State of Nebraska
2013 Youth Risk Behavior Survey Results

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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 twelfth administration of the Nebraska Youth Risk Behavior Survey (YRBS) occurred during the fall of the 2012/2013 academic school year to a random sample of public high school students in Nebraska attending grades 9-12. The 70% overall response rate on the 2013 YRBS allowed the data to be weighted and thus representative of Nebraska high school students for the second administration in a row. The following is a summary of the findings from the Nebraska YRBS.

Overall, the majority of the health topics covered on the YRBS have seen improvement since the early 1990s, with several large improvements occurring between 2003 and 2013. 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, riding with an alcohol impaired driver, physical fighting, suicide consideration, tobacco and alcohol use, binge drinking, and the percentage of students who have ever had sex (Table 1).

Table 1. Select Positive Trends among Nebraska High School Students, 1991-2013

	1991	1993	2003	2005	2011	2013
Never/Rarely Wear Seat Belt	52.4%	28.2%	21.9%	15.9%	15.7%	11.9%
Rode with a Drinking Driver during the Past 30 Days	46.1%	43.4%	38.5%	35.6%	23.9%	20.3%
In a Physical Fight during the Past 12 Months	41.7%	34.5%	29.6%	28.5%	26.7%	20.1%
Considered Suicide during the Past 12 Months	28.3%	24.2%	17.9%	16.5%	14.2%	12.1%
Smoked Cigarettes during the Past 30 Days	29.2%	33.7%	24.1%	21.8%	15.0%	10.9%
Drank Alcohol during the Past 30 Days	53.4%	51.9%	46.5%	42.9%	26.6%	22.1%
Binge Drank during the Past 30 Days	36.9%	35.7%	32.2%	29.8%	16.4%	13.6%
Ever Had Sex	52.5%	47.0%	42.8%	40.8%	37.1%	35.2%

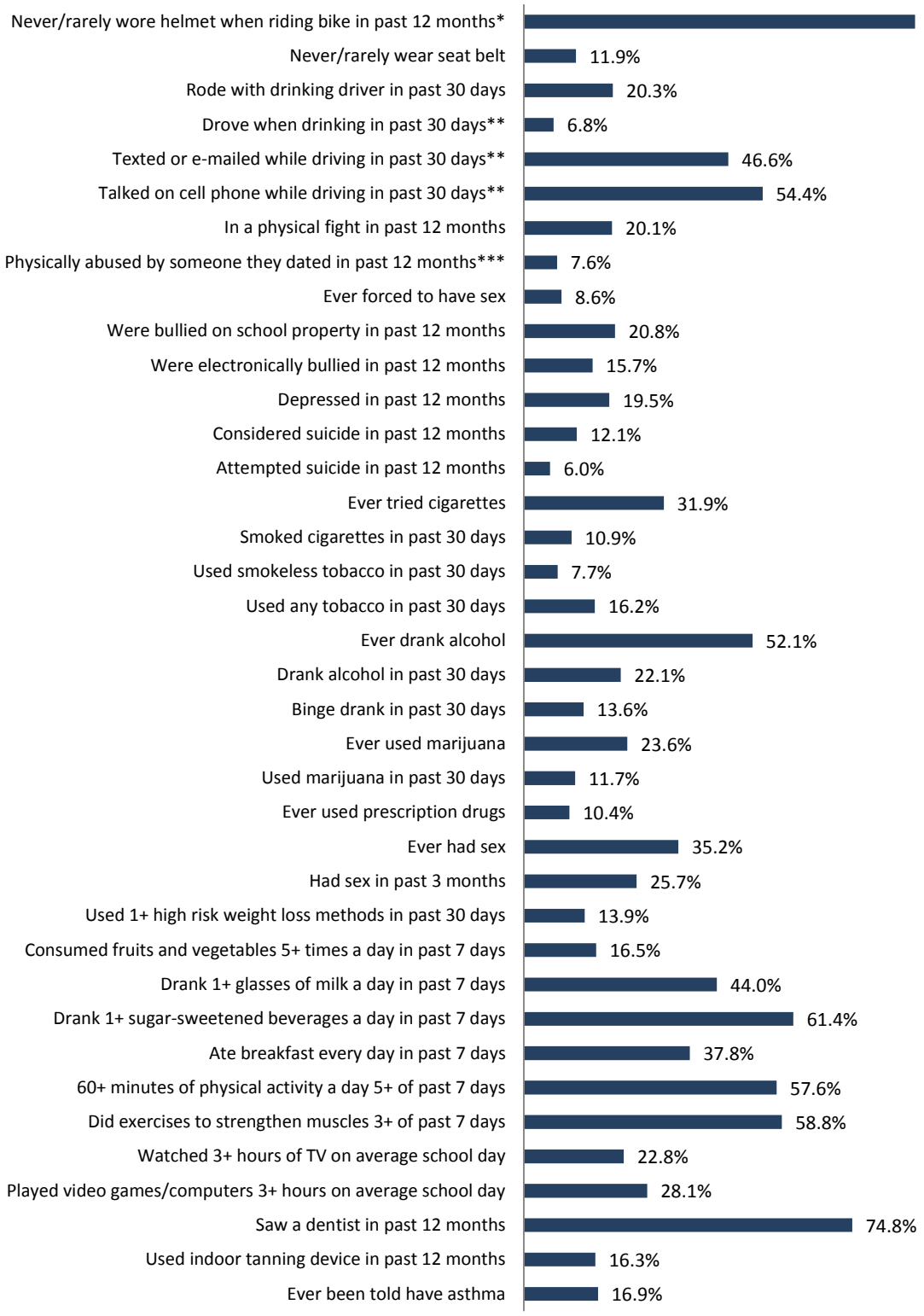
In addition to the YRBS topic areas noted above, almost all saw slight improvement or remained relatively unchanged over time.

Male and female students reported similar percentages for many of the health topics covered on the YRBS, including alcohol impaired driving, distracted driving, attempting suicide, smoking cigarettes, using alcohol and drugs, sexual activity, fruit and vegetable consumption, and average school day screen time. However, males were more likely than females to report not wearing a seat belt, physical fighting, and smokeless tobacco use. Males also reported more physical activity and muscle strengthening, but in contrast also more soda and sports drink consumption. Females, on the other hand, were more likely than males to report having been forced to have sex, being physically hurt by someone they were dating, being bullied at school and electronically, being depressed, considering and planning suicide, and indoor tanning.

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

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

Figure 1. Magnitude of Select Health Behaviors among Nebraska High School Students, 2013



**Among those who rode a bicycle during the past 12 months*
***Among those who drove a car or other vehicle during the past 30 days*
****Among those who dated or went out with someone during the past 12 months*

Introduction

This report summarizes the findings from the 2013 Nebraska Youth Risk Behavior Survey (YRBS). The 2013 YRBS represents the twelfth administration of the survey in Nebraska, which is targeted at public high school students in grades 9-12. However, this is the second 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 Factors Student Survey. 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 administration of the 2011 and 2013 YRBS surveys in Nebraska occurred during the fall of 2010 and 2012, respectively. The 2011 and 2013 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 2010/2011 and 2012/2013 academic school years 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 and violence, mental health and suicide, tobacco use, alcohol and drug use, sexual behaviors, weight management, dietary behaviors, and physical activity, among others.

The 2013 Nebraska YRBS data had an overall response rate of 70%. As a result, the data were weighted by the CDC to be representative of public high school students in Nebraska. This represents the second administration in a row that Nebraska has obtained weighted data. However, it is only the sixth 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.

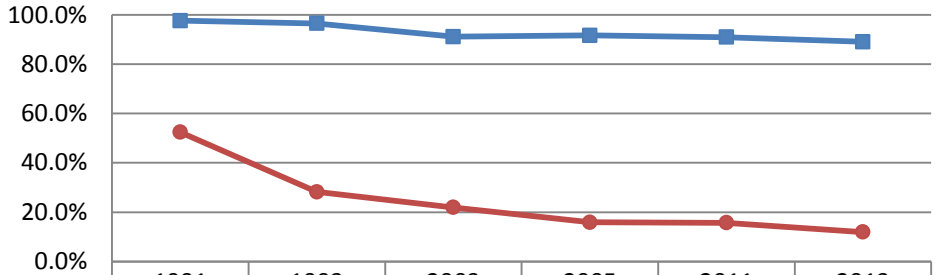
The YRBS is the only state level source of information for many of the important health behaviors affecting Nebraska high school students. As a result, the data are critically important for local and state health planning, including school-level planning, for securing funding for and evaluating youth 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 from 1991 (97.7%) to 2003 (91.2%), but relatively no change has been seen since.
- The proportion of students who reported never or rarely wearing a seat belt while riding in a car driven by someone else significantly declined between 1991 and 2005 (52.4% and 15.9%, respectively), and by 2013 had declined to 11.9%.

Figure 2: Injury Prevention among Nebraska High School Students, from 1991 to 2013



	1991	1993	2003	2005	2011	2013
Never/rarely wore bicycle helmet during past 12 months*	97.7%	96.6%	91.2%	91.7%	91.0%	89.1%
Never/rarely wear seat belt	52.4%	28.2%	21.9%	15.9%	15.7%	11.9%

**Among those who rode a bicycle during the past 12 months*
NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.

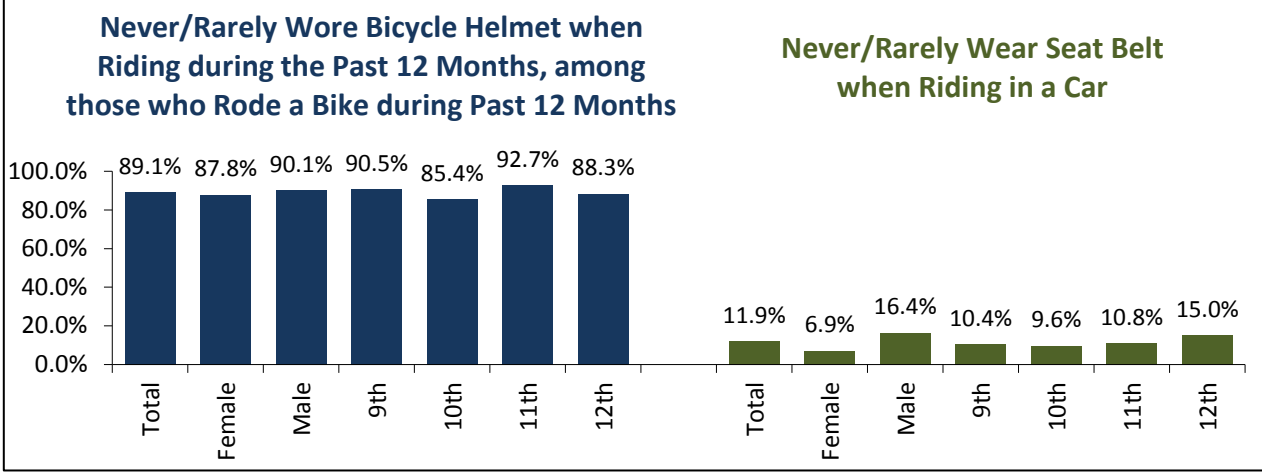
- During 2013, nearly 9 in 10 high school students (89.1%) who rode a bicycle during the past 12 months reported never or rarely wearing a bicycle helmet while riding. Less than 1 in 8 (11.9%) reported never or rarely wearing a seat belt (Figure 3).
- Male and female high school students reported a relatively similar percentage for never or rarely wearing a bicycle helmet. However, males (16.4%) were more than twice as likely as female (6.9%) to report never or rarely wearing a seat belt.

How Nebraska Compares to the Nation

	Nebraska	US
Never/rarely wore bicycle helmet during past 12 months	89.1%	87.9%
Never/rarely wore seat belt	11.9%	7.6%

- Little difference was seen by grade level for never or rarely wearing a bicycle helmet and never or rarely wearing a seat belt.

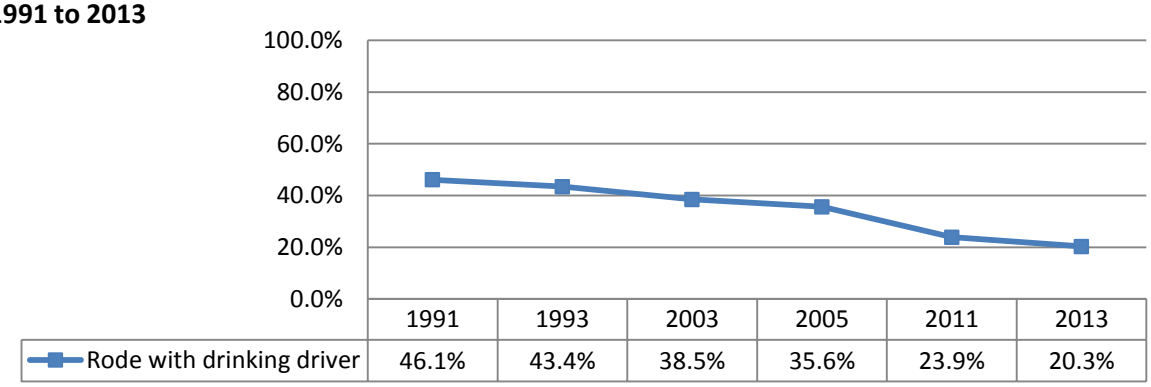
Figure 3: Injury Prevention among Nebraska High School Students, by Gender and Grade, 2013



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 2013 (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 20.3% in 2013.
- Between 1991 and 2011 the percentage of students that reported driving when they had been drinking alcohol during the past 30 days decreased from 23.0% to 7.2%. Trend data for drinking and driving are not available through 2013 as a result of a change 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 2013



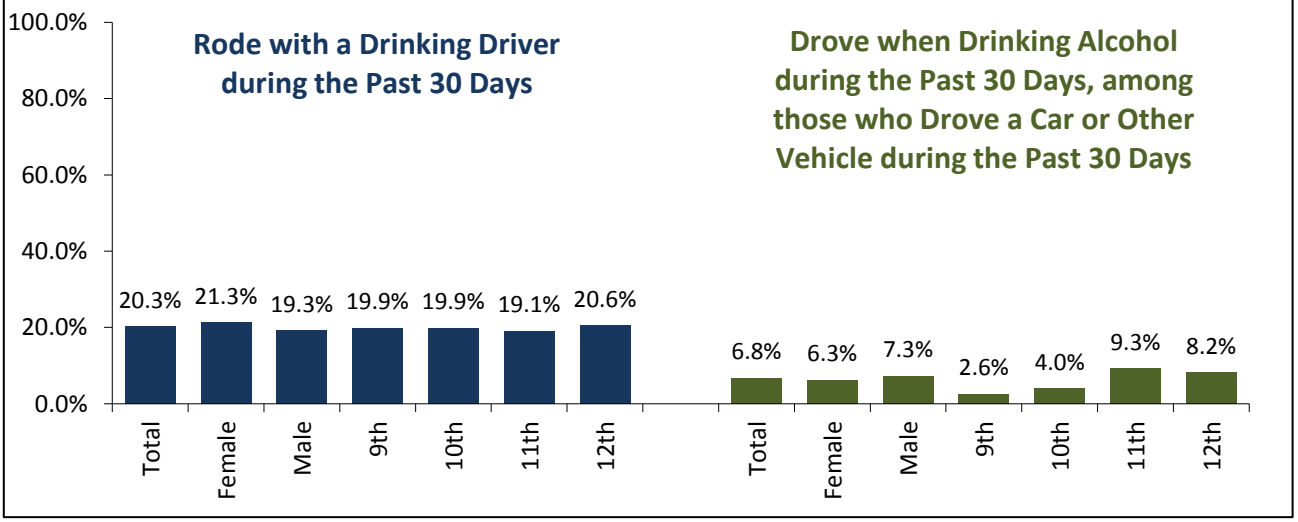
**Among those who drove a car or other vehicle during the past 30 days*
NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.

