



Youth Risk Behavior Surveillance

Risk Behaviors of High School Students in Nebraska

2020

**Nebraska DHHS Office of Health
Disparities and Health Equity**
Source: *CDC Youth Risk Behavior
Surveillance (YRBS) 2017*



NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

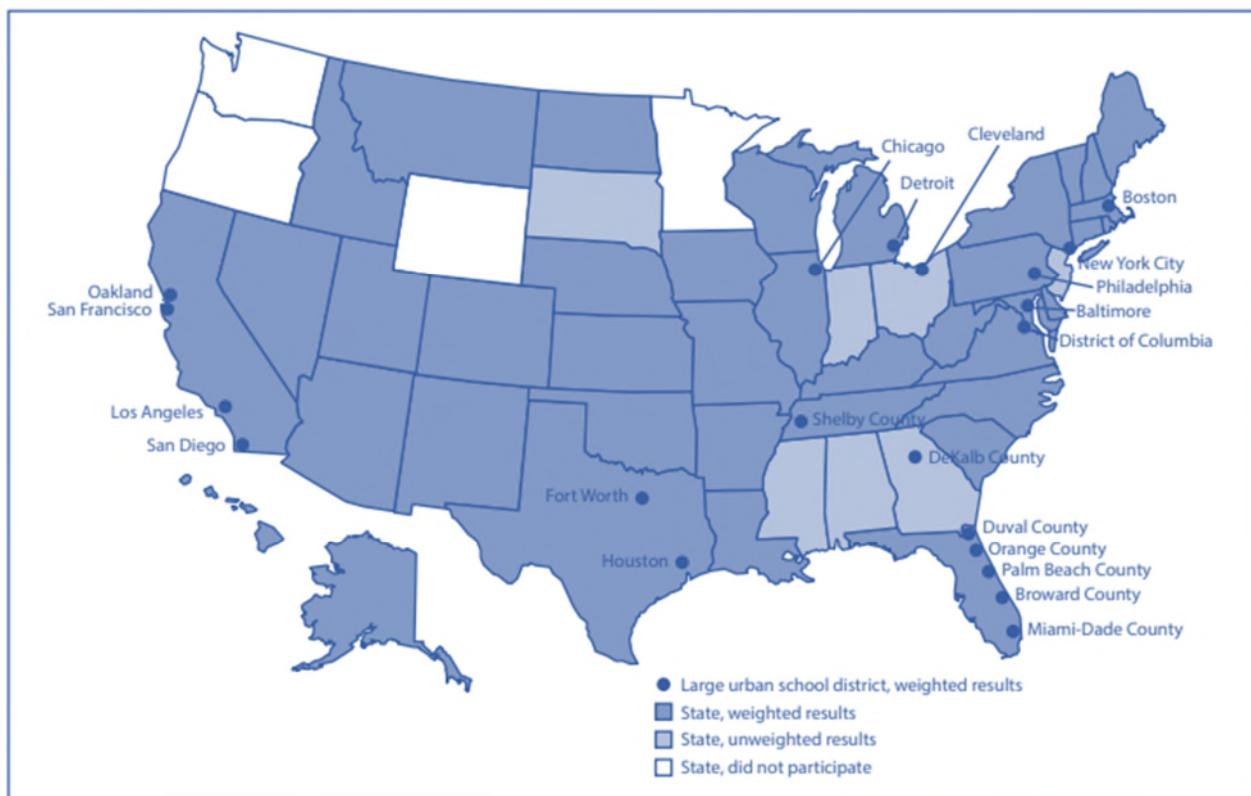
High School Students in Nebraska Risk Factor Fact Sheet

Overview

This fact sheet summarizes the results of the Youth Risk Behavior Surveillance (YRBS) survey completed in 2017. Health-risk behaviors add to the leading causes of morbidity and mortality among youth and adults in the United States. Significant health disparities exist among demographic subgroups of youth (sex, race/ethnicity, and grade in school) and between sexual and non-sexual minority youth.¹ Monitoring risk behaviors through population-based data can help determine the effectiveness of public health interventions designed to protect and promote the health of youth.

