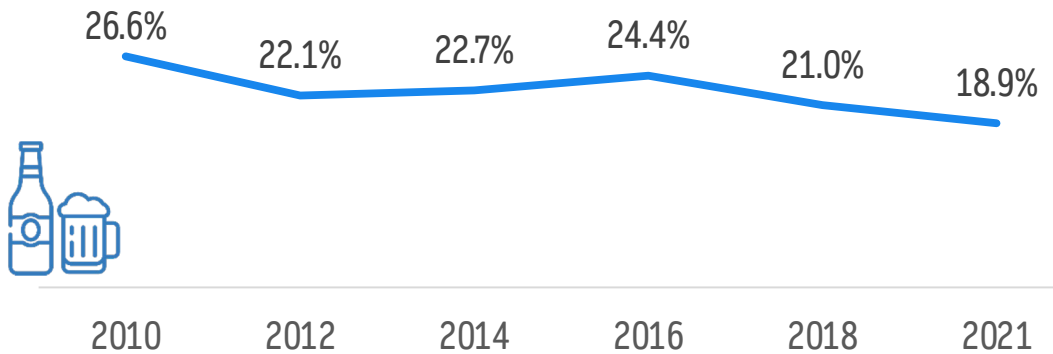


Trends in Adolescent Health

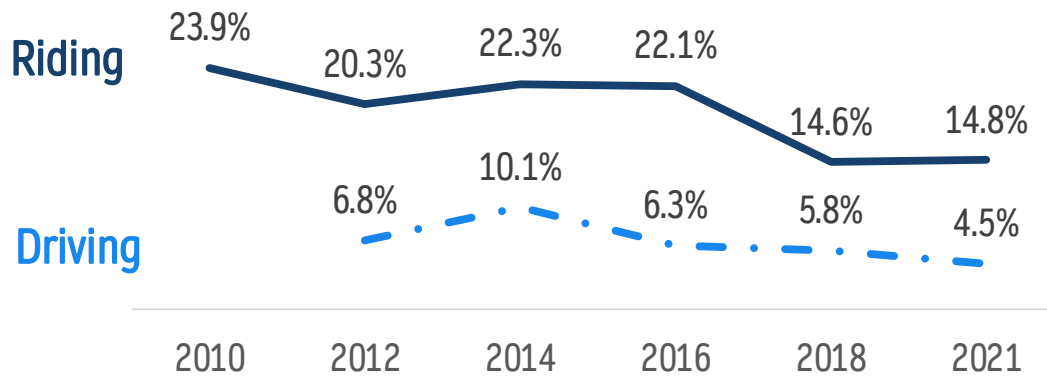
Youth in Nebraska

On the positive side...

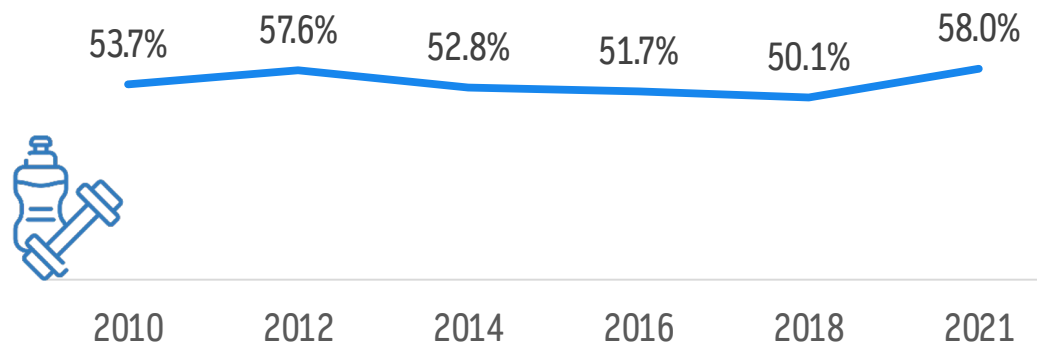
The number of Nebraska high school students who reported current alcohol use continues to decline. In 2021, fewer than one in five students had at least a sip of alcohol in the 30 days before the survey.



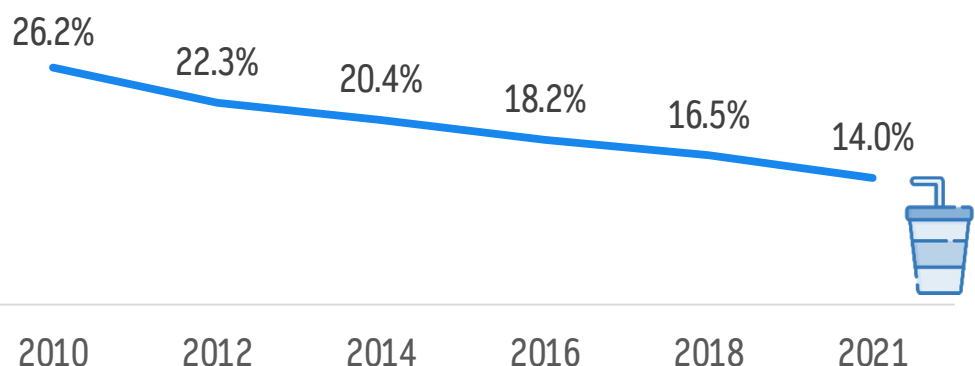
The number of high school students who are in vehicles where the driver has been drinking (as a driver or as a passenger) has had a downward trend over the last decade.