- In 2013, close to 1 in 5 high school students (20.3%) reported riding with a drinking driver during the past 30 days while 1 in 15 students (6.8%), 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.
- Little difference by grade was seen for riding with a drinking driver during the past 30 days. However, 11th (9.3%) and 12th (8.2%) grade students were significantly more likely than 9th graders (2.6%) to report drinking and driving during past 30 days.

How Nebraska Compares to the Nation

	Nebraska	US
Rode with a drinking driver during the past 30 days	20.3%	21.9%
Drove when drinking during the past 30 days	6.8%	10.0%

Figure 5: Alcohol Impaired Driving among Nebraska High School Students, by Gender and Grade, 2013



Distracted Driving

- Changes were made to how the distracted driving questions were asked on the 2013 YRBS, which made the 2013 data not comparable to the 2011 data.
- Among high school students who drove a car or other vehicle during the past 30 days, nearly half (46.6%) reported texting or e-mailing while driving and over half (54.4%) reported talking on

How Nebraska Compares to the Nation

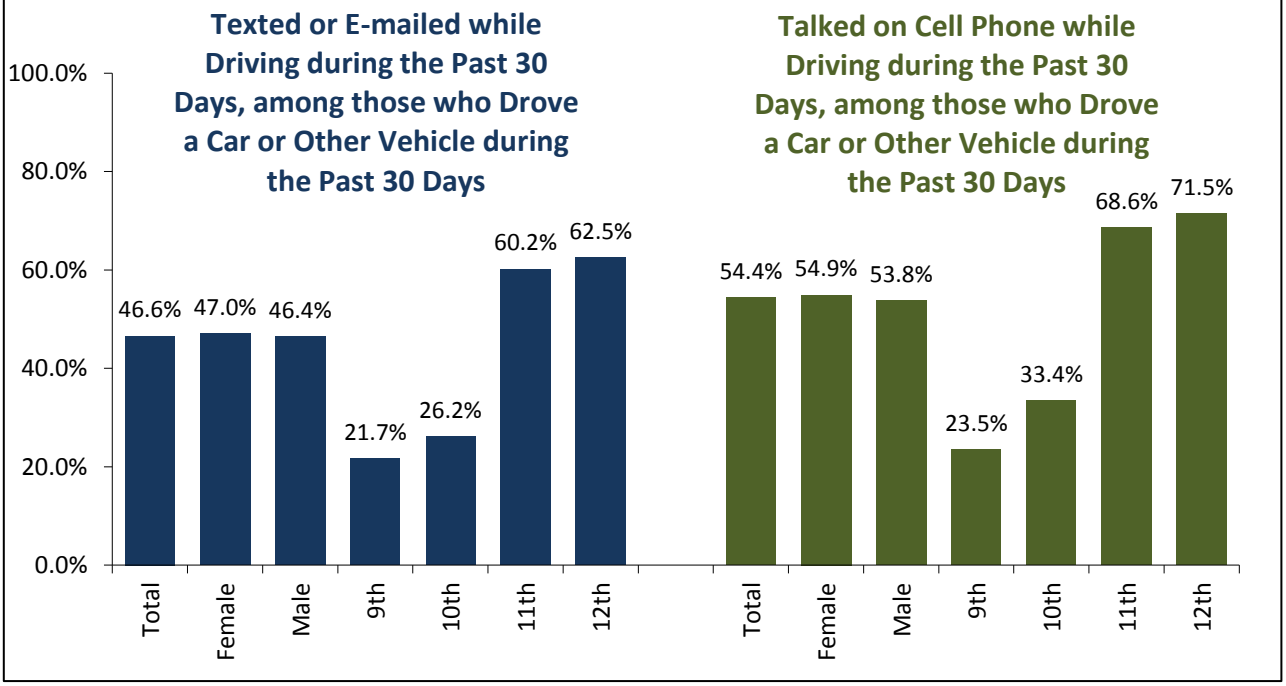
	Nebraska	US
Texted/E-mailed while driving during past 30 days	46.6%	41.4%

Note: Cell phone question not asked on national YRBS

a cell phone while driving during the past 30 days (Figure 6).

- Male and female students were equally likely to report distracted driving.
- Among students who reported driving during the past 30 days, 11th and 12th grade students were more than twice as likely as 9th and 10th grade students to have engaged in distracted driving during the past 30 days.
- Over half (60.0%) of all students who drove during the past 30 days reported either texting, e-mailing, or talking on a cell phone while driving during the past 30 days, while 40.9% reported both.

Figure 6: Distracted Driving among Nebraska High School Students, by Gender and Grade, 2013

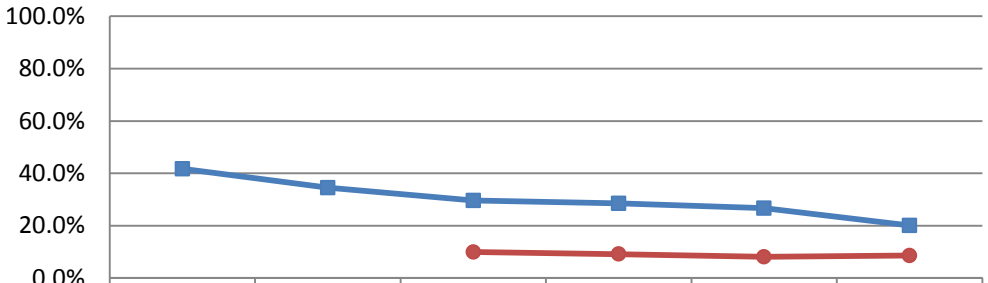


Violence and Bullying

Violence

- Nebraska high school students were less likely to experience violence in 2013 than in earlier years (Figure 7).
- The percentage of high school students who reported being in a physical fight one or more times during the past 12 months dropped in half between 1991 (41.7%) and 2013 (20.1%).
- Since 2003, the percentage of students who reported ever being forced to have sex decreased from 9.9% to 8.6% in 2013.
- Trend data for dating violence is not available as a result of a change in how the question was asked on the 2013 YRBS.

Figure 7: Violence among Nebraska High School Students, from 1991 to 2013



	1991	1993	2003	2005	2011	2013
In a physical fight*	41.7%	34.5%	29.6%	28.5%	26.7%	20.1%
Ever forced to have sex			9.9%	9.1%	8.1%	8.6%

**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 2013, about 1 in 5 high school students (20.1%) 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, close to 1 in 13 (7.6%) reported having been physically hurt by someone they were dating or going out with during the same time period (Figure 8). Over 1 in 12 students (8.6%) reported having been forced to have sex at some point in their lifetime.
- Male students (25.6%) were almost twice as likely as female students (14.4%) to report being in a physical fight during the

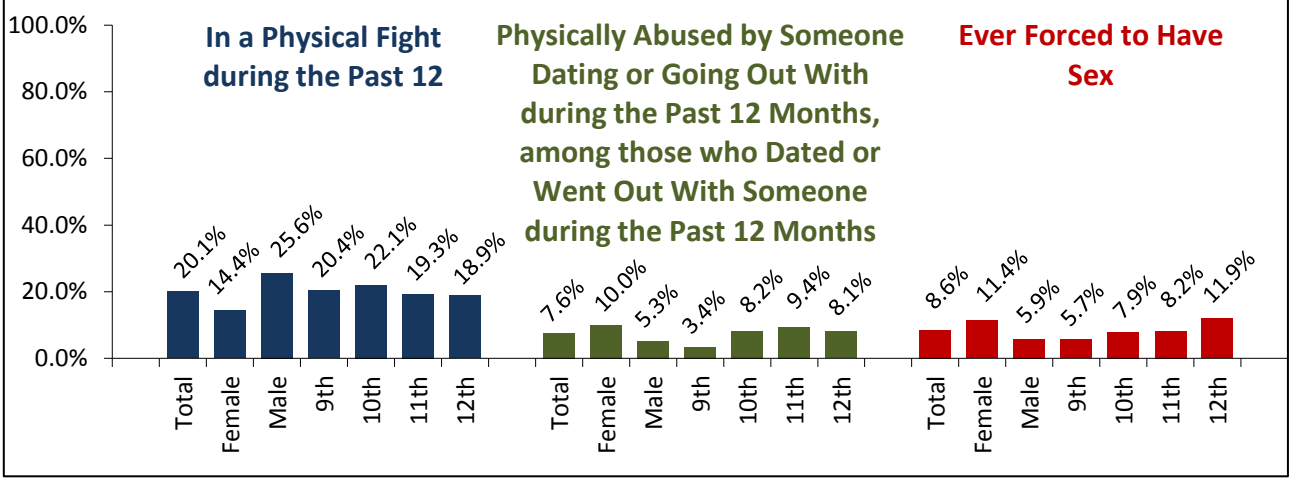
How Nebraska Compares to the Nation

	Nebraska	US
In a physical fight 1 or more times during the past 12 months	20.1%	24.7%
Physically abused by someone dating or going out with during the past 12 months	7.6%	10.3%
Ever forced to have sex	8.6%	7.3%

past 12 months. However, female students were more likely than male students to report being physically abused by someone they were dating or going out with during the same period. Furthermore, females (11.4%) were twice as likely as males (5.9%) to report being forced to have sex during their lifetime.

- For the most part, few differences were seen by grade among the various types of violence.

Figure 8: Violence among Nebraska High School Students, by Gender and Grade, 2013



Bullying

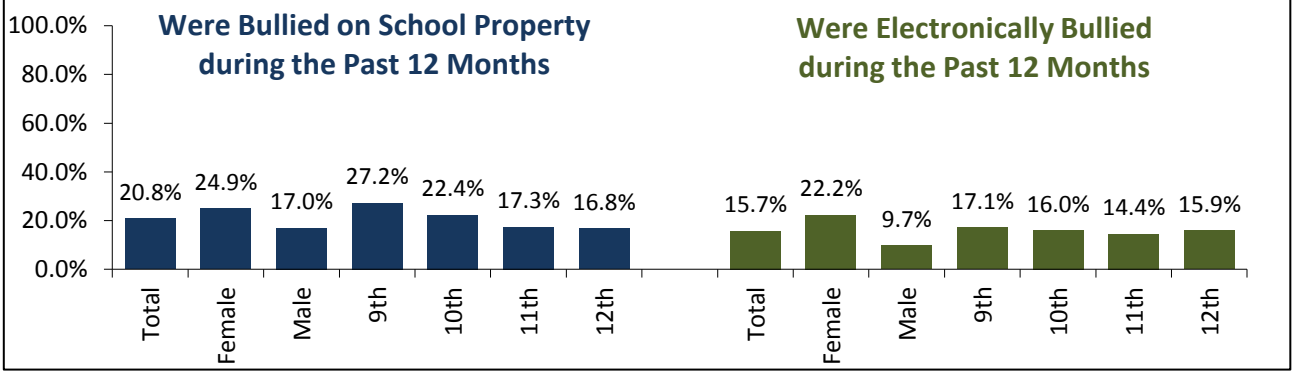
- Bullying was first asked on the 2011 YRBS and is defined as "when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way."[1,2]
- Between 2011 and 2013, there was no change in the percentage of students that reported being bullied on school property during the past 12 months (22.9% and 20.8%, respectively). The same is true for the percentage that reported being bullied electronically (i.e., e-mail, chat rooms, instant messaging, websites, or texting at or away from school) during the past 12 months (15.8% and 15.7%, respectively).
- Over 1 in 5 high school students (20.8%) in 2013 reported being bullied on school property during the past 12 months (Figure 9). Roughly 1 in 6 students (15.7%) reported being bullied electronically during the same time period.

How Nebraska Compares to the Nation

	Nebraska	US
Bullied on school property during past 12 months	20.8%	19.6%
Bullied electronically during past 12 months	15.7%	14.8%

- Females (24.9%) were more likely than males (17.0%) to report being bullied on school property. Female students (22.2%) were also over twice as likely as male students (9.7%) to report being electronically bullied.
- The percentage of students who reported being bullied on school property decreased as the grade level increased. With the exception of 12th grade students, the percentage of students who reported being electronically bullied also slightly decreased as the grade level increased.
- More than 1 in 4 students (26.7%) reported either being bullied on school property or electronically while close to 1 in 10 students (9.8%) reported being both bullied on school property and electronically during the past 12 months.

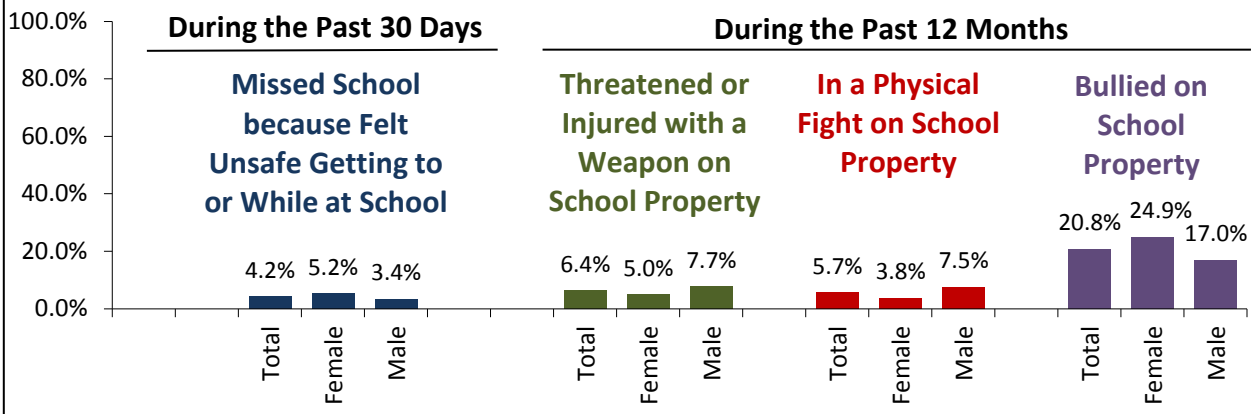
Figure 9: Bullying among Nebraska High School Students, by Gender and Grade, 2013



School Violence and Safety

- Roughly 1 in 25 high school students (4.2%) reported that they missed school because they felt unsafe getting to school or while at school during the past 30 days (Figure 10). A slightly higher proportion of students reported being threatened or injured with a weapon on school property (6.4%) and being in a physical fight on school property (5.7%) during the past 12 months. About 1 in 5 students (20.8%) reported being bullied on school property during the same time period.
- Female students reported a higher percentage than male students for missing school because they felt unsafe, while males were more likely than females to report being threatened or injured with a weapon. Males (7.5%) were also almost twice as likely as females (3.8%) to report being in a physical fight on school property. However, female students (24.9%) were significantly more likely than male students (17.0%) to report being bullied on school property.