Youth Risk Behavior Surveillance

The YRBS monitors six categories of priority health-related behaviors among youth and young adults in the United States. These behaviors include, those contributing to unintentional injuries and violence, tobacco use, alcohol and other drug use, sexual behaviors related to unintended pregnancy and sexually transmitted infections (STI's), unhealthy diet, and physical inactivity. It is a representative survey of all regular public (including charter schools), Catholic, and other non-public schools with students in at least one of grades 9-12 in the 50 states and District of Columbia. This report focuses on the high school students in Nebraska. It is important to note, due to small population sizes only data for the White and Hispanic populations is included.



¹ Kann, et al. (2018). Youth Risk Behavior Surveillance. *Morbidity and Mortality Weekly Report*, 67(8), 1-114.

Unintentional Injuries and Violence

Motor Vehicle Safety in Nebraska

Teen drivers have a higher rate of fatal crashes, mainly because of their immaturity, lack of skills, and lack of experience. They speed, they make mistakes, and they are distracted easily – especially if accompanied by a friend.² In Nebraska, 8.5% of Nebraska high school students reported not wearing a seat belt as a passenger, which increases the risk of fatality if involved in a car accident.

Additionally, 6.3% of Nebraska high schoolers reported driving after they had drank alcohol and 22.1% reported riding with someone else who had been drinking. Nebraska high schoolers (48.3%) were also significantly more likely to report having texted or emailed while driving than the general U.S. high schooler population (39.2%).



Nebraska high schoolers were 1.4 times more likely than the U.S. high schooler population to have rode with a driver who had been drinking alcohol.

1.4x



Hispanic high schoolers were 1.7 times more likely than White high schoolers to report having rode with a driver who had been drinking alcohol.

1.7x



51.0%

Female high schoolers reported they texted/mailed while driving compared to 45.8% of male high schoolers.

² National Highway Traffic Safety Administration. (2019). Teen driving. Retrieved from <https://www.nhtsa.gov/road-safety/teen-driving>

Violence-Related Behavior in Nebraska

The impact of youth violence goes beyond physical consequences. Adverse childhood experiences, like youth violence, are associated with negative health and well-being outcomes across the life course. Youth violence increases the risk for behavioral and mental health difficulties, including future violence perpetration and victimization, smoking, substance use, obesity, high-risk sexual behavior, depression, academic difficulties, school dropout, and suicide.³



1 in 5

High schoolers reported having been bullied on school property



2x

Female high schoolers (23.2%) were twice as likely to report being electronically bullied as male high schoolers (11.5%).

2.9x

Male high schoolers were almost 3 times more likely to report carrying a weapon on school property and to have been in a physical fight than female high schoolers.

3.3x

Female high schoolers (13.0%) were over 3 times more likely to report being physically forced to have sexual intercourse than male high schoolers (3.9%).

1.7x

Hispanic high schoolers (10.2%) were 1.7 times more likely to be threatened or injured with a weapon on school property than White high schoolers (5.9%).

4x

Female high schoolers were 4 - 4.4 times more likely to report experiencing sexual violence and sexual dating violence than male high schoolers.



³ Centers for Disease Control and Prevention. (2019). Preventing youth violence. Retrieved from <https://www.cdc.gov/violenceprevention/youthviolence/fastfact.html>

Suicide

After unintentional injuries, the second leading cause of death among teens is suicide.⁴ Among teens, suicide attempts are associated with depression, along with several other factors: stress, self-doubt, pressure to succeed, financial insecurity, disappointment, loss, family history of suicide attempts, exposure to violence, impulsivity, aggressive/disruptive behavior, access to firearms, bullying, feelings hopelessness/helplessness, and rejection.⁵ In Nebraska, 27% of high schoolers reported feeling sad or hopeless almost every day for 2 weeks or more in the past year. Additionally, 16.1% seriously considered attempting suicide, 14.1% made a plan to commit suicide, and 8% attempted suicide in the past year.



Hispanic high schoolers were...

2.2x more likely to have seriously considered attempting suicide

3x more likely to have made a plan about how they would commit suicide

3.6x more likely to have attempted suicide

...compared to White high schoolers.

Female high schoolers were...

1.8x more likely to report having felt sad or hopeless in the past year

2.5x more likely to have seriously considered attempting suicide

1.5x more likely to have made a plan about how they would commit suicide

1.6x more likely to have attempted suicide

...compared to male high schoolers.

⁴ Heron, M. (2019). Deaths: Leading causes for 2017. *National Vital Statistics Reports*, 68(6), 1-77.

