students were less likely to experience violence in 2017 than in earlier years (Figure 8).
- The percentage of high school students who reported being in a physical fight one or more times during the past 12 months dropped by more than half between 1991 (41.7%) and 2017 (19.2%).
- Since 2003, the percentage of students who reported ever being forced to have sex decreased from 9.9% to 8.4% in 2017.
- The proportion of students reporting being physically hurt by someone they were dating or going out with has remained relatively consistent over time.

<table>
<thead>
<tr>
<th>Year</th>
<th>Violent Events</th>
<th>Nebraska</th>
<th>US</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>In a physical fight*</td>
<td>41.7%</td>
<td>41%</td>
<td>0.7%</td>
</tr>
<tr>
<td>1993</td>
<td>In a physical fight*</td>
<td>34.5%</td>
<td>37%</td>
<td>-2.5%</td>
</tr>
<tr>
<td>2003</td>
<td>Ever forced to have sex</td>
<td>9.9%</td>
<td>10%</td>
<td>-0.1%</td>
</tr>
<tr>
<td>2005</td>
<td>Ever forced to have sex</td>
<td>9.1%</td>
<td>10%</td>
<td>-0.9%</td>
</tr>
<tr>
<td>2007</td>
<td>Ever forced to have sex</td>
<td>8.1%</td>
<td>10%</td>
<td>-1.9%</td>
</tr>
<tr>
<td>2013</td>
<td>Physically hurt by date*</td>
<td>7.4%</td>
<td>7%</td>
<td>0.4%</td>
</tr>
<tr>
<td>2015</td>
<td>Physically hurt by date*</td>
<td>8.1%</td>
<td>7%</td>
<td>1.1%</td>
</tr>
<tr>
<td>2017</td>
<td>Physically hurt by date*</td>
<td>7.4%</td>
<td>7%</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

*One or more times during the past 12 months.
NOTE: Only years with weighted data are displayed here. See Methodological Overview section for details.

In 2017, less than 1 in 5 high school students (19.2%) reported being in a physical fight at least once during the past 12 months. Among students who dated or went out with someone during the past 12 months, nearly 1 in 13 (7.4%) reported having been physically hurt by someone they were dating or going out with during

How Nebraska Compares to the Nation

<table>
<thead>
<tr>
<th>Event</th>
<th>Nebraska</th>
<th>US*</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a physical fight 1 or more times during the past 12 months</td>
<td>19.2%</td>
<td></td>
</tr>
<tr>
<td>Physically abused by someone dating or going out with during the past 12 months</td>
<td>7.4%</td>
<td></td>
</tr>
<tr>
<td>Ever forced to have sex</td>
<td>8.4%</td>
<td></td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.
the same time period (Figure 9). Close to 1 in 12 students (8.4%) reported having been forced to have sex at some point in their lifetime.

- Male students (25.5%) were more likely than female students (12.2%) to report being in a physical fight during the past 12 months. However, female students (13.0%) were more than three times as likely as male students (3.9%) to report being forced to have sex during their lifetime. Male and female students were equally likely to report being physically hurt by someone they were dating or going out with during the past 12 months.

- For the most part, few differences were seen by grade among the various types of violence. However, 12th grade students (12.7%) were significantly more likely than 10th grade students (3.1%) to report being forced to have sex during their lifetime.

- Male and female students were equally likely to report being physically hurt by someone they were dating or going out with during the past 12 months.

- For the most part, few differences were seen by grade among the various types of violence. However, 12th grade students (12.7%) were significantly more likely than 10th grade students (3.1%) to report being hurt by someone they were dating or going out with during the past 12 months.

- The percentage of students that reported being forced by someone they were dating or going out with to do sexual things (such as kissing, touching, or being physically forced to have sexual intercourse) that they did not want to do during the past 12 months decreased slightly from 10.1% in 2013 to 7.7% in 2017.

- In 2017, about 1 in 10 students (10.1%) reported being forced by anyone to do sexual things they did not want to do during the past 12 months.

**Bullying**

- Bullying was first asked on the 2011 YRBS and is defined as “when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.”

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1,2
Since 2011, the percentage of students being bullied on school property during the past 12 months has remained relatively stable. The same is true for the percentage that reported being bullied electronically (i.e., texting, Instagram, Facebook, or other social media) during the past 12 months (Figure 10).

More than 1 in 5 high school students (22.4%) in 2017 reported being bullied on school property during the past 12 months, while more than 1 in 6 students (17.5%) reported being bullied electronically during the same time period (Figure 11).

Male and female students were equally likely to report being bullied on school property during the past 12 months (21.3% and 23.5%, respectively). However, female students (23.2%) were twice as likely as male students (11.5%) to report being electronically bullied during the past 12 months.

The percentage of students that reported being bullied on school property decreased slightly as grade level increased, while little difference was seen by grade for the percentage of students that reported being bullied electronically.

More than 1 in 4 students (27.9%) reported either being bullied on school property or electronically while close to 1 in 9 students (11.5%) reported being bullied on both school property and electronically during the past 12 months.
School Violence and Safety

- In 2017, the percentage of students that reported missing school because they felt unsafe getting to school or while at school during the past 30 days was 7.5%. A relatively similar proportion of students reported being threatened or injured with a weapon on school property (7.1%) and being in a physical fight on school property (6.0%) during the past 12 months. More than 1 in 5 students (22.4%) reported being bullied on school property during the past 12 months (Figure 12).

- Male and female high school students reported a relatively similar percentage for missing school because they felt unsafe, being threatened or injured with a weapon on school property, and being bullied on school property. However, males (8.8%) were almost three times as likely as females (3.0%) to report being in a physical fight on school property.

- The proportion of students that reported carrying a weapon (such as a gun, knife, or club) on school property during the past 30 days declined from 8.1% in 2015 to 5.4% in 2017.
Mental Health and Suicide

- Self-reported depression, suicide consideration, and attempted suicide among Nebraska high school students have been fairly stable over time, with increases occurring in recent years (Figure 13).
- The percentage of high school students that reported feeling so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing usual activities (i.e., depression) increased significantly from 19.5% in 2013 to 27.0% in 2017.
- The proportion of high school students reporting that they considered suicide during the past 12 months decreased significantly between 1991 (28.3%) and 2013 (12.1%) before increasing to 16.1% in 2017.
- Attempting suicide during the past 12 months remained consistent between 1991 and 2017.

**Figure 13: Mental Health and Suicide among Nebraska High School Students during the Past 12 Months, from 1991 to 2017**

<table>
<thead>
<tr>
<th>Year</th>
<th>Depressed*</th>
<th>Considered suicide</th>
<th>Attempted suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>25.3%</td>
<td>28.3%</td>
<td>7.0%</td>
</tr>
<tr>
<td>1993</td>
<td>25.1%</td>
<td>24.2%</td>
<td>9.1%</td>
</tr>
<tr>
<td>2003</td>
<td>21.0%</td>
<td>17.9%</td>
<td>8.8%</td>
</tr>
<tr>
<td>2005</td>
<td>19.5%</td>
<td>16.5%</td>
<td>9.4%</td>
</tr>
<tr>
<td>2011</td>
<td>24.1%</td>
<td>14.2%</td>
<td>7.7%</td>
</tr>
<tr>
<td>2013</td>
<td>27.0%</td>
<td>14.6%</td>
<td>6.0%</td>
</tr>
<tr>
<td>2015</td>
<td></td>
<td>16.1%</td>
<td>8.9%</td>
</tr>
<tr>
<td>2017</td>
<td></td>
<td></td>
<td>8.0%</td>
</tr>
</tbody>
</table>

*Indicator definitions can be found in Appendix A.
NOTE: Only years with weighted data are displayed here. See Methodological Overview section for details.