Figure 10: School Violence and Safety among Nebraska High School Students, by Gender, 2013*

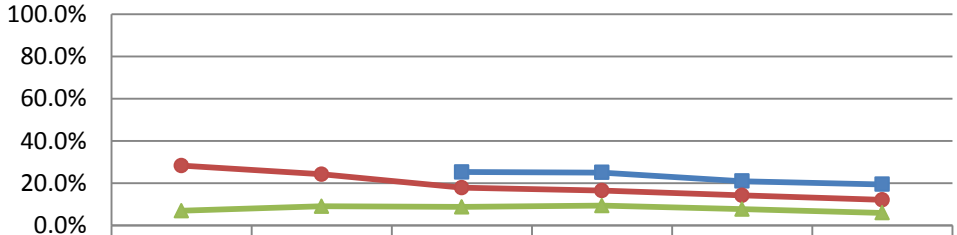


**Indicator definitions can be found in Appendix A.*

Mental Health and Suicide

- Self-reported depression, suicide consideration, and attempted suicide among Nebraska high school students have declined in recent years (Figure 11).
- During 2003, over 1 in 4 high school students (25.3%) 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), compared to less than 1 in 5 students in 2013 (19.5%).
- The percentage of high school students reporting that they considered suicide during the past 12 months decreased by more than 15 percentage points between 1991 and 2013.
- The percentage of high school students that reported attempting suicide during the past 12 months remained relatively stable between 1991 and 2005. However, between 2005 and 2013 the percentage decreased from 9.4% to 6.0%, respectively.

Figure 11: Mental Health and Suicide among Nebraska High School Students during the Past 12 Months, from 1991 to 2013



	1991	1993	2003	2005	2011	2013
Depressed*			25.3%	25.1%	21.0%	19.5%
Considered suicide	28.3%	24.2%	17.9%	16.5%	14.2%	12.1%
Attempted suicide	7.0%	9.1%	8.8%	9.4%	7.7%	6.0%

**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 2013, about 1 in 5 high school students (19.5%) reported being depressed during the past 12 months (Figure 12).
- Female students (27.9%) were more than twice as likely as male students (11.5%) to report depression during the past 12 months. Depression among 10th, 11th, and 12th grade students was similar, and was slightly higher than the percentage for 9th grade students.

How Nebraska Compares to the Nation

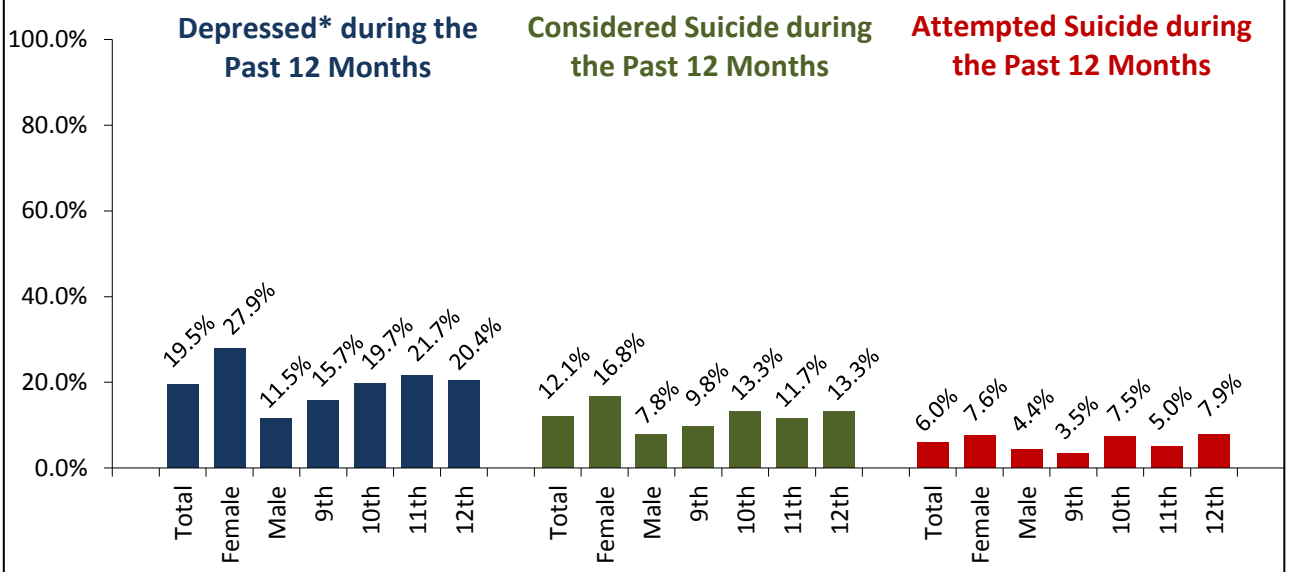
	Nebraska	US
Depressed during past 12 months*	19.5%	29.9%
Considered suicide during past 12 months	12.1%	17.0%
Attempted suicide during past 12 months	6.0%	8.0%

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

Suicide

- Nearly 1 in 8 high school students (12.1%) reported seriously considering suicide while almost 1 in 16 (6.0%) reported attempting suicide during the past 12 months (Figure 12).
- Females (16.8%) were more than twice as likely as males (7.8%) to report that they considered suicide during the past 12 months. There was a similar pattern for the percentage of male and female students that reported attempting suicide during the same period.
- The percentage of students that seriously considered suicide and actually attempted suicide did not follow a consistent pattern by grade level.

Figure 12. Mental Health and Suicide among Nebraska High School Students, by Gender and Grade, 2013



Indicator definitions can be found in Appendix A.

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).
- Overall, close to 1 in 5 high school students (19.5%) reported feeling

Table 2. Mental Health Measures by Bullying during the Past 12 Months, 2013

	Overall	Not Bullied	Bullied at School or Electronically
Depressed*	19.5%	12.4%	39.3%
Considered suicide	12.1%	6.9%	26.8%
Attempted suicide	6.0%	4.3%	10.9%

Indicator definitions can be found in Appendix A.

depressed at some point during the past 12 months. However, only about 1 in 8 students (12.4%) who were not bullied during the past 12 months reported feeling depressed during the past 12 months compared to more than 2 in 5 students (39.3%) 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 nearly four times as likely as students not bullied to report that they considered suicide during the past 12 months (26.8% and 6.9%, respectively) and more than twice as likely to report that they attempted suicide during the past 12 months (10.9% and 4.3%, respectively).

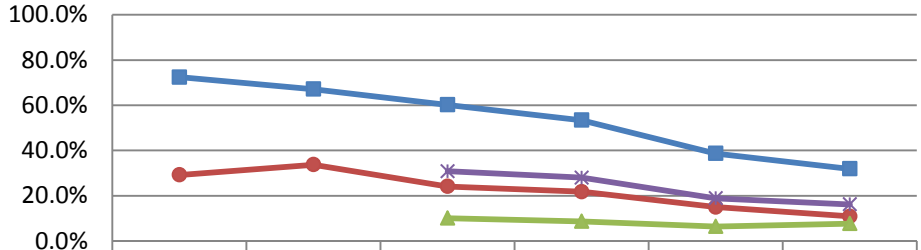
Additional Mental Health Measures

- Nearly 1 in 10 high school students (9.8%) reported making a plan to commit suicide during the past 12 months. Females (13.3%) were twice as likely as males (6.5%) to do so. The proportion of students who reported making a suicide plan significantly decreased over time with the highest percentage in 1993 at 20.8%.
- In 2013, 1.8% of students reported making a suicide attempt resulting in injury, poisoning, or overdose during the past 12 months, which decreased from 3.4% in 2003. However, since the early 1990s, this percentage has remained relatively constant.

Tobacco Use

- Tobacco use has declined among Nebraska high school students since 1991 (Figure 13).
- From 1991 (72.4%) to 2013 (31.9%), the percentage of students who reported smoking cigarettes during their lifetime decreased by more than half with a considerable drop occurring between 2003 and 2013.
- The proportion of students who reported smoking cigarettes during the past 30 days also declined dramatically. Between 1993 and 2013 past 30 day cigarette smoking declined 68 percentage points from 33.7% to 10.9%, respectively.
- Between 2003 and 2013, there was an overall decline in the percentage of students who reported using smokeless tobacco (i.e., chewing tobacco, snuff, or dip) during the past 30 days (10.1% and 7.7%, respectively). However, the decline seen for smokeless tobacco was much smaller than the decline in cigarette smoking.

Figure 13: Tobacco Use among Nebraska High School Students, from 1991 to 2013



	1991	1993	2003	2005	2011	2013
Ever tried cigarettes	72.4%	67.1%	60.2%	53.4%	38.7%	31.9%
Smoked cigarettes during past 30 days	29.2%	33.7%	24.1%	21.8%	15.0%	10.9%
Used smokeless tobacco during past 30 days			10.1%	8.7%	6.4%	7.7%
Used any tobacco during past 30 days*			30.8%	28.0%	18.9%	16.2%

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

- In 2013, nearly 1 in 3 high school students (31.9%) reported trying cigarettes during their lifetime while about 1 in 10 (10.9%) reported using cigarettes at least once during the past 30 days (Figure 14). One in 13 students (7.7%) reported using smokeless tobacco during the past 30 days. When combining cigarette, cigar, and smokeless tobacco use, about 1 in 6 students (16.2%) reported using at least some kind of tobacco during the past 30 days.
- A similar proportion of male and female students reported trying cigarettes during their lifetime and smoking during the past 30 days. However, male students (12.9%) were more than five times as likely as female students (2.3%) to report using smokeless tobacco during

the past 30 days. Overall, males (19.9%) were more likely than females (12.4%) to report using any type of tobacco.

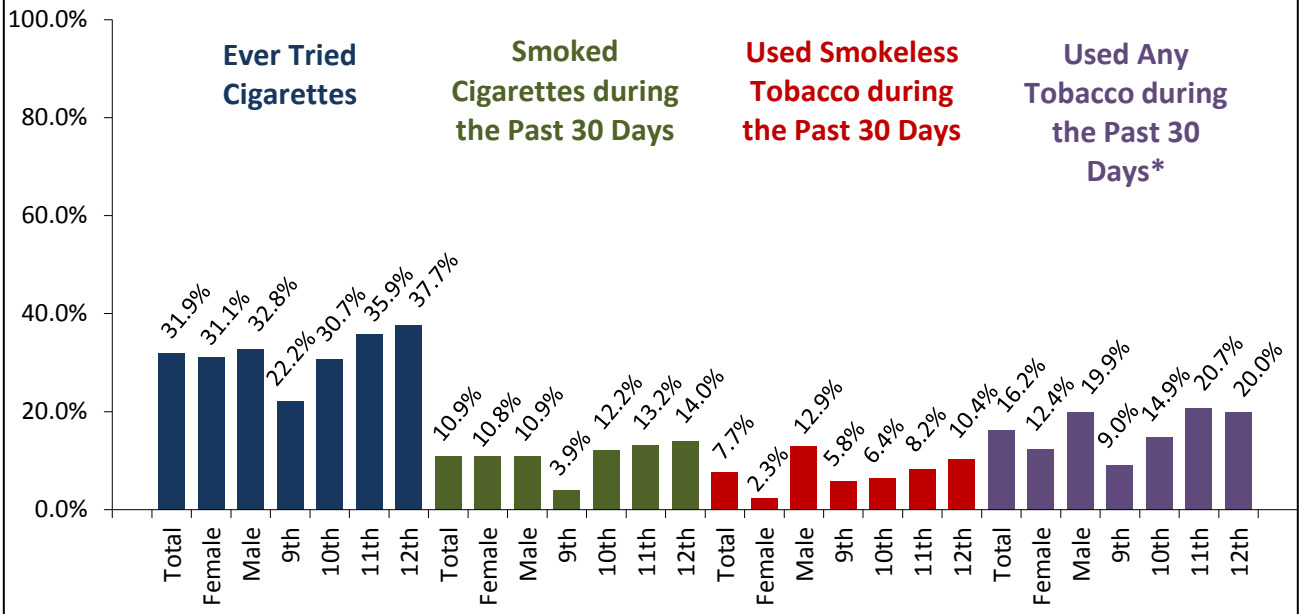
- The percentage who reported smoking cigarettes during their lifetime and during the past 30 days increased as grade level increased, with 9th graders reporting a significantly lower percentage than students in grades 10, 11, and 12. Students who reported using smokeless tobacco during the past 30 days also had a slight increase as grade level increased. The proportion who reported using any type of tobacco product was considerably higher for 11th and 12th graders compared to 9th graders.

How Nebraska Compares to the Nation

	Nebraska	US
Ever tried cigarettes	31.9%	41.1%
Smoked cigarettes during the past 30 days	10.9%	15.7%
Used smokeless tobacco during the past 30 days	7.7%	8.8%
Used any tobacco during the past 30 days*	16.2%	22.4%

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

Figure 14: Tobacco Use among Nebraska High School Students, by Gender and Grade, 2013

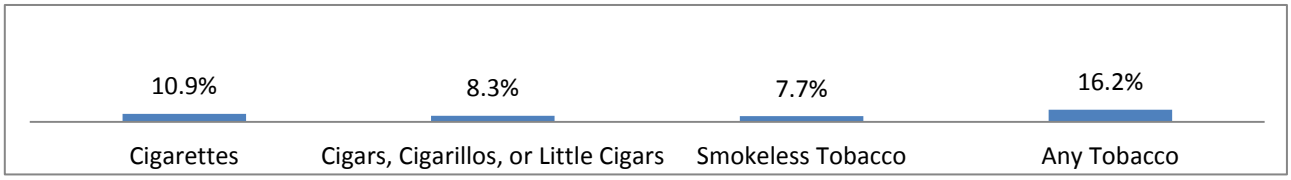


**Indicator definitions can be found in Appendix A.*

Any Tobacco Use

- When comparing the different types of tobacco products used during the past 30 days, cigarettes (10.9%) were the most commonly reported type in 2013 (Figure 15). Cigars, cigarillos or little cigars (8.3%) were the next most common type, followed by smokeless tobacco (7.7%) being the least common type.