⁵ American Academy of Child & Adolescent Psychiatry. (2018). Suicide in children and teens. *Facts for Families*, 10. Retrieved from https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teen-Suicide-010.aspx

Tobacco Use

Nearly all tobacco product use begins in adolescence. Any use of tobacco among youth is unsafe. Cigarette smoke contains over 7,000 ingredients and about 70 of these cause cancer. Nearly all tobacco products contain nicotine which can lead to addiction. Nicotine use can harm the developing brain and impact learning, memory, and attention.⁶ In Nebraska, 16.1% of high schoolers reported having used a tobacco product in the 30 days prior to the survey.



Cigarette Smoking in Nebraska

1 in 4

Almost 1 in 4 high schoolers (24%) reported having ever tried cigarette smoking.



3.7x

White high schoolers (2.2%) were 3.7 times more likely to be current frequent smokers than Hispanic high schoolers (0.6%).

Electronic Vapor Product in Nebraska

Electronic vapor product includes, e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens. In the United States, e-cigarette use is becoming a huge concern as the number of youth using these products increasing each year. From 2017 to 2018, e-cigarette use increased from 11.7% to 20.8% among high schoolers.⁷



36.1%

High schoolers reported having tried electronic vapor products and 9.4% reported having used an electronic vapor product in the last 30 days.

4.6x

White high schoolers (2.3%) were 4.6 times more likely to report frequently using electronic vapor products compared to Hispanic high schoolers (0.5%).

8.1%

High schoolers reported being able to purchase electronic vapor products in a store in the last 30 days though they were under the age of 18.

⁶ CDC. (2019). Tobacco use by youth is rising. *Vitalsigns*. Retrieved from <https://www.cdc.gov/vitalsigns/youth-tobacco-use/index.html>

⁷ CDC. (2019). Tobacco use by youth is rising. *Vitalsigns*. Retrieved from <https://www.cdc.gov/vitalsigns/youth-tobacco-use/index.html>

Alcohol and Other Drug Use

Alcohol is the most commonly used and abused substance among youth in the United States. Excessive drinking is responsible for more than 4,300 deaths among underage youth each year.⁸

Regardless of it being illegal for those under the age of 21 to drink, those aged 12-20 years old drink 11% of the alcohol consumed in the U. S. and more than 90% of this is consumed in the form of binge



drinking.⁹ Youth who drink alcohol are more likely to experience school, social, legal, and physical problems; unwanted, unplanned, and unprotected sexual activity; disruption of normal growth and sexual development; physical and sexual assault; higher risk for suicide, unintentional injuries, and homicide; memory problems; abuse of other drugs; changes in brain development; and death alcohol poisoning.¹⁰

Underage Drinking in Nebraska

54%

Over half of high schoolers reported having ever drank alcohol with females (57.7%) more likely to report such than males (50%).

1.6x

Hispanic high schoolers (19%) were 1.6 times more likely to have had their first drink of alcohol before age 13 years than White high schoolers (12.1%).

1 in 10

High schoolers reported binge drinking in the past 30 days. Male high schoolers (3.8%) were more likely than females (1.4%) to report such.

31.7%

Just under a third of high schoolers who currently drank alcohol usually got the alcohol by someone giving it to them.

24.4%

Almost a quarter of high schoolers reported drinking alcohol in the past 30 days. Females (27.2%) were more likely than males (21.4%).



⁸ Centers for Disease Control and Prevention. (2019). Alcohol-related disease impact (ARDI). Retrieved from https://nccd.cdc.gov/DPH_ARDI/default/default.aspx

⁹ Office of Juvenile Justice and Delinquency Prevention. (2002). Drinking in America: Myths, realities, and prevention policy.

¹⁰ Centers for Disease Control and Prevention. (2019). Fact sheets – underage drinking. Retrieved from <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

Other Drugs

In 2015, there were 772 drug overdose deaths among youth age 15-19 years in the United States.¹¹ Teens who abuse drugs have increased risk of developing an addiction as adults. During the 12 months prior to the survey, 18.5% of Nebraska high schoolers reported having been offered, sold, or given an illegal drug on school property. Monitoring drug use among youth and where they access it is important for prevention efforts and stopping addiction in Nebraska.



Nebraska Statistics

Marijuana



1 in 4

High schoolers (25.4%) reported having ever used marijuana and 5.3% tried it before the age of 13 years.

13.4%

High schoolers reported currently using marijuana.

4.2x

Hispanic high schoolers (10.9%) were 4.2 times more likely than Whites (2.6%) to have tried marijuana before age 13 years.