**Depression**

- In 2017, more than 1 in 4 high school students (27.0%) reported being depressed during the past 12 months (Figure 14).
- Female students (35.2%) were almost twice as likely as male students (19.2%) to report depression during the past 12 months. No differences were seen by grade level.

**Suicide**

- Close to 1 in 6 high school students (16.1%) reported seriously considering suicide while almost 1 in 12 (8.0%) reported attempting suicide during the past 12 months (Figure 14).
• Females (23.0%) were more than twice as likely as males (9.2%) to report that they considered suicide during the past 12 months. However, male and female students reported a relatively similar percentage for attempting suicide during the same period (6.0% and 9.8%, respectively).

• Little difference by grade was seen for considering suicide during the past 12 months. However, 9th grade students (10.8%) were significantly more likely than 10th grade students (4.3%) to report attempting suicide during the same time period.

How Nebraska Compares to the Nation

<table>
<thead>
<tr>
<th></th>
<th>Nebraska</th>
<th>US*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depressed during past 12 months**</td>
<td>27.0%</td>
<td></td>
</tr>
<tr>
<td>Considered suicide during past 12 months</td>
<td>16.1%</td>
<td></td>
</tr>
<tr>
<td>Attempted suicide during past 12 months</td>
<td>8.0%</td>
<td></td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.

**Indicator definitions can be found in Appendix A.

Figure 14: Mental Health and Suicide among Nebraska High School Students, by Gender and Grade, 2017

Association between Bullying and Depression/Suicide

• A greater proportion of students who reported being bullied during the past 12 months reported that they were depressed, considered suicide, and attempted suicide during the past 12 months than those who did not report being bullied (Table 2).

Table 2. Mental Health Measures by Bullying during the Past 12 Months, 2017

<table>
<thead>
<tr>
<th></th>
<th>Overall</th>
<th>Not Bullied</th>
<th>Bullied at School or Electronically</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depressed*</td>
<td>27.0%</td>
<td>19.1%</td>
<td>47.0%</td>
</tr>
<tr>
<td>Considered suicide</td>
<td>16.1%</td>
<td>9.4%</td>
<td>33.3%</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>8.0%</td>
<td>3.4%</td>
<td>17.1%</td>
</tr>
</tbody>
</table>

*Indicator definitions can be found in Appendix A.
Overall, more than 1 in 4 high school students (27.0%) reported feeling depressed at some point during the past 12 months. However, less than 1 in 5 students (19.1%) who were not bullied during the past 12 months reported feeling depressed during the past 12 months compared to almost half of all students (47.0%) who were bullied.

The same relationship occurred for considering and attempting suicide. Students who were bullied at school or electronically during the past 12 months were more than three times as likely as students not bullied to report that they considered suicide during the past 12 months (33.3% and 9.4%, respectively) and about five times as likely to report that they attempted suicide during the past 12 months (17.1% and 3.4%, respectively).

Association between Sexual Identity, Bullying, and Mental Health

- Nebraska high school students that reported identifying as gay or lesbian, bisexual, or not sure were considerably more likely to report being bullied, depressed, considering suicide, and attempting suicide (Table 3).
- Close to 1 in 4 students (26.6%) who identified as heterosexual reported being bullied at school or electronically during the past 12 months compared to more than 2 in 5 students (41.4%) who identified as gay or lesbian, bisexual, or not sure.
- Students who identified as gay or lesbian, bisexual, or not sure were more than twice as likely as students who identified as heterosexual to report being depressed during the past 12 months (54.0% and 23.2%, respectively), more than three times as likely to report considering suicide during the past 12 months (41.9% and 12.5%, respectively), and more than five times as likely to report attempting suicide during the past 12 months (27.0% and 5.3%, respectively).

Table 3. Mental Health Measures and Bullying by Sexual Identity during the Past 12 Months, 2017

<table>
<thead>
<tr>
<th></th>
<th>Overall</th>
<th>Heterosexual</th>
<th>Gay or Lesbian, Bisexual, or Not Sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bullied at School or Electronically</td>
<td>27.9%</td>
<td>26.6%</td>
<td>41.4%</td>
</tr>
<tr>
<td>Depressed*</td>
<td>27.0%</td>
<td>23.2%</td>
<td>54.0%</td>
</tr>
<tr>
<td>Considered suicide</td>
<td>16.1%</td>
<td>12.5%</td>
<td>41.9%</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>8.0%</td>
<td>5.3%</td>
<td>27.0%</td>
</tr>
</tbody>
</table>

*Indicator definitions can be found in Appendix A.

Additional Mental Health Measures

- Close to 1 in 7 high school students (14.1%) reported making a plan to commit suicide during the past 12 months. This is a significant decrease from 17.3% in 1991. Females (16.8%) were more likely than males (11.0%) to do so. No consistent pattern was seen by grade level.
- In 2017, 2.2% of students reported making a suicide attempt resulting in injury, poisoning, or overdose during the past 12 months, which is a significant decrease from 3.4% in 2003.
Tobacco Use

Cigarettes

- Cigarette use has declined dramatically among Nebraska high school students since 1991 (Figure 15).
- The percentage of students who reported smoking cigarettes during their lifetime dropped significantly from 72.4% in 1991 to 60.2% in 2003 to 24.0% in 2017.
- The proportion of students who reported smoking cigarettes during the past 30 days has also seen significant declines. Students in 2017 (7.4%) are four times less likely than students in 1991 (29.2%) to report past 30 day cigarette smoking.

<table>
<thead>
<tr>
<th>Year</th>
<th>Ever tried cigarettes</th>
<th>Smoked cigarettes during past 30 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>72.4%</td>
<td>29.2%</td>
</tr>
<tr>
<td>1993</td>
<td>67.1%</td>
<td>33.7%</td>
</tr>
<tr>
<td>2003</td>
<td>60.2%</td>
<td>24.1%</td>
</tr>
<tr>
<td>2005</td>
<td>53.4%</td>
<td>21.8%</td>
</tr>
<tr>
<td>2007</td>
<td>38.7%</td>
<td>15.0%</td>
</tr>
<tr>
<td>2011</td>
<td>31.9%</td>
<td>10.9%</td>
</tr>
<tr>
<td>2013</td>
<td>31.4%</td>
<td>13.3%</td>
</tr>
<tr>
<td>2015</td>
<td>24.0%</td>
<td>7.4%</td>
</tr>
</tbody>
</table>

NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.

- In 2017, nearly 1 in 4 high school students (24.0%) reported trying cigarettes during their lifetime, while more than 1 in 14 (7.4%) reported using cigarettes at least once during the past 30 days (Figure 16).
- A similar proportion of male and female students reported trying cigarettes during their lifetime and smoking during the past 30 days.
- The percentage of students that reported smoking cigarettes during their lifetime did not follow a consistent pattern by grade level, while the proportion of students that reported smoking during the past 30 days increased slightly as grade level increased.

How Nebraska Compares to the Nation

<table>
<thead>
<tr>
<th></th>
<th>Nebraska</th>
<th>US*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever tried cigarettes</td>
<td>24.0%</td>
<td></td>
</tr>
<tr>
<td>Smoked cigarettes during the past 30 days</td>
<td>7.4%</td>
<td></td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.

**Indicator definitions can be found in Appendix A.
In 2017, the percentage of students that reported smoking cigarettes daily during the past 30 days was 1.2%. This is a significant drop from 11.3% of students in 1991.

Among students who currently smoked cigarettes, on the days they smoked, the percentage that reported smoking more than 10 cigarettes per day decreased significantly from 16.6% in 1991 to 2.3% in 2017.

**Early Initiation of Cigarette Use**

- Less than 1 in 11 students (8.4%) reported trying cigarette smoking, even one or two puffs, before they were 13 years old. This has declined since 1991 when over 1 in 4 (25.7%) students reported smoking a whole cigarette before 13 years of age.

**Electronic Vapor Products**

- Trend data for electronic vapor product use is not displayed as a result of it not being asked on previous YRBS surveys prior to 2015.
- In 2017, more than to 1 in 3 high school students (36.1%) reported using an electronic vapor product during their lifetime (Figure 17).
- The proportion of students that reported using an electronic vapor product during the past 30 days decreased significantly between 2015 (22.3%) and 2017 (9.4%).
- Few differences were seen by gender for lifetime and past 30 day use of electronic vapor products.
- As grade level increased, the percentage of students that reported lifetime and past 30 day electronic vapor use increased.
Source of Electronic Vapor Products

- Borrowing an electronic vapor product (42.1%) or having someone else buy an electronic vapor product for them (21.2%) were the two most common sources of electronic vapor products among students under the age of 18 that used an electronic vapor product during the past 30 days (Figure 18). Close to 1 in 6 students (16.4%) reported getting their electronic vapor product in some other way.

Smokeless Tobacco

- Trend data for smokeless tobacco use during the past 30 days are not available due to changes in how the question was asked on the 2017 YRBS.
- As seen in Figure 19, close to 1 in 19 students (5.3%) reported using smokeless tobacco (i.e., chewing tobacco, snuff, dip, snus, or dissolvable tobacco products) during the past 30 days.
- Male students (8.3%) were more than five times as likely as female students (1.6%) to report using smokeless tobacco during the past 30 days.
- The proportion of students that reported smokeless tobacco use during the past 30 days increased slightly as grade level increased.
Any Tobacco Use

- When combining cigarette, cigar, smokeless tobacco, and electronic vapor product use, about 1 in 6 students (16.1%) reported using at least some kind of tobacco product during the past 30 days (Figure 20).
- When comparing the different types of tobacco products used during the past 30 days, electronic vapor products were the most commonly reported type in 2017. Cigarettes (7.4%) were the next most common type, followed by cigars, cigarillos, or little cigars (6.7%) and smokeless tobacco (5.3%).

Tobacco Product Cessation

- During the past 12 months, among students who used any type of tobacco product, 41.2% reported that they tried to quit using all tobacco products.
Alcohol Use

- Alcohol use among Nebraska high school students has remained fairly consistent between 2013 and 2017, but has declined considerably from earlier years.
- Figure 21 shows that the percentage of students reporting lifetime alcohol use decreased steadily from 1991 to 2003 before declining sharply from 78.4% in 2003 to 54.0% in 2017.
- The percentage of students who reported drinking alcohol during the past 30 days had a similar pattern, dropping from 53.4% in 1991 to 46.5% in 2003 to 24.4% in 2017.
- Between 1991 (36.9%) and 2015 (14.3%) there was a significant decline in the proportion of students who reported having five or more drinks of alcohol within a couple of hours (i.e., binge drinking) during the past 30 days.
- In 2017, 10.5% of students reported binge drinking. The definition of binge drinking was changed to 5 or more drinks for males and 4 or more drinks for females on the 2017 YRBS. Due to this change, trend data for binge drinking are not comparable to 2017.

<table>
<thead>
<tr>
<th></th>
<th>Nebraska</th>
<th>US*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever drank alcohol</td>
<td>54.0%</td>
<td></td>
</tr>
<tr>
<td>Drank alcohol during past 30 days</td>
<td>24.4%</td>
<td></td>
</tr>
<tr>
<td>Drank 5+ drinks (male) or 4+ drinks (female) 1+ times past 30 days</td>
<td>10.5%</td>
<td></td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.

How Nebraska Compares to the Nation

How Nebraska Compares to the Nation

Figure 21: Alcohol Use among Nebraska High School Students, from 1991 to 2017

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever drank alcohol</td>
<td>82.9%</td>
<td>78.8%</td>
<td>78.4%</td>
<td>73.2%</td>
<td>60.6%</td>
<td>52.1%</td>
<td>51.7%</td>
<td>54.0%</td>
</tr>
<tr>
<td>Drank alcohol during past 30 days</td>
<td>53.4%</td>
<td>51.9%</td>
<td>46.5%</td>
<td>42.9%</td>
<td>26.6%</td>
<td>22.1%</td>
<td>22.7%</td>
<td>24.4%</td>
</tr>
<tr>
<td>Drank 5+ drinks (male or female)*</td>
<td>36.9%</td>
<td>35.7%</td>
<td>32.2%</td>
<td>29.8%</td>
<td>16.4%</td>
<td>13.6%</td>
<td>14.3%</td>
<td>10.5%</td>
</tr>
</tbody>
</table>

*One or more times during the past 30 days

NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.
During 2017, over half of high school students (54.0%) reported that they drank alcohol during their lifetime (Figure 22). Nearly 1 in 4 students (24.4%) reported drinking alcohol during the past 30 days while about 1 in 10 (10.5%) reported binge drinking during the same period.

Male and female students reported fairly similar percentages for drinking alcohol during their lifetime, along with drinking alcohol and binge drinking during the past 30 days.

All types of alcohol use were significantly lower in 9th grade students compared to students in grade 12. Students in 9th grade were also significantly less likely to report drinking during the past 30 days compared to students in grades 10 and 11.

Among students who drank alcohol during the past 30 days, 11.9% reported the largest number of alcoholic drinks they had in a row was 10 or more.

In 2017, roughly 1 in 7 high school students (13.3%) reported consuming their first drink of alcohol, more than a few sips, before age 13. This is a decrease from 1991 when more than 1 in 3 high school students (34.2%) reported first drinking before age 13.

Among students who reported drinking alcohol during the past 30 days, liquor (e.g., vodka, rum, scotch, bourbon or whiskey) was the most commonly reported type of alcohol usually consumed at 42.0%, followed by beer, flavored malt beverages (such as Smirnoff Ice, Bacardi Silver, or Hard Lemonade), wine, and wine coolers (Figure 23). About 1 in 7 (14.7%) had no type that they usually drank, while 2.5% usually drank some other type of alcohol.
Among students who reported drinking alcohol during the past 30 days, the most common source for getting alcohol was from someone who gave it to them (31.7%) followed by someone who bought it for them (20.6%) and taking it from a store or family member (19.2%). About 1 in 4 (25.3%) got their alcohol in some other way not listed (Figure 24).

Among students who reported drinking alcohol during the past 30 days, the most common place where alcohol was consumed was within a home, where nearly half (47.4%) reported that they usually drank at another person’s home and close to 2 in 5 (39.2%) reported that they usually drank within their own home (Figure 25).
Drug Use

Marijuana

- The proportion of Nebraska students that reported lifetime marijuana use and marijuana use during the past 30 days increased between 1991 and 2003 before declining between 2003 and 2017 (Figure 26).
- The 2017 percentages for lifetime and past 30 day marijuana use (25.4% and 13.4%, respectively) have remained fairly consistent when compared to recent years. However, they show a significant decrease from the levels reported in 2003 (34.6% and 18.3%, respectively).

![Figure 26: Marijuana Use among Nebraska High School Students, from 1991 to 2017](image)

<table>
<thead>
<tr>
<th>Year</th>
<th>Ever used marijuana</th>
<th>Used marijuana during past 30 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>22.3%</td>
<td>10.3%</td>
</tr>
<tr>
<td>1993</td>
<td>19.3%</td>
<td>9.4%</td>
</tr>
<tr>
<td>2003</td>
<td>34.6%</td>
<td>18.3%</td>
</tr>
<tr>
<td>2005</td>
<td>32.3%</td>
<td>17.5%</td>
</tr>
<tr>
<td>2011</td>
<td>25.0%</td>
<td>12.7%</td>
</tr>
<tr>
<td>2013</td>
<td>23.6%</td>
<td>11.7%</td>
</tr>
<tr>
<td>2015</td>
<td>26.6%</td>
<td>13.7%</td>
</tr>
<tr>
<td>2017</td>
<td>25.4%</td>
<td>13.4%</td>
</tr>
</tbody>
</table>

*NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.*

- During 2017, about 1 in 4 high school students (25.4%) reported using marijuana at least once during their lifetime while more than 1 in 8 students (13.4%) reported using it during the past 30 days (Figure 27).
- Male and female students reported similar percentages for lifetime and past 30 day marijuana use.
- Lifetime marijuana use was significantly lower in 9th grade students (11.5%) than students in grades 10, 11, and 12. Past 30 day marijuana use was also significantly lower in 9th grade students (6.5%) compared to students in 11th and 12th grade.