Figure 15. Tobacco Products used during the Past 30 Days, among Nebraska High School Students, 2013



Early Initiation of Use

- Less than 1 in 15 students (6.5%) reported smoking a whole cigarette 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.

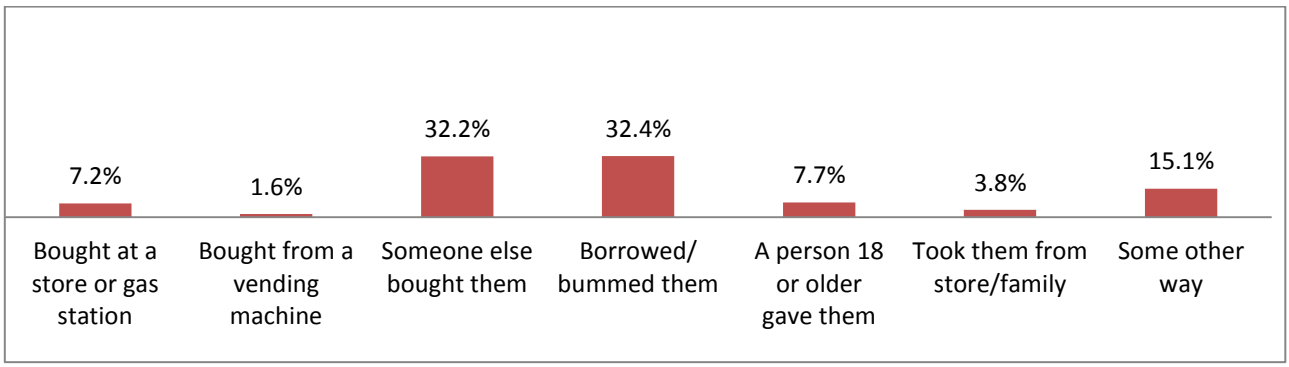
Smoking Cessation

- Among past 30 day smokers, 47.9% reported that they tried to quit smoking during the past 12 months.

Source of Cigarettes

- Borrowing or bumming cigarettes from someone else (32.4%) and having someone else buy the cigarettes for them (32.2%) were the two most common sources of cigarettes among past 30 day smokers under the age of 18 (Figure 16).

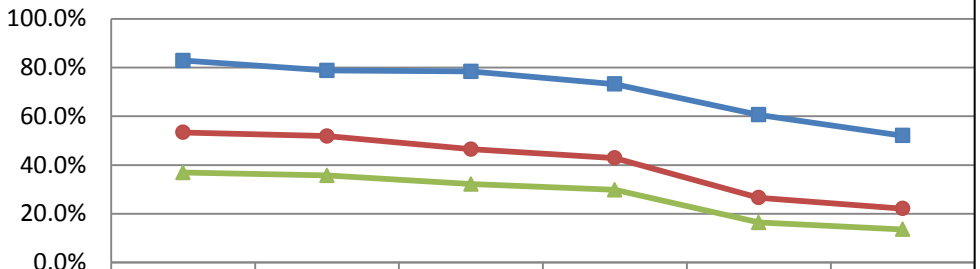
Figure 16. How Students Usually Got Their Cigarettes during the Past 30 Days, among Those Who Smoked Cigarettes during the Past 30 Days and Were Under the Age of 18, 2013



Alcohol Use

- Alcohol use among Nebraska high school students has declined considerably since the early 1990s.
- Figure 17 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 52.1% in 2013.
- The percentage of students who reported drinking alcohol during the past 30 days had a similar pattern, dropping from 53.4% in 1991 to 42.9% in 2005 to 22.1% in 2013.
- Between 1991 (36.9%) and 2005 (29.8%) 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. From 2005 to 2013, the percentage decreased by more than half from 29.8% to 13.6%, respectively.

Figure 17: Alcohol Use among Nebraska High School Students, from 1991 to 2013



	1991	1993	2003	2005	2011	2013
Ever drank alcohol	82.9%	78.8%	78.4%	73.2%	60.6%	52.1%
Drank alcohol during past 30 days	53.4%	51.9%	46.5%	42.9%	26.6%	22.1%
Binge drank during past 30 days*	36.9%	35.7%	32.2%	29.8%	16.4%	13.6%

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

- During 2013, over half of high school students (52.1%) reported that they drank alcohol during their lifetime (Figure 18). More than 1 in 5 students (22.1%) reported drinking alcohol during the past 30 days while 1 in 7 (13.6%) reported binge drinking during the same period.
- Male and female students reported fairly similar percentages for each type of alcohol use.

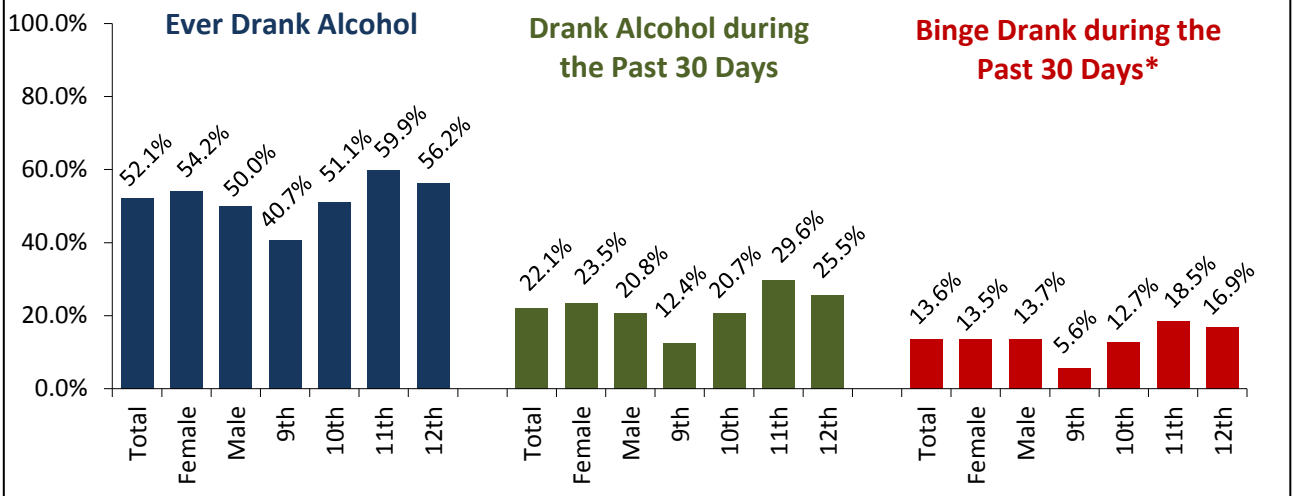
How Nebraska Compares to the Nation

	Nebraska	US
Ever drank alcohol	52.1%	66.2%
Drank alcohol during past 30 days	22.1%	34.9%
Binge drank during past 30 days*	13.6%	20.8%

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

- All types of alcohol use were significantly lower in 9th grade students compared to students in grades 11 and 12.

Figure 18: Alcohol Use among Nebraska High School Students, by Gender and Grade, 2013

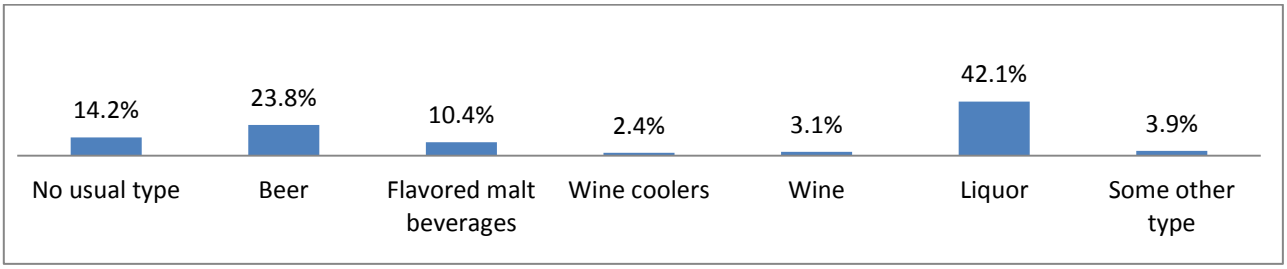


**Indicator definitions can be found in Appendix A.*

Additional Alcohol Measures

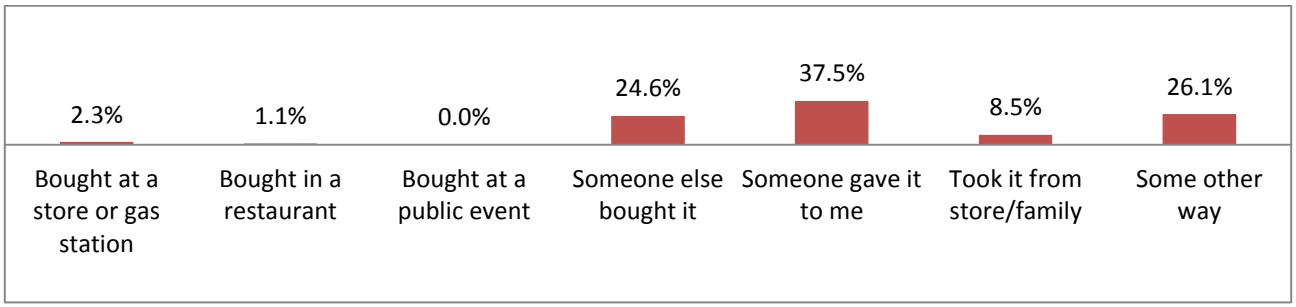
- In 2013, roughly 1 in 8 high school students (12.9%) reported consuming their first drink of alcohol, more than a few sips, before age 13. This is a decrease from 1991 when more than 1 in 3 high school students (34.2%) reported first drinking before age 13.
- Among students who reported drinking alcohol 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 42.1%, followed by beer, flavored malt beverages (such as Smirnoff Ice, Bacardi Silver, or Hard Lemonade), wine, and wine coolers (Figure 19). About 1 in 25 usually drank some other type of alcohol while 14.2% had no type that they usually drank.

Figure 19. The Type of Alcohol that Students Usually Drank When Drinking during the Past 30 Days, among Those Who Drank Alcohol during the Past 30 Days, 2013



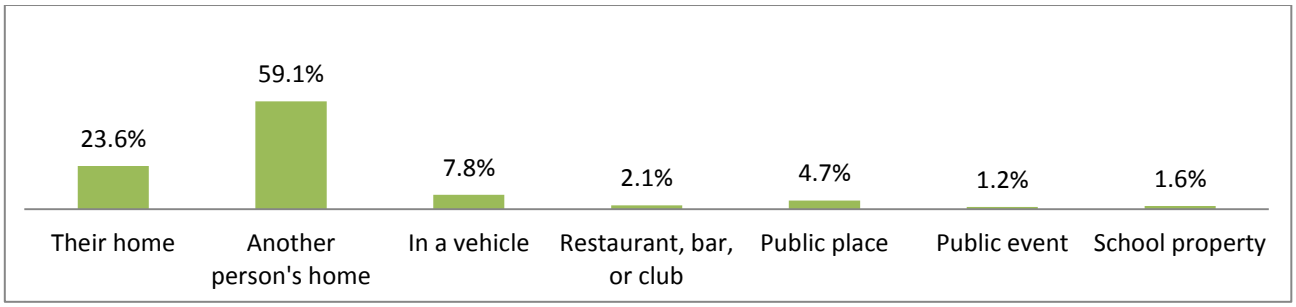
- Among students who reported drinking alcohol during the past 30 days, the most common source for getting alcohol was from someone who gave it to them followed by someone who bought it for them and taking it from a store or family member. Over 1 in 4 (26.1%) got their alcohol in some other way not listed (Figure 20).

Figure 20. How Students Usually Got Their Alcohol during the Past 30 Days, among Those Who Drank Alcohol during the Past 30 Days, 2013



- 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 3 in 5 students (59.1%) reported that they usually drank at another person's home and almost 1 in 4 (23.6%) reported that they usually drank within their own home (Figure 21).

Figure 21. Where Students Usually Consumed Their Alcohol during the Past 30 Days, among Those Who Drank Alcohol during the Past 30 Days, 2013

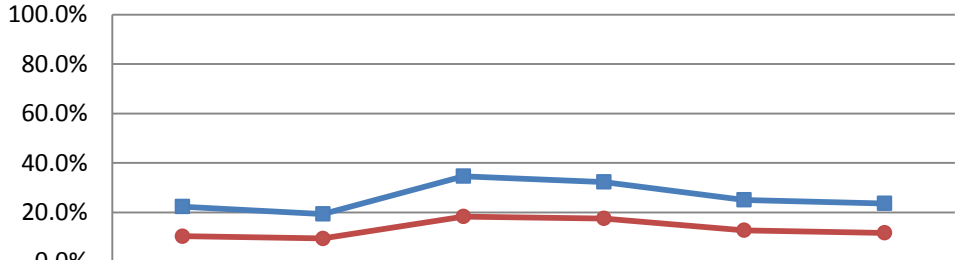


Drug Use

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 2013 to levels similar to 1991 (Figure 22).
- The 2013 percentages for lifetime and past 30 day marijuana use (23.6% and 11.7%, respectively) are similar to the percentages reported in 1991 (22.3% and 10.3%, respectively). However, they are significantly lower than the levels reported in 2003 (34.6% and 18.3%, respectively).

Figure 22: Marijuana Use among Nebraska High School Students, from 1991 to 2013



	1991	1993	2003	2005	2011	2013
Ever used marijuana	22.3%	19.3%	34.6%	32.3%	25.0%	23.6%
Used marijuana during past 30 days	10.3%	9.4%	18.3%	17.5%	12.7%	11.7%

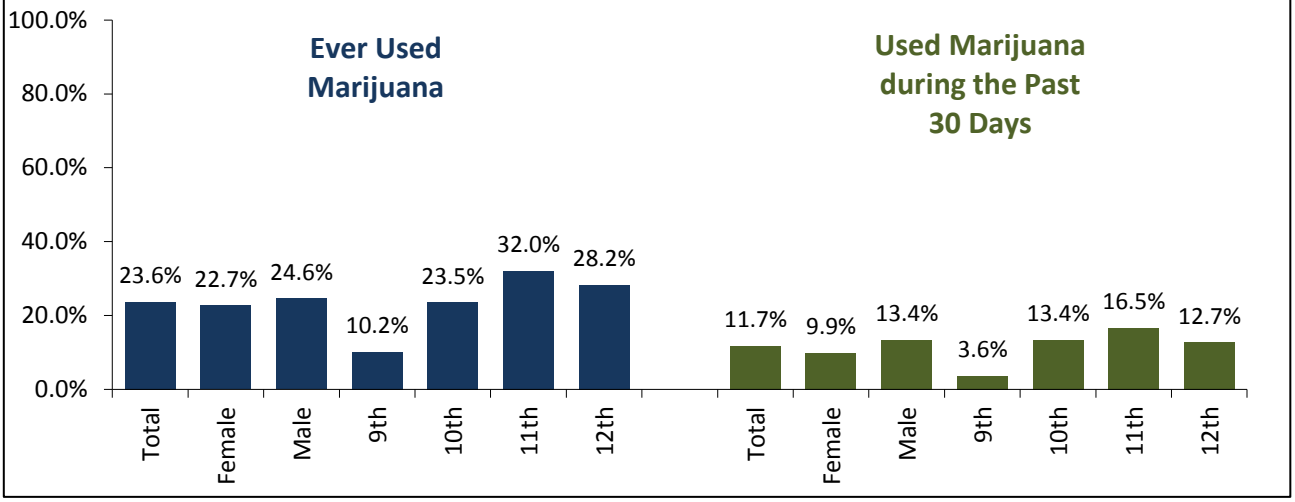
NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.