There is an increasing trend in the percentage of students who were physically active at least 60 minutes per day on 5+ days. This is activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey.

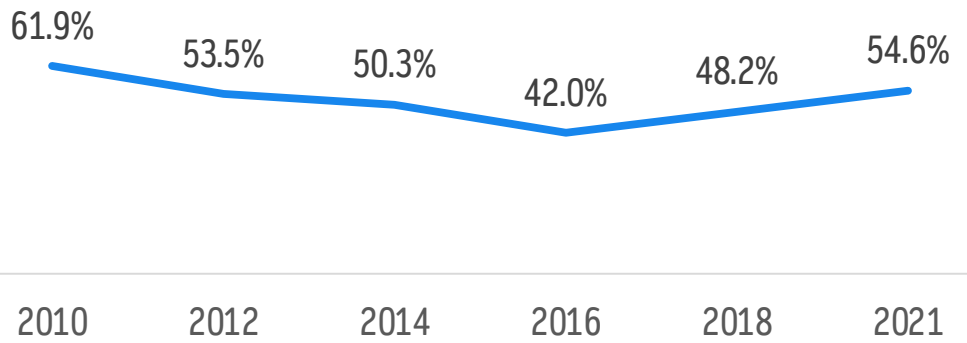


The number of students who drink at least one soda or pop daily in the week before the survey continues to decline - from about 1 in 4 in 2010, to about 1 in 7 in 2021.

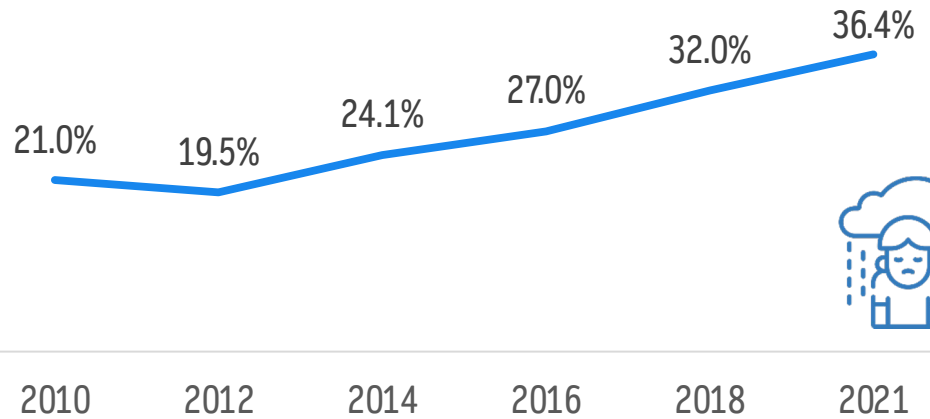


On the negative side...

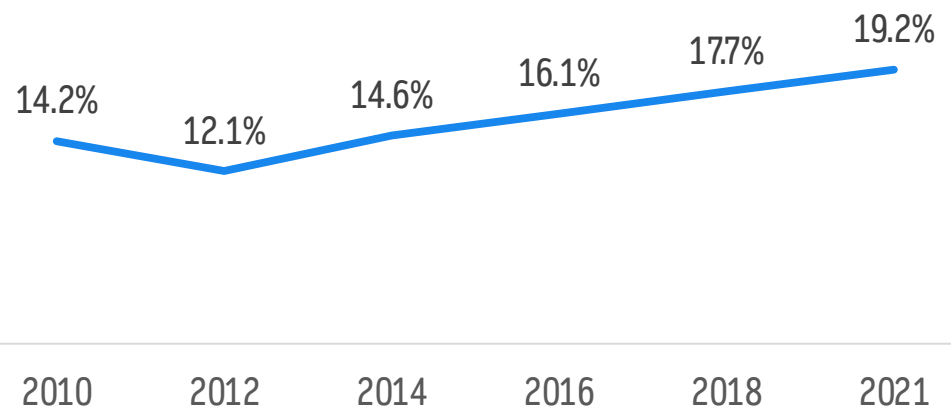
There was a trend where fewer Nebraska high school students said they didn't always wear a seatbelt. Unfortunately, that is back on the rise since 2016.



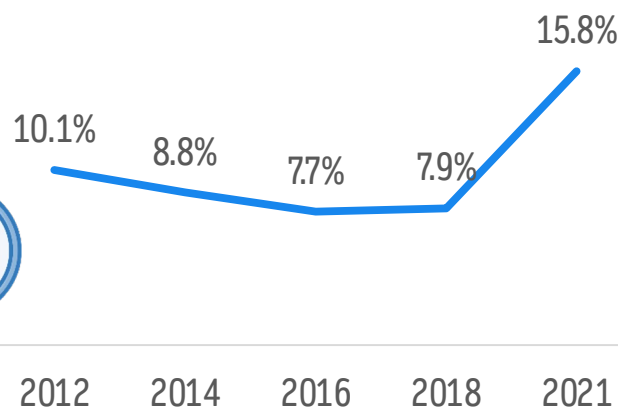
In 2021, more than a third of students said they felt sad or hopeless almost every day for at least two weeks in the past year. While this data was collected in a pandemic, it continues the increasing trend observed since 2012.



Since 2012, there has been an almost 60% increase in the number of students who say they seriously considered attempting suicide in the past year. In 2021, that number was nearly one in five students.



The number of students reporting being forced by someone they were dating or going out with to do sexual things that they did not want to do (sexual dating violence) **DOUBLED** between 2018 and 2021.



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