How Nebraska Compares to the Nation

<table>
<thead>
<tr>
<th></th>
<th>Nebraska</th>
<th>US*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever used marijuana</td>
<td>25.4%</td>
<td></td>
</tr>
<tr>
<td>Used marijuana during past 30 days</td>
<td>13.4%</td>
<td></td>
</tr>
<tr>
<td>Ever used prescription pain medicine**</td>
<td>14.3%</td>
<td></td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.
**Indicator definitions can be found in Appendix A.
In 2017, about 1 in 19 high school students (5.3%) reported using marijuana before age 13.

Prescription Pain Medicine

- Trend data for lifetime non-medical prescription pain medicine are not available as a result of a change in how the question was asked on the 2017 YRBS.
- In 2017, about 1 in 7 high school students (14.3%) reported taking prescription pain medicine (such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet) without a doctor’s prescription or differently than how a doctor told them to use it at least once during their lifetime (Figure 28).
- Close to 1 in 16 students (6.3%) reported taking prescription pain medicine (such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet) without a doctor’s prescription or differently than how a doctor told them to use it at least once during the past 30 days.
- Male and female students reported a similar percentage for lifetime and past 30 day prescription pain medicine abuse.
- The percentage of students reporting lifetime prescription pain medicine abuse was significantly lower in 9th and 10th grade students compared to 12th grade students. Few differences were seen by grade level for past 30 day prescription pain medicine abuse.
**Lifetime Drug Use**

- The 2017 YRBS asked about lifetime use of nine drugs. Of those nine drugs, marijuana was the most commonly reported at 25.4%, followed by prescription pain medicine abuse at 14.3%, inhalants at 6.0%, and synthetic drugs at 5.2%.
- As seen in Table 4, the use of nearly all the drugs has decreased significantly from earlier years, with small declines occurring between 2015 and 2017. Trend data for prescription pain medicine and synthetic marijuana are not available.

**Table 4. Lifetime Drug Trends among Nebraska High School Students, 1991-2017**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana</td>
<td>22.3%</td>
<td>19.3%</td>
<td>34.6%</td>
<td>32.3%</td>
<td>25.0%</td>
<td>23.6%</td>
<td>26.6%</td>
<td>25.4%</td>
</tr>
<tr>
<td>Cocaine/Crack</td>
<td>4.6%</td>
<td>3.5%</td>
<td>6.9%</td>
<td>7.5%</td>
<td>4.2%</td>
<td>3.2%</td>
<td>5.3%</td>
<td>4.1%</td>
</tr>
<tr>
<td>Inhalants</td>
<td>--</td>
<td>--</td>
<td>11.7%</td>
<td>11.3%</td>
<td>9.7%</td>
<td>7.0%</td>
<td>8.1%</td>
<td>6.0%</td>
</tr>
<tr>
<td>Heroin</td>
<td>--</td>
<td>--</td>
<td>2.7%</td>
<td>2.7%</td>
<td>1.9%</td>
<td>1.2%</td>
<td>2.5%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Meth</td>
<td>--</td>
<td>--</td>
<td>6.3%</td>
<td>5.8%</td>
<td>2.7%</td>
<td>2.0%</td>
<td>4.2%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>--</td>
<td>--</td>
<td>5.0%</td>
<td>4.9%</td>
<td>4.5%</td>
<td>3.2%</td>
<td>5.1%</td>
<td>3.9%</td>
</tr>
<tr>
<td>Steroids</td>
<td>2.4%</td>
<td>3.0%</td>
<td>3.6%</td>
<td>4.0%</td>
<td>2.8%</td>
<td>2.3%</td>
<td>3.5%</td>
<td>3.5%</td>
</tr>
</tbody>
</table>

- In 2017, the percentage of students that reported ever using a needle to inject any illegal drug into their body was 1.6%.

**Drug Use on School Property**

- The proportion of students reporting being offered, sold, or given an illegal drug on school property during the past 12 months has decreased significantly from 22.0% in 2005 to 18.5% in 2017.
Sexual Behaviors and HIV/AIDS

Sexual Intercourse

- Sexual activity among Nebraska high school students has decreased steadily since the early 1990s (Figure 29).
- The percentage of students who reported that they have had sexual intercourse during their lifetime gradually decreased from just over half of all students in 1991 (52.5%) to less than one third of all students in 2017 (29.1%).
- The proportion of students who reported having sex during the past three months saw a similar decline, dropping from 37.2% in 1991 to 20.5% in 2017.

<table>
<thead>
<tr>
<th>Year</th>
<th>Ever had sex (%)</th>
<th>Currently sexually active (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>52.5%</td>
<td>37.2%</td>
</tr>
<tr>
<td>1993</td>
<td>47.0%</td>
<td>31.9%</td>
</tr>
<tr>
<td>2003</td>
<td>42.8%</td>
<td>31.5%</td>
</tr>
<tr>
<td>2005</td>
<td>40.8%</td>
<td>29.9%</td>
</tr>
<tr>
<td>2011</td>
<td>37.1%</td>
<td>27.0%</td>
</tr>
<tr>
<td>2013</td>
<td>35.2%</td>
<td>25.7%</td>
</tr>
<tr>
<td>2015</td>
<td>32.5%</td>
<td>24.9%</td>
</tr>
<tr>
<td>2017</td>
<td>29.1%</td>
<td>20.5%</td>
</tr>
</tbody>
</table>

*Indicator definitions can be found in Appendix A.
NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.

- In 2017, less than 1 in 3 high school students (29.1%) reported having had sex in their lifetime while about 1 in 5 (20.5%) reported having had sex during the past three months (Figure 30).
- Male and female students were equally likely to report lifetime and past three month sexual activity.
- Lifetime and past three month sexual activity increased as grade level increased. Students in 10th, 11th, and 12th grade reported significantly higher percentages than 9th graders, while 12th grade students also reported significantly higher percentages than students in 10th grade.
Less than 1 in 20 high school students (2.8%) reported that they had sex before age 13 in 2017. This is a decline from 1991 when about 1 in 15 students (6.8%) reported that they had sex before age 13.

In 2017, less than 1 in 16 students (6.0%) reported having had sex with four or more people during their lifetime, which is a significant decrease from nearly 1 in 5 students (18.3%) in 1991. Male and female students reported similar percentages in 2017 (6.6% and 5.4%, respectively).

Among students who had sex during the past three months in 2017, less than 1 in 7 (13.7%) reported using drugs or alcohol prior to their last sexual intercourse, a decline from more than 1 in 4 students (26.1%) in 1991.

Birth Control

In 2017, a little over half of all students (53.3%) who had sex during the past three months reported using a condom during their last sexual intercourse.

The YRBS asks students to report which method they used to prevent pregnancy the last time they had sexual intercourse. Among students who had sex during the past three months, condoms (41.9%) were the most commonly used form of birth control, followed by birth control pills (21.2%), and withdrawal or some other method not listed (15.8%). Close to 1 in 14 (7.0%) reported using no form of birth control, while 3.9% were not sure (Table 5).

Table 5. Type of Birth Control Used the Last Time High School Students Had Sex, among Those Who Were Currently Sexually Active*, 2017

<table>
<thead>
<tr>
<th></th>
<th>No method used</th>
<th>Birth control pills</th>
<th>Condoms</th>
<th>IUD or implant</th>
<th>Shot, patch, or birth control ring</th>
<th>Withdrawal or some other method</th>
<th>Not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>7.0%</td>
<td>21.2%</td>
<td>41.9%</td>
<td>4.3%</td>
<td>5.9%</td>
<td>15.8%</td>
<td>3.9%</td>
</tr>
<tr>
<td>Male</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9th</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10th</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11th</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12th</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Indicator definitions can be found in Appendix A.
**HIV Testing**

- Close to 1 in 12 students (8.8%) reported ever being tested for HIV.

**Sexual Contact and Identity**

- In 2017, the YRBS asked students with whom they have had sexual contact during their lifetime, along with how students would best describe themselves.
- Close to 2 in 9 students (22.3%) reported having sexual contact with females, and about 2 in 11 students (18.4%) reported having sexual contact with males. More than half of all students (56.1%) reported they had never had sexual contact, while 3.2% reported having sexual contact with both females and males (Figure 31).

![Figure 31: With Whom Students have had Sexual Contact during Their Lifetime among Nebraska High School Students, 2017](image)

- As seen in Figure 32, close to 7 in 8 high school students (86.5%) described themselves as heterosexual. More than 1 in 15 students (6.9%) described themselves as bisexual, while 1.9% described themselves as gay or lesbian and 4.6% were not sure.

![Figure 32: How Students Best Describe Themselves among Nebraska High School Students, 2017](image)
Body Weight and Weight Loss

Self-Perception of Weight and Actions to Control Weight

- During 2017, slightly more than half of all Nebraska high school students (53.1%) reported that they were about the right weight while about 3 in 10 (29.4%) felt that they were slightly or very overweight (Figure 33).
- Male students were more likely than female students to report being slightly or very underweight (23.8% and 10.7%, respectively) while female students were more likely than male students to report being slightly or very overweight (33.8% and 25.3%, respectively).

More than 2 in 5 students (43.8%) reported that they were currently trying to lose weight (Figure 34). About 1 in 6 students reported trying to gain weight (16.0%) and trying to stay the same weight (16.4%). Close to 1 in 4 reported not trying to do anything about their weight (23.8%).

- For females, nearly 3 in 5 (58.3%) reported that they were trying to lose weight which is about twice as high as males (29.4%). However, almost four times as many males as females were trying to gain weight (25.3% and 6.4%, respectively).
High Risk Weight Loss Methods

- Trend data for high risk weight loss methods are not available as a result of a change in how the questions were asked on the 2017 YRBS.
- In 2017, about 1 in 7 high school students (14.3%) reported fasting or skipping meals, taking diet supplements, vomiting or taking laxatives, or smoking cigarettes to lose weight or keep from gaining weight during the past 30 days (Figure 35).
- Female students (19.5%) were significantly more likely than male students (9.2%) to report using a high risk weight loss method during the past 30 days.
- Few differences were seen by grade for the use of high risk weight loss methods.

*Indicator definitions can be found in Appendix A.
Nutrition

Fruit and Vegetable Consumption

- The percentage of Nebraska high school students who reported consuming fruits or vegetables five or more times per day during the past seven days has remained relatively stable between 2003 and 2017 (Figure 36).

![Figure 36: Consumed Fruits (or drank 100% fruit juices) and Vegetables 5 or More Times Per Day during the Past 7 Days among Nebraska High School Students, from 2003 to 2017](image)

- During 2017, about 1 in 7 high school students (14.7%) reported consuming fruits and vegetables five or more times per day during the past seven days (Figure 37).
- Male and female students reported similar percentages for eating fruits and vegetables five or more times per day during the past seven days.
- Fruit and vegetable consumption decreased as grade level increased.
- When looking at fruit and vegetable consumption separately, more than 1 in 4 high school students (26.2%) reported eating fruit or drinking 100% fruit juices two or more times per day while close to 1 in 9 (11.8%) reported eating vegetables three or more times per day during the past seven days.

How Nebraska Compares to the Nation

<table>
<thead>
<tr>
<th></th>
<th>Nebraska</th>
<th>US*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consumed fruit or drank 100% fruit juices two or more times per day</td>
<td>26.2%</td>
<td></td>
</tr>
<tr>
<td>Consumed vegetables three or more times per day</td>
<td>11.8%</td>
<td></td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.
Figure 38 shows that about 2 in 5 high school students (38.1%) reported drinking one or more glasses of milk per day during the past seven days.

- Male students were significantly more likely than female students to report daily milk consumption (46.7% and 29.7%, respectively).
- Little difference was seen by grade level for daily milk consumption during the past 7 days.

The 2017 YRBS asked students how often they drank various sugar-sweetened beverages, including regular (non-diet) soda or pop (such as Coke, Pepsi, or Sprite), full calorie sports drinks (such as Gatorade or PowerAde), and other sugar-sweetened beverages (such as sweetened tea or coffee drinks, flavored milk, flavored juice drinks, or energy drinks such as Red Bull).
Overall, less than 1 in 3 (30.6%) high school students reported drinking any sugar-sweetened beverage (soda, sport drinks, or other sugar-sweetened beverages) on average of one or more times per day during the past seven days (Figure 39). Less than 1 in 5 students (18.2%) reported drinking soda one or more times per day, close to 1 in 9 (11.9%) reported drinking sports drinks one or more times per day, and 1 in 8 (12.5%) reported drinking some other sugar-sweetened beverage one or more times per day during the past seven days.

Male students were more almost two times more likely than female students to report drinking any type of sugar-sweetened beverage (39.7% and 21.1%, respectively). Males were significantly more like to report drinking soda (24.2% and 11.9%, respectively) and sports drinks (16.9% and 6.7%, respectively). Students that reported drinking other sugar-sweetened beverages had little difference by gender.

Daily consumption of sugar-sweetened beverages during the past seven days did not follow a consistent pattern by grade level.

---

**How Nebraska Compares to the Nation**

<table>
<thead>
<tr>
<th></th>
<th>Nebraska</th>
<th>US*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drank 1 or more glasses of milk per day**</td>
<td>38.1%</td>
<td></td>
</tr>
<tr>
<td>Drank soda 1 or more times per day**</td>
<td>18.2%</td>
<td></td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.

**Indicator definitions can be found in Appendix A.
Breakfast Consumption

- The percentage of Nebraska high school students that reported eating breakfast every day during the past 7 days has declined from 37.8% in 2013 to 34.9% in 2017 (Figure 40).

<table>
<thead>
<tr>
<th>Year</th>
<th>Ate Breakfast Every Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>37.8%</td>
</tr>
<tr>
<td>2015</td>
<td>36.2%</td>
</tr>
<tr>
<td>2017</td>
<td>34.9%</td>
</tr>
</tbody>
</table>

- In 2017, about 1 in 3 students (34.9%) reported that they ate breakfast every day during the past seven days (Figure 41), while close to 1 in 7 students (14.2%) reported never eating breakfast during the same time period.
- Male and female students reported relatively similar percentages for consuming breakfast every day.
- Breakfast consumption during the past seven days did not follow a consistent pattern by grade level.

Food Allergies

- About 1 in 10 high school students (10.4%) reported avoiding some foods because eating them could cause an allergic reaction.
Physical Activity

According to the 2008 Physical Activity Guidelines for Americans, students should be physically active for 60 minutes or more per day, which should include most of the minutes in aerobic activity and the inclusion of both muscle- and bone-strengthening activities at least three days of the week.\(^3\)

In 2017, over half of Nebraska high schools students (51.7% and 51.7%, respectively) reported being physically active for 60 or more minutes on five or more of the past seven days and reported doing exercises to strengthen or tone their muscles on three or more of the past seven days (Figure 42).

Males were more likely than females to report 60 or more minutes of physical activity per day (56.6% and 47.2%, respectively) and were significantly more likely to do strengthening exercises (57.4% and 46.1%, respectively).

The percentage of students that reported doing physical activity for 60 or more minutes per day decreased as grade level increased while the percentage that reported doing strengthening exercises did not follow a consist pattern by grade level.

### How Nebraska Compares to the Nation

<table>
<thead>
<tr>
<th></th>
<th>Nebraska</th>
<th>US*</th>
</tr>
</thead>
<tbody>
<tr>
<td>60+ minutes of physical activity per day on 5+ of the past 7 days</td>
<td>51.7%</td>
<td>51.7%</td>
</tr>
<tr>
<td>Strengthened muscles on 3+ of the past 7 days</td>
<td>51.7%</td>
<td>51.7%</td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.

Figure 42: Physical Activity among Nebraska High School Students, by Gender and Grade, 2017

- **60+ Minutes of Physical Activity Per Day during 5+ of the Past 7 Days**
- **Did Exercises to Strengthen Muscles during 3+ of the Past 7 Days**
- About 1 in 7 students (14.8%) in 2017 reported that they did not get 60 minutes of physical activity on any of the past seven days.

**Physical Education in School**

- As seen in Figure 43, nearly 3 in 5 high school students (57.9%) reported not attending physical education (PE) class at all during an average school week. About 1 in 7 students (14.4%) attend PE classes one to four days during an average school week while roughly 3 in 10 (27.7%) attend PE class daily during an average school week.

<table>
<thead>
<tr>
<th>Frequency of Attending PE Classes</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>57.9%</td>
</tr>
<tr>
<td>1-4 days</td>
<td>14.4%</td>
</tr>
<tr>
<td>5 days</td>
<td>27.7%</td>
</tr>
</tbody>
</table>

**Sports Teams**

- Nearly two thirds of Nebraska high school students (62.8%) reported playing on a sports team during the past 12 months.

**Concussions**

- In 2017, close to 1 in 6 students (15.4%) reported having a concussion from playing a sport or being physically active during the past 12 months.

**Screen Time Not Related to School**

- As seen in Figure 44, the percentage of high school students who reported watching three or more hours of TV per day during an average school day has significantly decreased from 2003 (28.0%) to 2017 (19.2%).
- The proportion of students who reported playing video or computer games or using a computer for 3 or more hours per day during an average school day has significantly increased from 21.1% in 2011 to 38.3% in 2017.
During 2017, close to 1 in 5 high school students (19.2%) reported watching three or more hours of TV per day while close to 2 in 5 (38.3%) reported playing video/computer games or using a computer for non-school work for three or more hours per day. Collectively, nearly half (46.7%) reported watching TV, playing video games, or using the computer for three or more hours per school day (Figure 45).

Average school day TV, video game, and screen time use had few differences by gender and did not follow a consistent pattern by grade level.

How Nebraska Compares to the Nation

<table>
<thead>
<tr>
<th></th>
<th>Nebraska</th>
<th>US*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watched 3+ hours of TV on average school day</td>
<td>19.2%</td>
<td></td>
</tr>
<tr>
<td>Played video games 3 or more hours on average school day**</td>
<td>38.3%</td>
<td></td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.

**Indicator definitions can be found in Appendix A.
Other Health Topics

**Oral Health**

- In 2017, almost 4 in 5 Nebraska high school students (79.2%) reported seeing a dentist for a check-up, teeth cleaning, or other dental work during the past 12 months (Figure 46), which has increased from 75.1% in 2011.
- Males and females were equally as likely to report that they saw a dentist during the past 12 months with little difference seen by grade level.

**Tanning**

- In 2017, 1 in 12 Nebraska high school students (8.3%) reported using an indoor tanning device one or more times during the past 12 months, which is a decrease from 1 in 5 high school students (18.5%) in 2011 (Figure 47).
- Female students (11.6%) were significantly more likely than male students (4.7%) to report using an indoor tanning device. Students reporting the use of a tanning device decreased as grade levels decreased with 9th grade students (3.6%) reporting a significantly lower percentage than students in 12th grade (14.3%).

**How Nebraska Compares to the Nation**

<table>
<thead>
<tr>
<th>Nebraska</th>
<th>US*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used indoor tanning device in past 12 months</td>
<td>8.3%</td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.


**Asthma**

- The percentage of high school students reporting that they have ever been told by a doctor or nurse that they have asthma stayed consistent between 2003 and 2017 (Figure 48).

<table>
<thead>
<tr>
<th>Year</th>
<th>Ever been told have asthma</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>19.4%</td>
</tr>
<tr>
<td>2005</td>
<td>19.2%</td>
</tr>
<tr>
<td>2011</td>
<td>19.2%</td>
</tr>
<tr>
<td>2013</td>
<td>16.9%</td>
</tr>
<tr>
<td>2015</td>
<td>20.0%</td>
</tr>
<tr>
<td>2017</td>
<td>20.4%</td>
</tr>
</tbody>
</table>

*Indicator definitions can be found in Appendix A.  
NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.

- In 2017, about 1 in 5 students (20.4%) reported that they had ever been told they have asthma (Figure 49).
- Males and females report a similar percentage for having ever been told that they have asthma.
- Students that reported ever being told they had asthma did not follow a consistent pattern by grade level.

**How Nebraska Compares to the Nation**

**Nebraska**

**US**

<table>
<thead>
<tr>
<th>Ever been told have asthma**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nebraska</td>
</tr>
<tr>
<td>US</td>
</tr>
<tr>
<td>20.4%</td>
</tr>
</tbody>
</table>

*US data for the 2016/2017 school year (collected spring 2017) will be added to this table once available, expected June of 2018.  
**Indicator definitions can be found in Appendix A.

**Sleep**

- The percentage of high school students who reported getting eight or more hours of sleep on an average school night has significantly decreased between 2015 (31.9%) and 2017 (6.8%).
Grades in School

• In 2017, more than 4 in 5 high school students (81.4%) reported their grades in school as mostly A’s or B’s during the past 12 months.

Food Security

• Among Nebraska high school students, 2.5% reported during the past 30 days going hungry most of the time or always because there was not enough food in their home.

Payment for Sex

• Close to 1 in 20 high school students (4.5%) reported in their lifetime having been given money, a place to stay, food, or something else of value in exchange for sex.
Methodological Overview

As in previous administrations of the Nebraska YRBS, the CDC drew the 2017 YRBS sample for Nebraska using a two-stage cluster sampling design. In the first stage, a random sample of public high schools was selected with probability proportionate to school enrollment. Schools were then recruited to participate. In the second stage, within each of the participating schools, a random sample of classrooms was selected and all students in those classes were targeted for participation. Under this sampling procedure 82 public schools in Nebraska were randomly selected; however, 12 chose not to participate. For the 70 participating schools, 109 whole classrooms of students were then selected by either subject (e.g., English, social studies) or class period (e.g., homeroom, second period). The 1,944 students from all selected classrooms were eligible to participate in the survey.

The 2017 Nebraska YRBS was completed by 1,439 students in 70 public high schools. The school response rate was 85% (70 of 82 eligible schools participated) while the student response rate was 74%. The overall response rate was 63%, which was calculated by multiplying the school response rate by the student response rate.

Selected schools were contacted for recruitment. Initial contact was made by the Bureau of Sociological Research (BOSR) at the University of Nebraska-Lincoln. This contact consisted of an initial letter followed by e-mail communication with follow-up telephone calls. Schools were also contacted by community stakeholders and encouraged to participate. The group of stakeholders included, but was not limited to, representatives from local health departments, behavioral health regions, community coalitions, and non-profit organizations.

Once a school agreed to participate in the YRBS, BOSR would work with the school to choose an administration date and would send the school the surveys and instructions for administration. School staff would coordinate the administration of the survey within each participating school, which consisted of administering the survey to the selected classrooms and returning the completed surveys to the BOSR. Of the 70 participating schools, 54 completed it between September and November 2016, and 13 completed it in December 2016. Due to extenuating circumstances two completed it in late January 2017 and one completed it in early February 2017.

School and student participation in the YRBS was voluntary. In addition, the Nebraska YRBS honored the parental consent procedures within participating schools. Though the YRBS does not require active (or informed) consent, some Nebraska schools required active parental consent (parents were required to sign a permission form for their child to participate in the survey) while others used passive consent (parents were informed about the survey and given the opportunity to deny permission).
Student anonymity was protected by using a self-administered format and a scannable answer sheet free of identifiable information beyond basic demographics. To ensure confidentiality of student and school specific results, school specific data are not released to the public. In fact, school identifiers were removed from the dataset by the CDC after the data were weighted to further protect school confidentiality.

Once YRBS data collection was complete, the BOSR mailed the completed surveys to the CDC contractor for the YRBS, Westat. Westat then scanned, cleaned, and weighted the Nebraska data before returning it to the Nebraska Department of Education. The 2017 data were weighted to represent all public high school students in Nebraska as a result of having an overall response rate greater than 60%, the level determined by the CDC to be representative. The weights adjusted for student nonresponse and the student distribution of gender, grade, and race/ethnicity. Nebraska YRBS data have only been weighted eight times since the survey began in 1991. The weighted years include 1991, 1993, 2003, 2005, 2011, 2013, 2015, and 2017. As a result, data from non-weighted years are not included in this report because they are not representative and not comparable to weighted years.

As a result of the complex sampling methods and weighting used by the YRBS, statistical analysis software capable of properly analyzing these data (e.g., SUDAAN or advanced components of SAS) are recommended for analyzing YRBS data. This allows for the proper calculation of standard errors and subsequently confidence intervals for survey estimates.

The 2017 Nebraska YRBS consisted of 99 questions and was administered by paper and pencil, where students placed their answers onto a bubble answer sheet. Of the 99 questions, 87 were core CDC questions while 12 were state added. The 12 state added questions covered the following topics: injury prevention, alcohol consumption, prescription pain medicine, payment for sex, high risk weight loss behaviors, sugar-sweetened beverage consumption, food allergies, strengthening exercise, tanning, and food security. National data are available for comparison to Nebraska data for core questions, but not for state added questions as they are specific to the Nebraska survey.
References

1. 2017 Nebraska Youth Risk Behavior Survey.  
   https://bosr.unl.edu/2016NEH%20Questionnaire.pdf.


Appendix A: Indicator Table

**Transportation**

- **Never/rarely wore bicycle helmet:** Among students who rode a bicycle during the past 12 months, the percentage who reported never or rarely wearing a bicycle helmet
- **Never/rarely wore seat belt:** Percentage of students who reported never or rarely wearing a seat belt when riding in a car driven by someone else
- **Rode with drinking driver:** Percentage of students who reported riding one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol
- **Drove when drinking:** Among students who drove a car or other vehicle during the past 30 days, the percentage who reported driving when they had been drinking alcohol one or more times during the past 30 days
- **Texted or e-mailed while driving:** Among students who drove a car or other vehicle during the past 30 days, the percentage who reported texting or e-mailing while driving on one or more of the past 30 days

**Violence and Bullying**

- **In a physical fight:** Percentage of students who reported that they were in a physical fight one or more times during the past 12 months
- **Physically abused by someone dating/going out with:** Among students who dated or went out with someone during the past 12 months, the percentage who reported that they had been physically hurt on purpose by someone they were dating or going out with one or more times during the past 12 months
- **Ever forced to have sex:** Percentage of students who reported that they had ever been physically forced to have sexual intercourse when they did not want to
- **Ever forced to do sexual things:** Percentage of students who reported that anyone had forced them to do sexual things that they did not want to do, such as kissing, touching, or being physically forced to have sexual intercourse one or more times during the past 12 months
- **Ever forced to do sexual things with someone dating/going out with:** Percentage of students who reported that someone they were dating or going out with had forced them to do sexual things that they did not want to do, such as kissing, touching, or being physically forced to have sexual intercourse one or more times during the past 12 months
- **Bullied on school property:** Percentage of students who reported having ever been bullied on school property during the past 12 months
- **Bullied electronically:** Percentage of students who reported having ever been electronically bullied during the past 12 months
- **Bullied on school property or electronically:** Percentage of students who reported having ever been bullied on school property during the past 12 months OR having ever been electronically bullied during the past 12 months
• **Bullied on school property and electronically:** Percentage of students who reported having ever been bullied on school property during the past 12 months AND having ever been electronically bullied during the past 12 months

• **Missed school because felt unsafe getting to or while at school:** Percentage of students who reported that they did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school

• **Threatened or injured with a weapon on school property:** Percentage of students who reported having been threatened or injured with a weapon, such as a gun, knife or club, on school property one or more times during the past 12 months

• **Carried a weapon on school property:** Percentage of students who reported carrying a weapon, such as a gun, knife, or club on school property one or more times during the past 30 days

• **In a physical fight on school property:** Percentage of students who reported that they were in a physical fight on school property one or more times during the past 12 months

**Mental Health and Suicide**

• **Depressed:** Percentage of students who reported feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months

• **Considered suicide:** Percentage of students who reported seriously considering attempting suicide during the past 12 months

• **Attempted suicide:** Percentage of students who reported actually attempting suicide one or more times during the past 12 months

• **Made a plan to commit suicide:** Percentage of students who reported making a plan about how they would attempt suicide during the past 12 months

• **Made a suicide attempt resulting in injury, poisoning, overdose:** Percentage of students who reported making a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

**Tobacco Use**

• **Ever tried cigarettes:** Percentage of students who reported ever trying cigarette smoking, even one or two puffs

• **Early initiation of cigarette use:** Percentage of students who reported first trying cigarette smoking, even one or two puffs, before they were 13 years old

• **Smoked cigarettes during past 30 days:** Percentage of students who reported smoking cigarettes on one or more of the past 30 days

• **Smoked cigarettes daily:** Percentage of students who reported smoking cigarettes daily during the past 30 days

• **Smoked more than 10 cigarettes per day:** Among past 30 day cigarette users, percentage of students who reported, on the days they smoked, smoking more than 10 cigarettes per day
• **Ever used electronic vapor product:** Percentage of students who reported ever using 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])

• **Used electronic vapor product during past 30 days:** Percentage of students who reported using 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 one or more of the past 30 days

• **Source of electronic vapor products:** Among past 30 day electronic vapor product users under the age of 18, the reported usual source of electronic vapor products during the past 30 days

• **Used smokeless tobacco during past 30 days:** Percentage of students who reported using chewing tobacco, snuff, dip, snus, or dissolvable tobacco products on one or more of the past 30 days

• **Used cigars during past 30 days:** Percentage of students who reported smoking cigars, cigarillos, or little cigars on one or more of the past 30 days

• **Used any tobacco during past 30 days:** Percentage of students who reported using cigarettes, cigars, cigarillos, or little cigars, smokeless tobacco, or electronic vapor products on one or more of the past 30 days

• **Tobacco product cessation:** Among students past 12 month tobacco products users, the percentage of students who reported trying to quit using any type of tobacco product

### Alcohol Use

• **Ever drank alcohol:** Percentage of students who reported having had at least one drink of alcohol on one or more days during their life

• **Drank alcohol during past 30 days:** Percentage of students who reported having at least one drink of alcohol on one or more of the past 30 days

• **Drank 5+ drinks (male or female):** Percentage of students (male or female) who reported having five or more drinks of alcohol in a row, that is, within a couple of hours, during the past 30 days

• **Drank 5+ drinks (male) or 4+ drinks (female):** Percentage of male students who reported having five or more drinks of alcohol in a row during the past 30 days or percentage of female student who reported having 4 or more drinks of alcohol in a row during the past 30 days

• **Largest number of drinks:** Among past 30 day alcohol users, the percentage of students who reported drinking 10 or more alcoholic drinks in a row during the past 30 days

• **First drink of alcohol before age 13:** Percentage of students who reported having their first drink of alcohol other than a few sips before age 13 years

• **The type of alcohol that students usually drank when drinking:** Among past 30 day alcohol users, the reported usual type of alcohol consumed during the past 30 days

• **How students usually got their alcohol:** Among past 30 day alcohol users, the reported usual source of alcohol during the past 30 days

• **Where students usually consumed their alcohol:** Among past 30 day alcohol users, the reported usual place where alcohol was consumed during the past 30 days
**Drug Use**

- **Ever used marijuana:** Percentage of students who reported using marijuana one or more times during their life
- **Used marijuana during past 30 days:** Percentage of students who reported using marijuana one or more times during the past 30 days
- **First used marijuana before age 13:** Percentage of students who reported trying marijuana for the first time before age 13 years
- **Ever took prescription pain medicine:** Percentage of students who reported ever taking prescription pain medicine (such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet) without a doctor’s prescription or differently than how a doctor told them to use it
- **Took prescription pain medicine past 30 days:** Percentage of students who reported taking prescription pain medicine (such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet) without a doctor's prescription or differently than how a doctor told them to use it during the past 30 days
- **Ever used cocaine/crack:** Percentage of students who reported using any form of cocaine, including powder, crack, or freebase one or more times during their life
- **Ever used inhalants:** Percentage of students who reported sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high one or more times during their life
- **Ever used heroin:** Percentage of students who reported using heroin one or more times during their life
- **Ever used meth:** Percentage of students who reported using methamphetamines one or more times during their life
- **Ever used ecstasy:** Percentage of students who reported using ecstasy one or more times during their life
- **Ever used synthetic marijuana:** Percentage of students who reported using synthetic marijuana one or more times during their life
- **Ever used steroids:** Percentage of students who reported taking steroid pills or shots without a doctor’s prescription one or more times during their life
- **Ever used needle to inject illegal drugs:** Percentage of students who reported ever using a needle to inject any illegal drug
- **Drug use on school property:** Percentage of students who reported being offered, sold, or given an illegal drug on school property during the past 12 months

**Sexual Activity**

- **Ever had sex:** Percentage of students who reported ever having sexual intercourse
- **Had sex during past 3 months:** Percentage of students who reported having sexual intercourse with one or more people during the past three months
- **First had sex before age 13:** Percentage of students who reported having sexual intercourse for the first time before age 13 years
Had sex with four or more people: Percentage of students who reported having sexual intercourse with four or more people during their life

Used drugs or alcohol prior to last sexual intercourse: Among students who had sexual intercourse during the past three months, the percentage who reported drinking alcohol or using drugs before last sexual intercourse

Used a condom: Among students who had sexual intercourse during the past three months, the percentage who reported using a condom during the last sexual intercourse

Type of birth control used the last time had sex: Among students who had sexual intercourse during the past three months, the reported method to prevent pregnancy used during the last sexual intercourse

HIV Testing: Percentage of students who reported being tested for HIV

Sexual contact: With whom students reported having sexual contact

Sexual identity: How students best describe themselves

Body Weight and Weight Loss

How students described their weight: Percentage of students that described their weight as very underweight, slightly underweight, about the right weight, slightly overweight, or very overweight

What students are trying to do with their weight: Percentage of students who reported that they were trying to lose weight, gain weight, maintain weight, or not trying to do anything about their weight

High risk weight loss method use: Percentage of students who reported going without eating for 24 hours or more, taking any diet pills, powders, or liquids, vomiting or taking laxatives, smoking cigarettes, or skipping meals to lose weight or to keep from gaining weight during the past 30 days

Nutrition

Consumed fruits and vegetables 5+ times/day: Percentage of students who reported eating fruits (or drinking 100% fruit juices) and vegetables five or more times per day during the past seven days

Fruit or 100% fruit juices 2+ times/day: Percentage of students who reported eating fruits or drinking 100% fruit juices two or more times per day during the past seven days

Vegetables 3+ times/day: Percentage of students who reported eating vegetables three or more times per day during the past seven days

Consumed 1+ glasses of milk per day: Percentage of students who reported consuming one or more glasses of milk per day during the past seven days

Any sugar-sweetened beverage 1+ per day: Percentage of students who reported drinking a can, bottle, or glass of soda or pop, sports drink, or other sugar-sweetened beverage one or more times per day during the past seven days

Soda 1+ per day: Percentage of students who reported drinking a can, bottle, or glass of soda or pop one or more times per day during the past seven days

Sports drinks 1+ per day: Percentage of students who reported drinking a can, bottle, or glass of sports drink, such as Gatorade or PowerAde, one or more times per day during the past seven days
• **Other sugar-sweetened beverages 1+ per day:** Percentage of students who reported drinking a can, bottle, or glass of a sugar-sweetened beverage, such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, one or more times per day during the past seven days

• **Ate breakfast every day:** Percentage of students who reported eating breakfast every day during the past seven days

• **Food allergies:** Percentage of students who reported having to avoid some foods because eating the food could cause an allergic reaction (such as skin rashes, swelling, itching, vomiting, coughing, or trouble breathing)

**Physical Activity**

• **60+ minutes of physical activity per day during 5+ of the past 7 days:** Percentage of students who reported being physically active for a total of at least 60 minutes per day on five or more of the past seven days

• **Did exercise to strengthen muscles during 3+ of the past 7 days:** Percentage of students who reported doing exercises to strengthen or tone their muscles, such as push-ups, sit-ups, or weight lifting, on three or more of the past seven days

• **Did not get 60 minutes of physical activity:** Percentage of students who reported being physically active for a total of at least 60 minutes per day on zero of the past seven days

• **Frequency of attending Physical Education (PE) classes:** The reported number of days students go to physical education (PE) classes during an average school week

• **Concussions:** Percentage of students who reported having a concussion from playing a sport or being physically active during the past 12 months

• **Sports teams:** Percentage of students who reported playing on one or more sports teams during the past 12 months

• **Watched 3 or more hours of TV on average school day:** Percentage of students who reported watching three or more hours per day of TV on an average school day

• **Played video or computer games 3 or more hours:** Percentage of students who reported playing video or computer games or used a computer for something that was not school work three or more hours per day on an average school day

• **Watched TV or played video or computer games 3 or more hours:** Percentage of students who reported watching three or more hours per day of TV on average school day OR playing video or computer games or used a computer for something that was not school work three or more hours per day on an average school day

**Other Health Topics**

• **Saw a dentist:** Percentage of students who reported last seeing a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months
- **Used an indoor tanning device 1 or more times:** Percentage of students who reported using an indoor tanning device such as a sunlamp, sun bed, or tanning booth one or more times during the past 12 months
- **Ever been told have asthma:** Percentage of students who reported ever have being told by a doctor or nurse that they had asthma
- **Sleep:** Percentage of students who reported, on an average school night, getting eight or more hours of sleep
- **Grades in School:** Percentage of students who reported their grades in school as mostly A’s or B’s during the past 12 months
- **Food security:** Percentage of students who reported going hungry most of the time or always because there was not enough food in their home during the 30 days
- **Payment for sex:** Percentage of students who reported having been given money, a place to stay, food, or something else of value in exchange for sex