- During 2013, nearly 1 in 4 high school students (23.6%) reported using marijuana at least once during their lifetime while about 1 in 9 students (11.7%) reported using it during the past 30 days (Figure 23).
- Male and female students reported similar percentages for lifetime and past 30 day marijuana use.
- Lifetime and past 30 day marijuana use was significantly lower in 9th grade students (10.2% and 3.6%, respectively) than students in grades 10, 11, and 12.

How Nebraska Compares to the Nation

	Nebraska	US
Ever used marijuana	23.6%	40.7%
Used marijuana during past 30 days	11.7%	23.4%
Ever used prescription drugs	10.4%	17.8%

Figure 23: Marijuana Use among Nebraska High School Students, by Gender and Grade, 2013

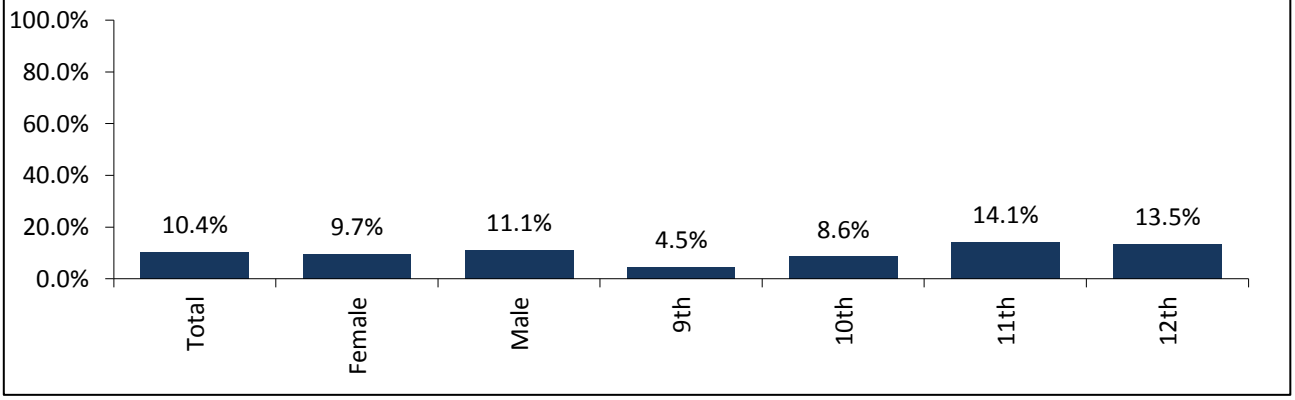


- In 2013, about 1 in 18 high school students (5.5%) reported using marijuana before age 13. The 2013 percentage was similar to the 1991 percentage where less than 1 in 20 students (4.9%) reported using marijuana before age 13. However, it has declined from 1 in 13 students (7.7%) in 2003.

Prescription Drugs

- Lifetime non-medical prescription drug use among Nebraska high school students decreased slightly from 12.4% in 2011 to 10.4% in 2013.
- In 2013, about 1 in 10 high school students reported taking prescription drugs (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription at least once during their lifetime (Figure 24).
- Male and female students reported a similar percentage for lifetime prescription drug abuse.
- The frequency of lifetime prescription drug abuse was lowest among 9th graders (4.5%) and considerably higher for 11th and 12th grade students (14.1% and 13.5%, respectively).

Figure 24: Lifetime Prescription Drug Abuse among Nebraska High School Students, by Gender and Grade, 2013



Lifetime Drug Use

- The 2013 YRBS asked about lifetime use of eight drugs. Of those eight drugs, marijuana was the most commonly reported, at 23.6%, followed by prescription drug abuse at 10.4% and inhalants (including sniffing glue, breathing the contents of aerosol spray cans, and inhaling paints or sprays to get high) at 7.0%.
- The use of each of the drugs shown in Table 3 has declined during the period of 2005 to 2013. Marijuana, cocaine/crack, and steroids peaked during the early-to-mid 2000s before declining. However, the 2013 percentages are similar to those from the early 1990s where available.

Table 3. Lifetime Drug Trends among Nebraska High School Students, 1991-2013

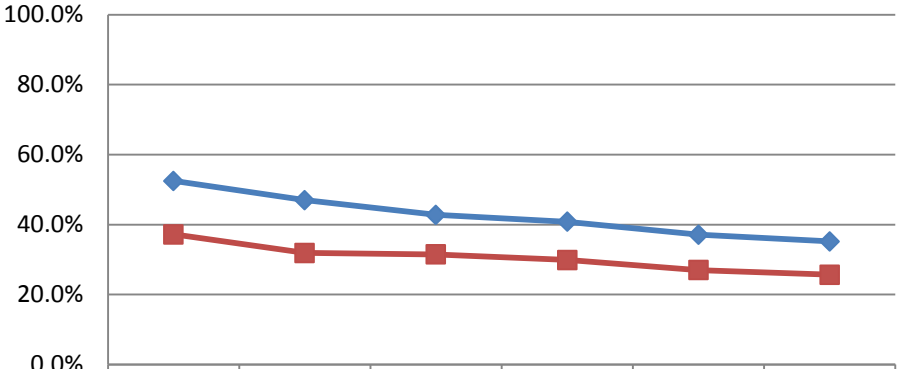
	1991	1993	2003	2005	2011	2013
Marijuana	22.3%	19.3%	34.6%	32.3%	25.0%	23.6%
Cocaine/Crack	4.6%	3.5%	6.9%	7.5%	4.2%	3.2%
Inhalants	--	--	11.7%	11.3%	9.7%	7.0%
Heroin	--	--	2.7%	2.7%	1.9%	1.2%
Meth	--	--	6.3%	5.8%	2.7%	2.0%
Ecstasy	--	--	5.0%	4.9%	4.5%	3.2%
Steroids	2.4%	3.0%	3.6%	4.0%	2.8%	2.3%
Prescription Drugs	--	--	--	--	12.4%	10.4%

Sexual Behaviors and HIV/AIDS

Sexual Intercourse

- Sexual activity among Nebraska high school students has decreased steadily since the early 1990s (Figure 25).
- 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 nearly 1 in 3 in 2013 (35.2%).
- The proportion of students who reported having sex during the past three months saw a similar decline, dropping from 37.2% in 1991 to 25.7% in 2013.

Figure 25: Sexual Intercourse among Nebraska High School Students, from 1991 to 2013



	1991	1993	2003	2005	2011	2013
Ever had sex	52.5%	47.0%	42.8%	40.8%	37.1%	35.2%
Had sex during past 3 months	37.2%	31.9%	31.5%	29.9%	27.0%	25.7%

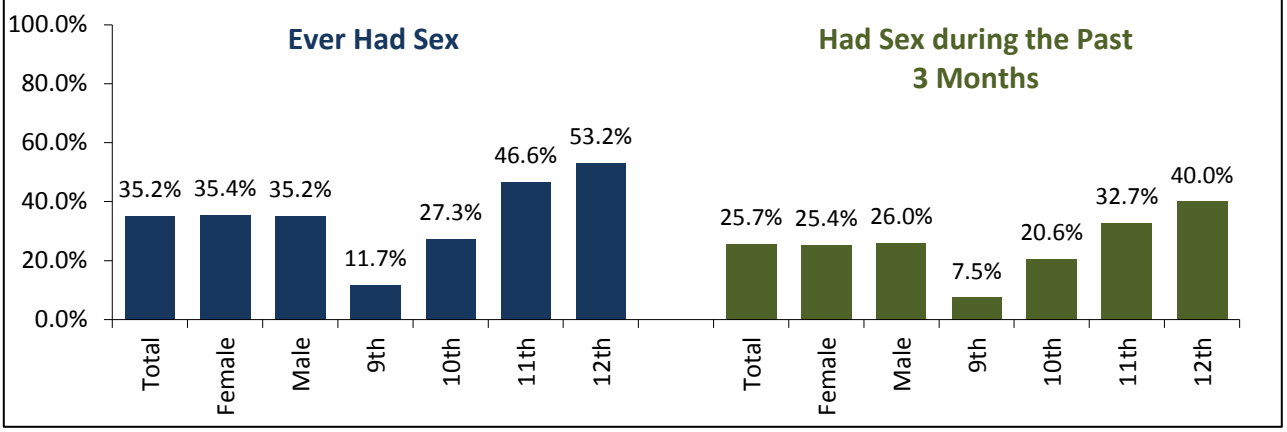
NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.

- In 2013, just over 1 in 3 high school students (35.2%) reported having had sex in their lifetime while nearly 1 in 4 (25.7%) reported having had sex during the past three months (Figure 26).
- Male and female students were equally likely to report lifetime and past three month sexual activity.
- Lifetime and past three month sexual activity increased significantly as grade level increased, with 11th and 12th graders reporting considerably higher percentages than 9th and 10th graders. Students in 12th grade were roughly five times more likely than students in 9th grade to report lifetime and past three month sexual activity.

How Nebraska Compares to the Nation

	Nebraska	US
Ever had sex	35.2%	46.8%
Had sex during past 3 months	25.7%	34.0%

Figure 26: Sexual Intercourse among Nebraska High School Students, by Gender and Grade, 2013



- Less than 1 in 24 high school students (4.1%) reported that they had sex before age 13 in 2013. This is a decline from 1991 when about 1 in 15 students (6.8%) reported that they had sex before age 13.
- In 2013, fewer than 1 in 10 students (9.4%) reported having had sex with four or more people during their lifetime, which is a decrease from nearly 1 in 5 students (18.3%) in 1991. Male and female students reported similar percentages in 2013.
- Among students who had sex during the past three months in 2013, roughly 1 in 5 (19.7%) 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 2013, more than 3 in 5 high school students who had sex during the past three months reported using a condom during their last sexual intercourse (62.5%), which is almost 10 percentage points higher than the 53.3% reported in 1991.
- 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 were the most commonly used form of birth control, followed by birth control pills and withdrawal or some other method not listed while close to 1 in 8 (12.2%) reported using no form of birth control (Table 4).

Table 4. Type of Birth Control Used the Last Time High School Students Had Sex, among Those Who Had Sex during the Past 3 Months, 2013

No method used	Birth control pills	Condoms	IUD or implant	Shot, patch, or birth control ring	Withdrawal or some other method	Not sure
12.2%	16.4%	50.6%	1.8%	6.5%	10.2%	2.2%

HIV/AIDS Education

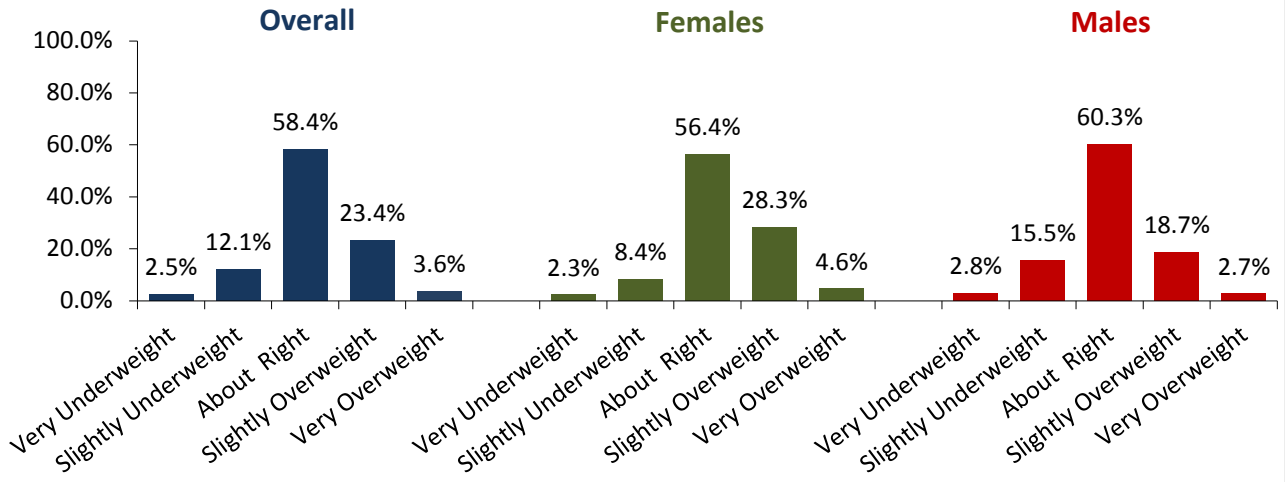
- Nearly 3 in 4 students (74.5%) reported ever being taught about AIDS/HIV in school while less than 2 in 5 students (38.2%) reported ever talking about AIDS/HIV with their family.

Body Weight and Weight Loss

Self-Perception of Weight and Actions to Control Weight

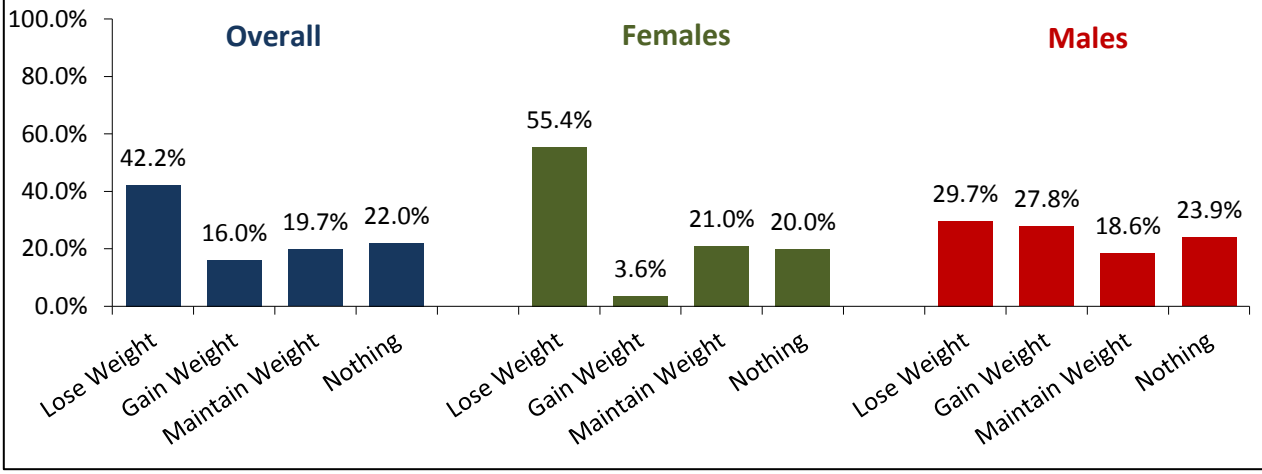
- During 2013, close to 3 in 5 Nebraska high school students (58.4%) reported that they were about the right weight while slightly more than 1 in 4 (27.0%) felt that they were slightly or very overweight (Figure 27).
- Male students were more likely than female students to report being slightly or very underweight (18.3% and 10.7%, respectively) while female students were more likely than male students to report being slightly or very overweight (32.9% and 21.5%, respectively).

Figure 27: How Students Describe Their Weight among Nebraska High School Students, by Gender, 2013



- About 2 in 5 students (42.2%) reported that they were currently trying to lose weight compared to nearly 1 in 6 (16.0%) trying to gain weight (Figure 28). Close to 1 in 5 students reported trying to stay the same weight (19.7%) and not trying to do anything about their weight (22.0%).
- Over half of females (55.4%) reported that they were trying to lose weight compared to less than 1 in 3 males (29.7%). Almost eight times as many males as females were trying to gain weight (27.8% and 3.6%, respectively).

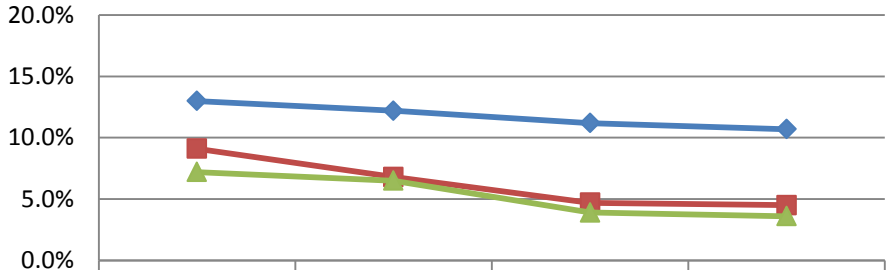
Figure 28: What Students Are Trying To Do with Their Weight among Nebraska High School Students, by Gender, 2013



High Risk Weight Loss Methods

- The percentage of high school students reporting the use of high-risk methods to lose weight or keep from gaining weight has declined since 2003.
- As shown in Figure 29, the percentage of students reporting that they fasted for 24 hours or more during the past 30 days and the percentage reporting that they took diet pills or supplements without a doctor's advice during the same period gradually declined from 2003 to 2013. The percentage of students reporting that they vomited or used laxatives during the same period steadily declined from 2003 to 2013, with the largest drop occurring between 2005 and 2011.

Figure 29: High Risk Weight Loss Methods used by Nebraska High School Students during the Past 30 Days to Lose Weight or Keep from Gaining Weight, from 2003 to 2013



	2003	2005	2011	2013
Fasted*	13.0%	12.2%	11.2%	10.7%
Took diet pills*	9.1%	6.8%	4.7%	4.5%
Vomited or took laxatives	7.2%	6.5%	3.9%	3.6%

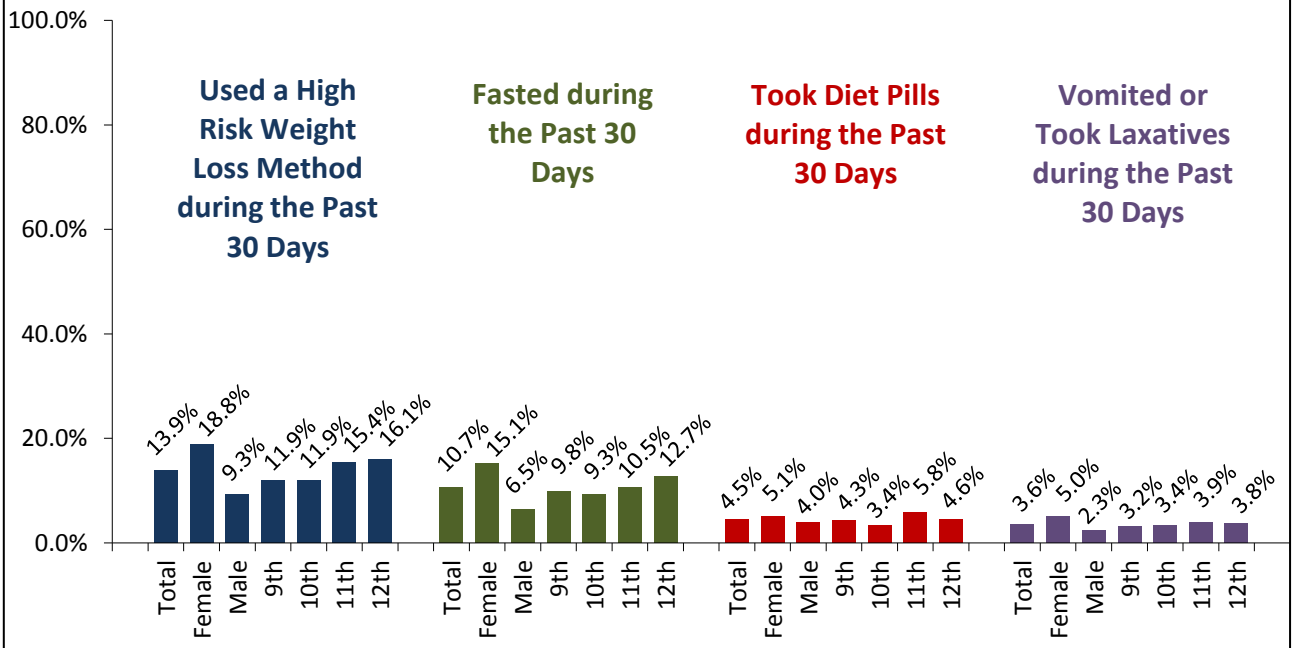
**Indicator definitions can be found in Appendix A.*
NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.

- In 2013, nearly 1 in 7 high school students (13.9%) reported fasting, taking diet supplements, vomiting, or taking laxatives to lose weight or keep from gaining weight during the past 30 days (Figure 30). Over 1 in 10 students reported fasting (10.7%) while about 1 in 25 students reported taking diet pills (4.5%) and vomiting/taking laxatives (3.6%) during this period.
- Female students (18.8%) were twice as likely as male students (9.3%) to report using a high risk weight loss method during the past 30 days. Females (15.1%) were also more than twice as likely as males (6.5%) to report fasting during this time. Few differences were seen by gender for students that reported taking diet pills and vomiting or taking laxatives during the past 30 days.
- Few differences were seen by grade for the overall use of a high risk weight loss method and for each of the individual weight loss methods.

How Nebraska Compares to the Nation

	Nebraska	US
Fasted during the past 30 days	10.7%	13.0%
Took diet pills during the past 30 days	4.5%	5.0%
Vomited or took laxatives during the past 30 days	3.6%	4.4%

Figure 30: High Risk Weight Loss Methods Used among Nebraska High School Students, by Gender and Grade, 2013*



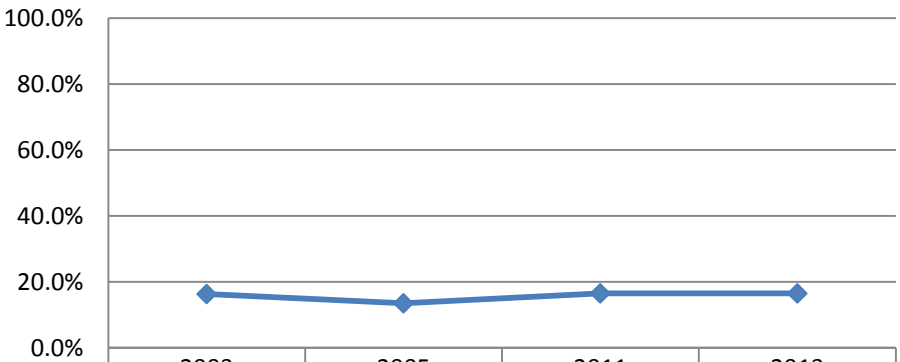
Indicator definitions can be found in Appendix A.

Nutrition

Fruit and Vegetable Consumption

- The percentage of Nebraska high school students who reported eating fruits or vegetables five or more times per day during the past seven days changed little between 2003 and 2013 (Figure 31).

Figure 31: Consumed Fruits and Vegetables 5 or More Times Per Day during the Past 7 Days among Nebraska High School Students, from 2003 to 2013



	2003	2005	2011	2013
Consumed fruits & vegetables	16.3%	13.5%	16.5%	16.5%

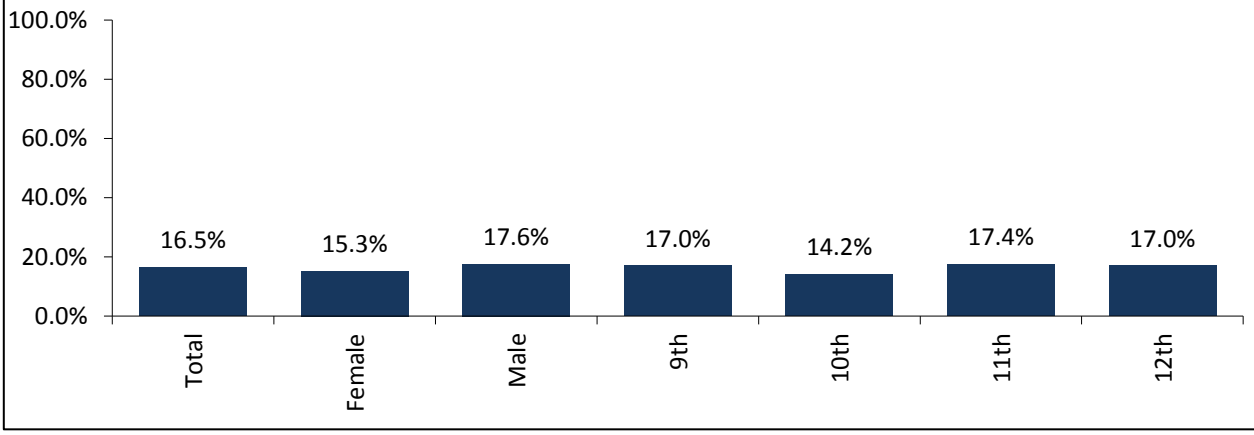
NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.

- During 2013, nearly 1 in 6 high school students (16.5%) reported consuming fruits and vegetables five or more times per day during the past seven days (Figure 32).
- Male and female students reported similar percentages for eating fruits and vegetables five or more time per day during the past seven days.
- Fruit and vegetable consumption differed little by grade level with no consistent pattern.
- When looking at fruit and vegetable consumption separately, more than 1 in 4 high school students (26.4%) reported eating fruit or drinking 100% fruit juices two or more times per day while less than 1 in 8 (11.7%) reported eating vegetables three or more times per day during the past seven days.

How Nebraska Compares to the Nation

	Nebraska	US
Consumed fruit or drank 100% fruit juices two or more times per day	26.4%	33.2%
Consumed vegetables three or more times per day	11.7%	15.7%

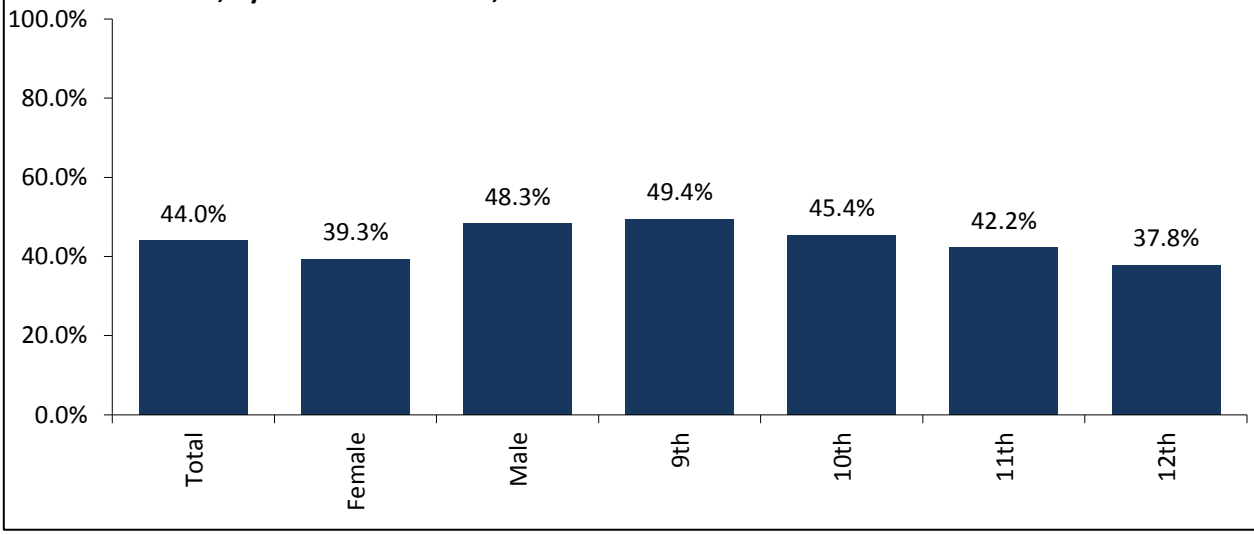
Figure 32: Consumed Fruits and Vegetables 5 or More Times Per Day during the Past 7 Days among Nebraska High School Students, by Gender and Grade, 2013



Beverage Consumption

- Figure 33 shows that nearly half of all high school students (44.0%) reported drinking one or more glasses of milk per day during the past seven days.
- Male students were more likely than female students to report daily milk consumption, while the percentage of students that reported milk consumption decreased steadily as grade level increased.

Figure 33: Drank 1 or more Glasses of Milk Per Day during the Past 7 Days among Nebraska High School Students, by Gender and Grade, 2013



- The 2013 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 sweet tea or coffee, flavored milk, flavored juice drinks, or energy drinks such as Red Bull).