Synthetic Marijuana

5.2%

High schoolers reported having ever used synthetic marijuana.

2.1x

Hispanic high schoolers (9.2%) were twice as likely as Whites (4.3%) to have ever used synthetic marijuana.

Methamphetamines

3%

High schoolers reported having ever used methamphetamines.

3x

Male high schoolers (3.9%) were 3 times as likely as females (1.3%) to have used methamphetamines.

Cocaine

4.1%

High schoolers reported having ever used cocaine.

1.8x

Male high schoolers (5%) were 1.8 times more likely than females (2.8%) to report having ever used cocaine.

Hispanic high schoolers (6%) were 1.8 times more likely than Whites (3.4%) to have used cocaine.

Inhalants

6%

High schoolers reported having ever used inhalants.

2.2x

Hispanic high schoolers (10.6%) were 2.2 times as likely as Whites (4.8%) to have ever used synthetic marijuana.

Ecstasy

3.9%

High schoolers reported having ever used ecstasy.

2.6x

Male high schoolers (5.1%) were 2.6 times as likely as females (2%) to have used methamphetamines.

Heroin

2.1%

Nebraska high schoolers reported having ever used heroin.

4.4x

Nebraska male high schoolers (3.1%) were 4.4 times more likely to have used heroin than females.

2.5x

Nebraska Hispanic high schoolers (3.2%) were 2.5 times more likely to have used heroin than Whites (1.3%).

Steroids

3.5%

High schoolers reported having ever used steroids.

4.2x

Hispanic high schoolers (8.4%) were 4.2 times as likely as Whites (2%) to have used steroids.

Prescription Pain Medications

14.3%

High schoolers reported having ever used pain medications without a prescription or as intended.



¹¹ Curtin, S. C., Tejada-Vera, B., & Warner, M. (2017). Drug overdose deaths among adolescents aged 15-19 in the United States: 1999-2015. (NCHS Data Brief No. 282). Retrieved from <https://www.cdc.gov/nchs/products/databriefs/db282.htm>

Sexual Behaviors

Many young people participate in sexual risk behaviors and experiences that can result in unintended health consequences. Early sexual activity has been associated with having more sexual partners, not using condoms, sexually transmitted infection/disease, and teen pregnancy.¹² In fact, half of all new STDs reported each year in the United States are among teens and young adults, ages 15-24 years.¹³



Nebraska Sexual Behavior

29.1%

Almost a third of high schoolers in Nebraska reported having ever had sexual intercourse.

20.5%

Approximately one-fifth of high schoolers reported being currently sexually active.

13.7%

Almost 14% of high schoolers reported they drank alcohol or used drugs before sexual intercourse.

91.2%

Majority of high schoolers reported never being tested for human immunodeficiency virus (HIV).

Nebraska Pregnancy Prevention

46.7%

Just under half of high schoolers reported not using a condom during sexual intercourse.

1.5x

Females (55.4%) were 1.5 times more likely to report not using condoms compared to males (37.4%).

78.8%

Of high schoolers reported not using birth control pills.

95.7%

Of high schoolers reported not using an IUD or implant.

94.1%

Of high schoolers reported not using a shot, patch, or birth control ring.

7.0%

Of high schoolers reported not using any method to prevent pregnancy.



¹² Heywood, W., Patrick, K., Smith, A. M., & Pitts, M. K. (2015). Associations between early first sexual intercourse and later sexual and reproductive outcomes: A systematic review of population-based data. *Arch Sex Behav*, 44, 531-569.

¹³ CDC. (2016). Sexually transmitted disease surveillance 2016. Atlanta: U.S. Department of Health and Human Services. Retrieved from https://www.cdc.gov/std/stats16/CDC_2016_STDS_Report-for508WebSep21_2017_1644.pdf

Nutrition, Physical Activity, & Weight Management

The YRBSS has shown an increase in unhealthy dietary behaviors in high school students in the United States in the last 20 years.¹⁴ Nutritional needs increase during adolescence due to an increase in growth rate and changes in the body associated with puberty.¹⁵ Nutrition and physical activity have been linked to academic achievement in adolescents. Adolescents with higher grades are less likely to be physically inactive and engage in unhealthy dietary behaviors than those with lower grades.¹⁶



Nutrition in Nebraska High Schoolers

1.6x

Almost 8% of high schoolers (7.6%) reported not eating fruit or drinking 100% fruit juice in the last 7 days. Males were 1.6x more likely than females to report such.