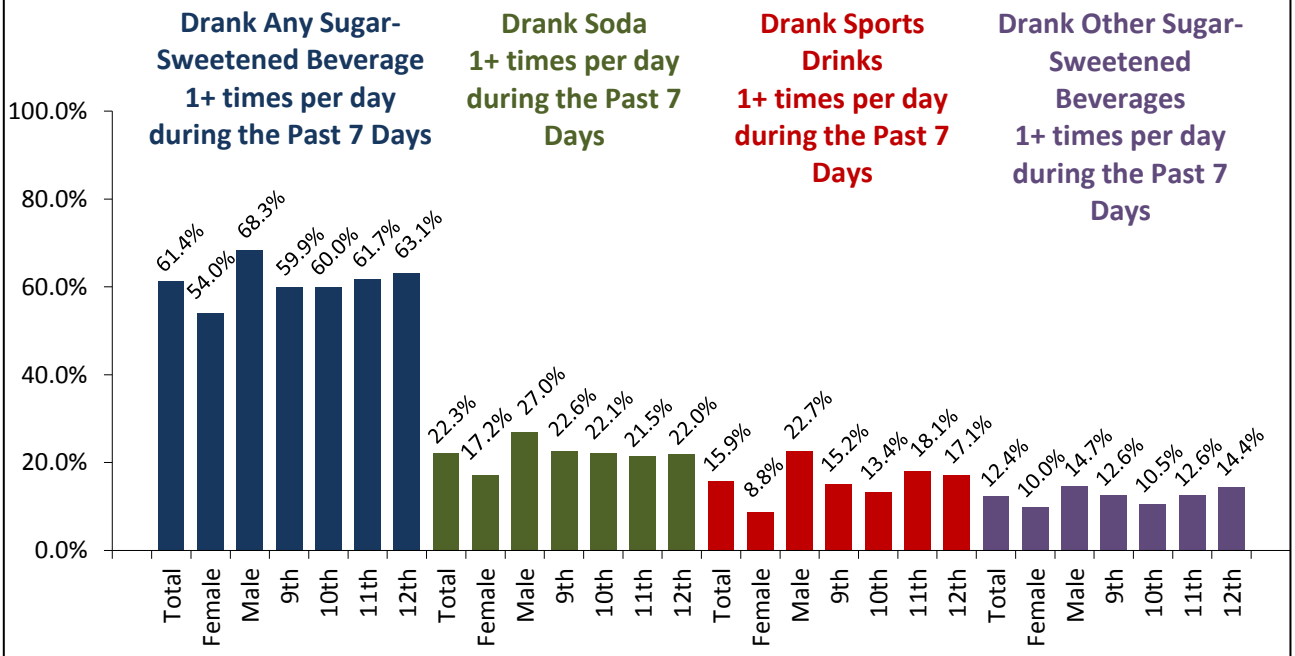
- Overall, close to 3 in 5 (61.4%) high school students reported drinking soda, sport drinks, or other sugar-sweetened beverages an average of one or more times per day during the past seven days (Figure 34). About 1 in 4 students (22.3%) reported drinking soda one or more times per day, close to 1 in 6 (15.9%) reported drinking sports drinks one or more times per day, and roughly 1 in 8 (12.4%) reported drinking some other sugar-sweetened beverage one or more times per day during the past seven days.
- Male students were significantly more likely than female students to report drinking any type of sugar-sweetened beverage (68.3% and 54.0%, respectively) and to report drinking soda (27.0% and 17.2%, respectively). Males were also more than twice as likely as females to report drinking sports drinks (22.7% and 8.8%, 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

	Nebraska	US
Drank 1 or more glasses of milk per day*	44.0%	40.3%
Drank soda 1 or more times per day*	22.3%	27.0%

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

Figure 34: Sugar-Sweetened Beverage Consumption among Nebraska High School Students, by Gender and Grade, 2013*

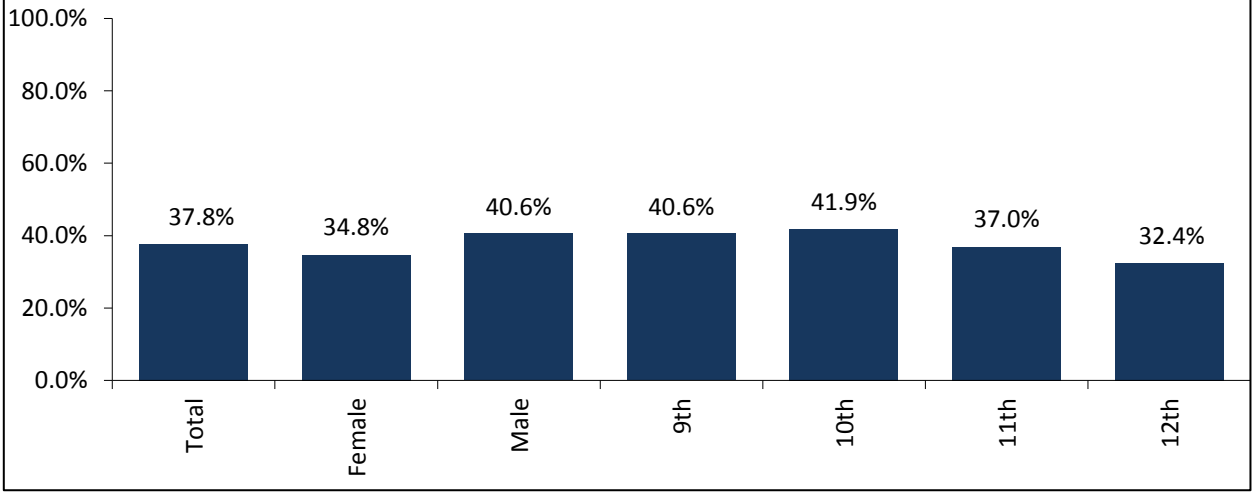


**Indicator definitions can be found in Appendix A.*

Breakfast Consumption

- Trend data for breakfast consumption is not available as a result of it not being asked on previous YRBS surveys.
- In 2013, nearly 2 in 5 students (37.8%) reported that they ate breakfast every day during the past seven days (Figure 35), while close to 1 in 9 students (11.5%) 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 was fairly consistent by grade level. However, students in grades 9 and 10 were slightly more likely than those in grades 11 and 12 to report that they ate breakfast daily.

Figure 35: Ate Breakfast Every Day during the Past 7 Days among Nebraska High School Students, by Gender and Grade, 2013*

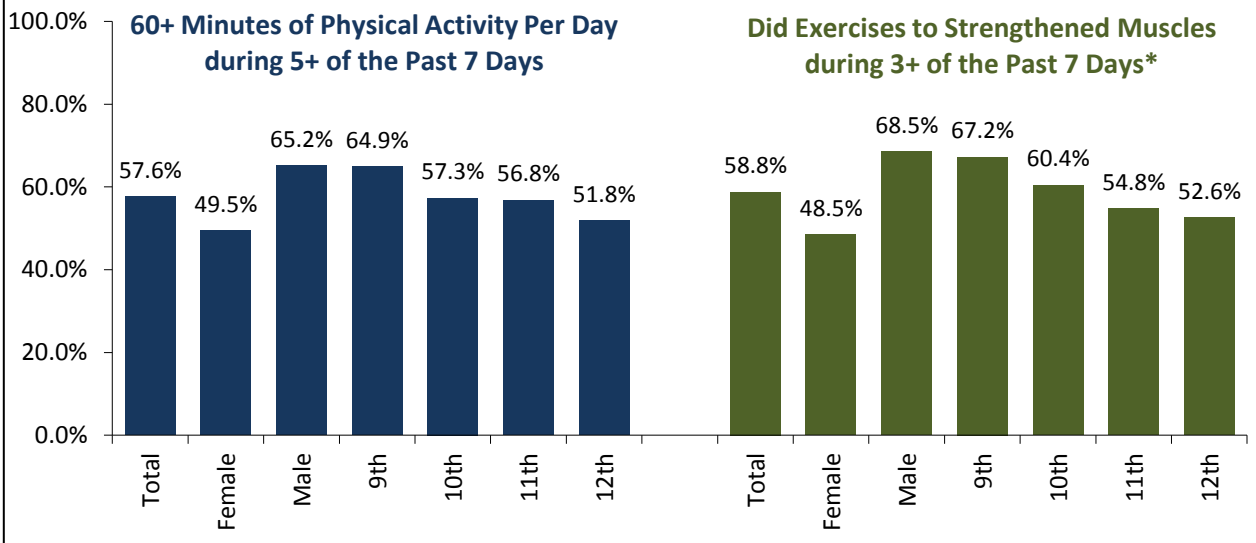


Physical Activity

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]
- As seen in Figure 36, over half of Nebraska high schools students (57.6%) reported being physically active for 60 or more minutes on five or more of the past seven days in 2013, which is an increase from 53.7% in 2011.
- Over half of all students (58.8%) in 2013 reported doing exercises to strengthen or tone their muscles on three or more of the past seven days. However, there was no change from the percentage of students that reported doing these exercises in 2011 (57.7%).
- Males were more likely than females to report 60 or more minutes of physical activity per day on five or more of the past seven days (65.2% and 49.5%, respectively) and were also more likely to do strengthening exercises (such as push-ups, sit-ups, or weight lifting) on three or more of the past seven days (68.5% and 48.5%, respectively).
- The percentage of students that reported doing physical activity for 60 or more minutes per day and the percentage that reported doing strengthening exercises decreased as grade level increased. Ninth graders (64.9% and 67.2%, respectively) were the most likely while 12th graders (51.8% and 52.6%, respectively) were the least likely to do these activities.

Figure 36: Physical Activity among Nebraska High School Students, by Gender and Grade, 2013



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

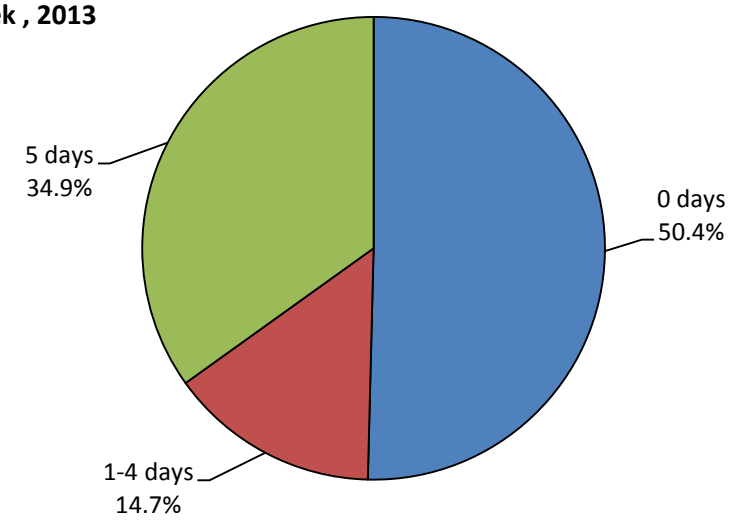
- About 1 in 10 students in 2011 and 2013 reported that they did not get 60 minutes of physical activity on any of the past seven days.

How Nebraska Compares to the Nation	Nebraska	US
60 or more minutes of physical activity per day during 5+ of the past 7 days	57.6%	47.3%
Strengthening exercises on 3+ of the past 7 days	58.8%	51.7%

Physical Education in School

- As seen in Figure 37, half of all high school students (50.4%) reported not attending physical education (PE) class at all during an average school week. About 1 in 7 students (14.7%) attend PE classes one to four days during an average school week while roughly 1 in 3 (34.9%) attend PE class daily during an average school week.
- Only about half of all high school students (47.1%) who attend PE class reported spending 20 or more minutes actually exercising or playing sports during an average PE class.

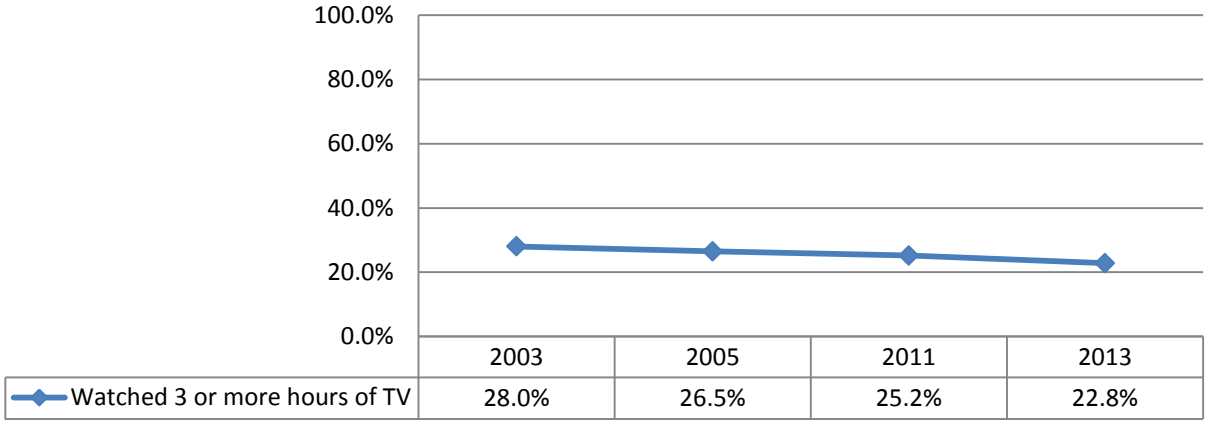
Figure 37: Frequency of Attending PE Classes among Nebraska High School Students during an Average School Week , 2013



Screen Time Not Related to School

- As seen in Figure 38, the percentage of students who reported watching three or more hours of TV per day during an average school day has gradually decreased from 2003 (28.0%) to 2013 (22.8%).

Figure 38: Screen Time Not Related to School among Nebraska High School Students on an Average School Day, from 1991 to 2013



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

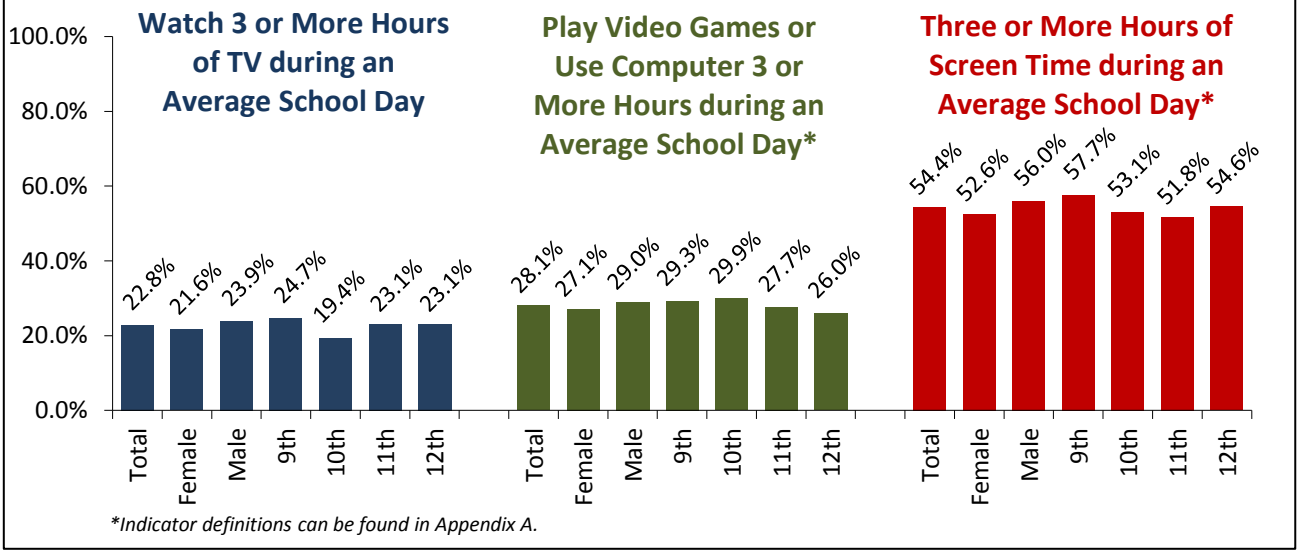
- Between 2011 (21.1%) and 2013 (28.1%) there was a significant increase in the percentage of students that reported using video/computer games or using a computer for non-school work for three or more hours during an average school day.
- During 2013, close to 1 in 5 high school students (22.8%) reported watching three or more hours of TV per day during an average school day while more than 1 in 4 (28.1%) reported playing video/computer games or using a computer for non-school work for three or more hours during an average school day. Collectively, more than half (54.4%) reported watching TV, playing video games, or using the computer for three or more hours per school day (Figure 39).
- Few differences were seen by gender for students that reported watching TV, playing video games or using the computer for non-school work, and overall screen time use for three or more hours during an average school day.
- Average school day TV, video game, and screen time use did not follow a consistent pattern by grade level.

How Nebraska Compares to the Nation

	Nebraska	**US**
Watch 3 or more hours of TV on average school day	22.8%	32.5%
Played video games 3 or more hours on average school day*	28.1%	41.3%

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

Figure 39: Screen Time Not Related to School among Nebraska High School Students, by Gender and Grade, 2013



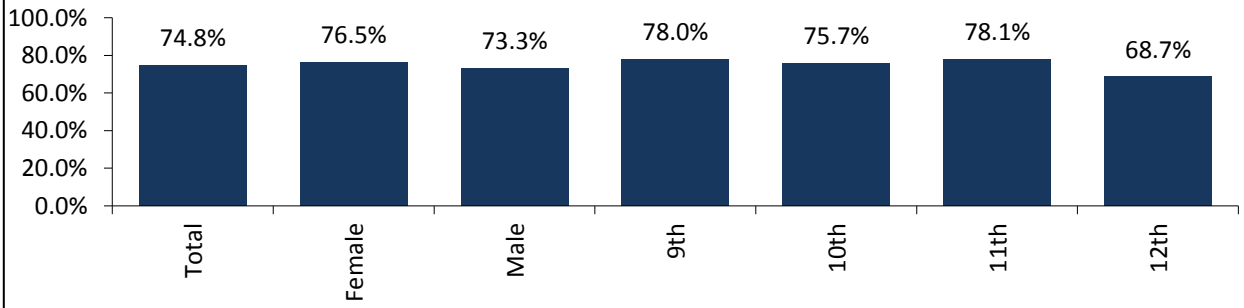
**Indicator definitions can be found in Appendix A.*

Other Health Topics

Oral Health

- In 2013, nearly 3 in 4 Nebraska high school students (74.8%) reported seeing a dentist for a check-up, teeth cleaning, or other dental work during the past 12 months (Figure 40), which had relatively no change from 75.1% in 2011.
- Males and females were about equally as likely to report that they saw a dentist during the past 12 months with little difference seen by grade level.

Figure 40: Saw a Dentist for Any Reason during the Past 12 Months among Nebraska High School Students, by Gender and Grade, 2013*



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

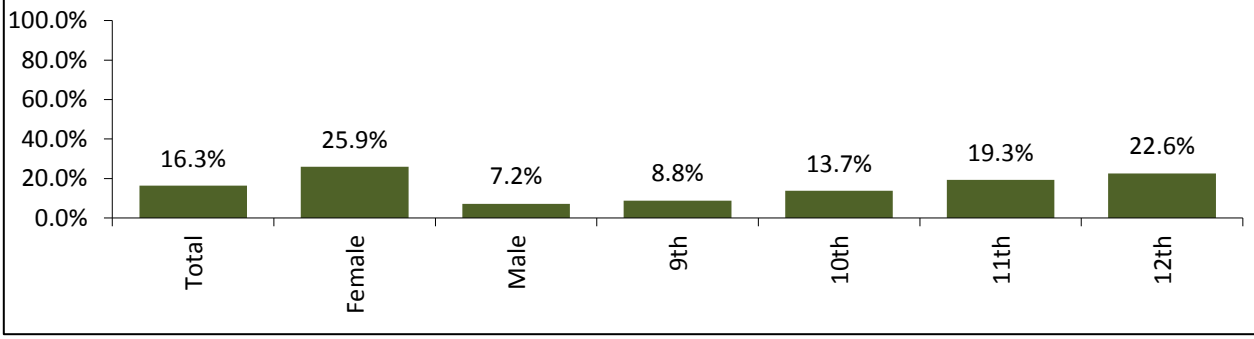
Tanning

- In 2011, 18.5% of Nebraska high school students reported using an indoor tanning device one or more times during the past 12 months. Figure 41 shows no change from 2011 with about 1 in 6 high school students (16.3%) reporting the use of a tanning device one or more times during the past 12 months.
- Female students (25.9%) were over three times more likely than male students (7.2%) to report using an indoor tanning device during the past 12 months. Students reporting the use of a tanning device increased as grade levels increased with 9th graders (8.8%) reporting a significantly lower percentage than students in grades 11 and 12 (19.3% and 22.6%, respectively).

How Nebraska Compares to the Nation

	Nebraska	US
Used indoor tanning device in past 12 months	16.3%	12.8%

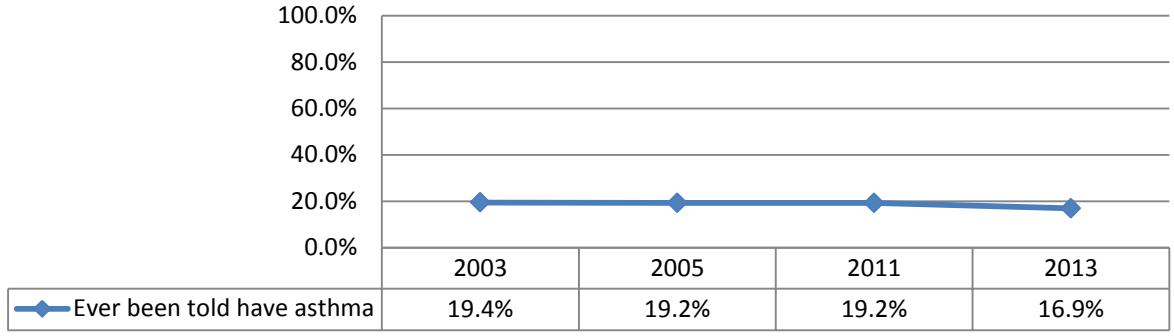
Figure 41: Used an Indoor Tanning Device during the Past 12 Months among Nebraska High School Students, by Gender and Grade, 2013



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 2011 until decreasing slightly in 2013 (Figure 42).

Figure 42: Ashthma among Nebraska High School Students, from 2003 to 2013



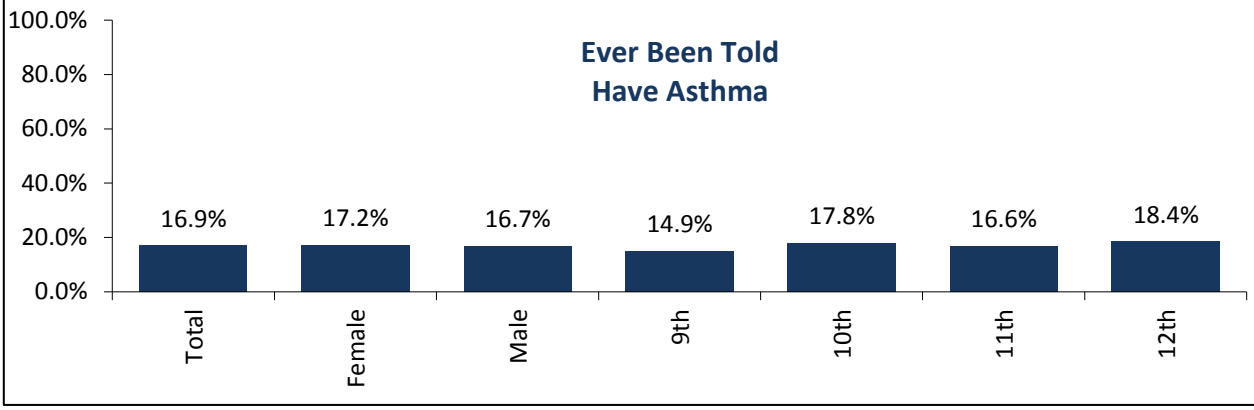
NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.

- In 2013, about 1 in 6 students (16.9%) reported that they had ever been told they have asthma (Figure 43).
- 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
Ever been told have asthma	16.9%	21.0%

Figure 43: Asthma among Nebraska High School Students, by Gender and Grade, 2013



Methodological Overview

As in previous administrations of the Nebraska YRBS, the CDC drew the 2013 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, nine chose not to participate. For the 73 participating schools, 135 whole classrooms of students were then selected by either subject (e.g., English, social studies) or class period (e.g., homeroom, second period). The 2,391 students from all selected classrooms were eligible to participate in the survey.

The 2013 Nebraska YRBS was completed by 1,885 students in 73 public high schools. The school response rate was 89% (73 of 82 eligible schools participated) while the student response rate was 79%. The overall response rate was 70%, 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, the 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 73 participating schools, 70 completed it between mid-August and late November 2012, two completed it in December 2012, and due to extenuating circumstances one did not complete it until mid-January 2013.

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). The vast majority of Nebraska schools outside of the Omaha and Lincoln metropolitan areas used passive parental consent while the majority of large school districts

within the Omaha and Lincoln metropolitan areas used active parental consent. Active parental consent schools tend to have lower student response rates as a result of students having to obtain and return signed permission forms.

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 2013 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.[4] Nebraska YRBS data have only been weighted six times since the survey began in 1991. The weighted years include 1991, 1993, 2003, 2005, 2011, and 2013. 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 2013 Nebraska YRBS consisted of 94 questions and was administered by paper and pencil, where students placed their answers onto a bubble answer sheet. Of the 94 questions, 83 were core CDC questions while 11 were state added. The 11 state added questions covered the following topics: distracted driving, smokeless tobacco use, alcohol consumption, sugar-sweetened beverage consumption, strengthening exercise, participation in physical education class, oral health care, tanning, and HIV/AIDS education. 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. 2013 Nebraska Youth Risk Behavior Survey. http://bosr.unl.edu/sharp/2013NEH%20YRBS%20Questionnaire_FINAL.pdf.

2. 2013 National Youth Risk Behavior Survey. http://www.cdc.gov/healthyyouth/yrbs/pdf/questionnaire/2013_hs_questionnaire.pdf.

3. 2008 Physical Activity Guidelines for Americans. http://www.health.gov/paguidelines/pdf/paguide.pdf.

4. Centers for Disease Control and Prevention. Methodology of the Youth Risk Behavior Surveillance System. MMWR 2013; 62(No. RR-1).

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
- *Rode with a drinking driver or drove while/after drinking themselves:* 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 OR among students who drove a car or other vehicle during the past 30 days, the percentage who reported driving one or more times during the past 30 days when they had been drinking alcohol
- *Rode with a drinking driver and drove while/after drinking themselves:* 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 AND among students who drove a car or other vehicle during the past 30 days, the percentage who reported driving one or more times during the past 30 days when they had been drinking alcohol
- *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
- *Talked on cell phone while driving:* Among students who drove a car or other vehicle during the past 30 days, the percentage who reported talking on a cell phone while driving on one or more of the past 30 days
- *Texted or e-mailed or talked on a cell phone 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 OR talking on a cell phone while driving on one or more of the past 30 days
- *Texted or e-mailed and talked on a cell phone 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 AND talking on a cell phone 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
- *Bullied at school:* Percentage of students who reported having ever been bullied on school property during the past 12 months
- *Electronically bullied:* 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 at school:* 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
- *In a physical fight at school:* 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
- *Bullied at school 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
- *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
- *Smoked cigarettes during past 30 days:* Percentage of students who reported smoking cigarettes on one or more of the past 30 days
- *Used smokeless tobacco during past 30 days:* Percentage of students who reported using chewing tobacco, snuff, or dip on one or more of the past 30 days
- *Used any tobacco during past 30 days:* Percentage of students who reported smoking cigarettes or cigars or using chewing tobacco, snuff, or dip on one or more of the past 30 days
- *Past 30 day use of cigars, cigarillos, or little cigars:* Percentage of students who reported smoking cigars, cigarillos, or little cigars on one or more of the past 30 days
- *First smoked a whole cigarette before age 13:* Percentage of students who reported smoking a whole cigarette for the first time before age 13 years
- *Tried quitting smoking:* Among past 30 day cigarette users, the percentage who reported ever trying to quit smoking cigarettes during the past 12 months
- *Usual source of cigarettes:* Among past 30 day cigarette users, the reported usual source of cigarettes during the past 30 days

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
- *Binge drank during past 30 days:* Percentage of students who reported having five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of 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 used prescription drugs:* Percentage of students who reported taking a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life
- *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 steroids:* Percentage of students who reported taking steroid pills or shots without a doctor's prescription one or more times during their life

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
- *Taught about AIDS/HIV in school:* Percentage of students who reported ever being taught in school about AIDS or HIV infection
- *Talked about AIDS/HIV with their family:* Percentage of students who reported ever talking about AIDS/HIV infection with their parents or other adults in their family

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
- *Fasted:* Percentage of students who reported going without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days
- *Took diet pills:* Percentage of students who reported taking any diet pills, powders or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days
- *Vomited or took laxatives:* Percentage of students who reported that they vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days
- *High risk weight loss:* Among students that are currently trying to lose weight, percentage of students who reported using one or more high-risk weight loss methods, including fasting, taking diet pills or supplements without a doctor's advice, and vomiting or using laxatives, during the past 30 days

Nutrition

- *Consumed fruits and vegetables:* Percentage of students who reported eating fruits 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
- *Both fruits 2+ times/day and vegetables 3+ times/day:* Percentage of students who reported eating fruits two or more times per day and eating vegetables three or more times per day during the past seven days
- *Consumed 1 or more 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

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
- *Spent 20 or more minutes actually exercising or playing sports during an average PE class:* Percentage of students who reported spending more than 20 minutes actually exercising or playing sports during an average physical education (PE) class
- *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 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 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