65.1%

More than half of high schoolers reported not eating breakfast on all 7 days prior to the survey.

1.9x

Hispanic high schoolers (22%) were almost twice as likely as White high schoolers (11.4%) to report not eating breakfast during the 7 days prior to the survey.

2.1x

Almost 6% of high schoolers (5.8%) reported not eating vegetables in the last 7 days. Males were 2.1x more likely than females to report such.



1.7x

Almost 18% of high schoolers (17.5%) reported not drinking milk in the last 7 days. Females were 1.7x more likely than males to report such.

71.5%

Almost three-quarters of high schoolers reported drinking pop/soda in the last 7 days.

2x

Males (24.2%) were twice as likely as females (11.9%) to have drank pop/soda one or more times per day.

Males (13.6%) were twice as likely as females (6.7%) to have drank pop/soda two or more times per day.

Males (6.6%) were twice as likely as females (2.8%) to have drank pop/soda three or more times per day.

Hispanics (7.5%) were twice as likely as Whites (3.6%) to drink pop/soda three or more times per day.

¹⁴ CDC. (2017). Trends in the prevalence of obesity and dietary behaviors national YRBS: 1991-2017. Retrieved from https://www.cdc.gov/healthyyouth/data/yrbs/pdf/trends/2017_obesity_trend_yrbs.pdf

¹⁵ Das, J. K., Salam, R. A., Thornburg, K. L., et al. (2017). Nutrition in adolescents: Physiology, metabolism, and nutritional needs. *ANNALS of the New York Academy of Sciences*, 1393(1), 21-33. doi:10.1111/nyas.13330

¹⁶ CDC. (2009). Physical inactivity and unhealthy dietary behaviors and academic achievement. Retrieved from https://www.cdc.gov/healthyyouth/health_and_academics/pdf/physical_inactivity_unhealthy_weight.pdf

Physical Activity in Nebraska High Schoolers

38.3%

Of high schoolers reported playing video games or using a computer (not for school work) for 3 or more hours per day on average.



19.2%

Of high schoolers reported watching television for 3 or more hours per day on average school day.

14.8%

Of high schoolers reported not being physically active for at least 60 minutes on a least 1 day in the previous 7 days.

48.3%

Of high schoolers reported not being physically active for at least 60 minutes on a 5 or more days in the previous 7 days.

73.2%

Of high schoolers reported not being physically active for at least 60 minutes on all 7 days.



72.3%

Of high schoolers reported not going to physical education classes on all 5 days in an average school week.

57.9%

Of high schoolers reported not going to physical education classes on 1 or more days in an average school week.



37.2%

Of high schoolers reported not playing on at least one sports team during the past 12 months.



15.4%

Of high schoolers reported they had a concussion from playing a sport or being physically active one or more times during the past 12 months.

Obesity, Overweight, & Weight Control in Nebraska High Schoolers

14.6%

Of high schoolers were obese and

16.6%

Of high schoolers were overweight based on the 2000 CDC growth charts.

29.3%

Of high schoolers described themselves as slightly or very overweight.

56.2%

Of high schoolers were not trying to lose weight which was significantly higher than the rate for high schoolers across the U. S.

1.7x

Male high schoolers (70.7%) were less likely than female high schoolers (41.7%) to be trying to lose weight.



Other Health Topics



20.4%

Of high schoolers reported being told by a doctor or nurse they had asthma.



1.4%
Of high schoolers reported never seeing a dentist.



73.2%

Of high schoolers reported they did not get 8 or more hours of sleep on an average school night.



State of Nebraska Youth Risk Behavior Surveillance Fact Sheet

Gary J. Anthone, MD
Chief Medical Officer
Director, Division of Public Health
Department of Health and Human Services

Mark E. Pyle, MHA
Deputy Director
Division of Public Health
Department of Health and Human Services

Susan A. Medinger, RD
Administrator, Community and Rural Health Planning Unit
Division of Public Health
Department of Health and Human Services

Josie Rodriguez, MS
Administrator, Office of Health Disparities and Health Equity
Division of Public Health
Department of Health and Human Services

Fact sheet prepared by:

Anthony Zhang, MA, MPhil
Epidemiology Surveillance Coordinator

Jessica Weiner
Program Analyst



NEBRASKA
Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES