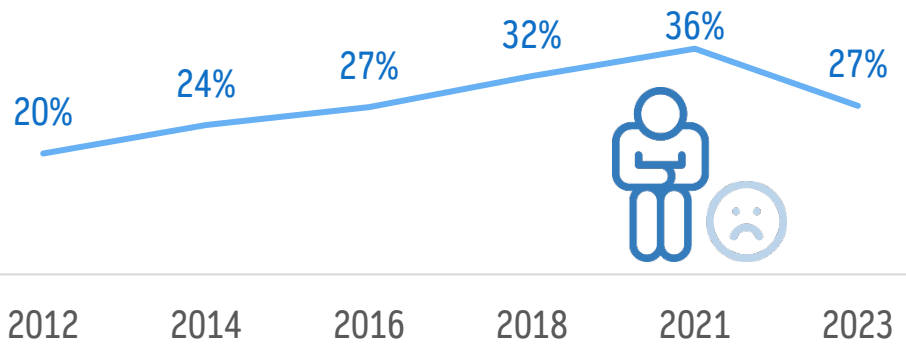


TRENDS IN ADOLESCENT HEALTH

2023 Update of High School Students in Nebraska

On the positive side...

After nearly a decade of increasing numbers of Nebraska high school students saying they **felt sad or hopeless** almost every day for at least two weeks in the past year, there was a 25% decrease between 2021 and 2023 in the percentage of students who felt frequently sad.

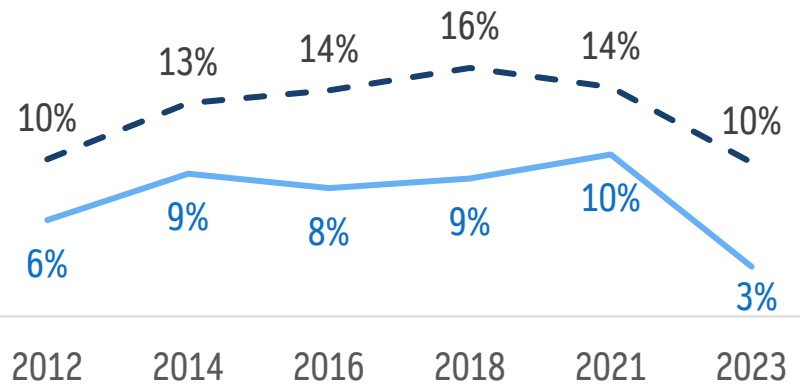


The percentage of high school students who **made plans for suicide or attempted suicide** was significantly lower in 2023 than in 2018 and 2021.

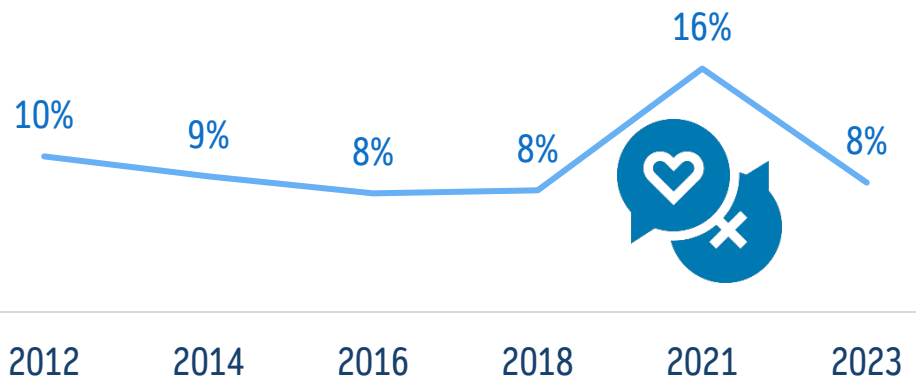


Planned

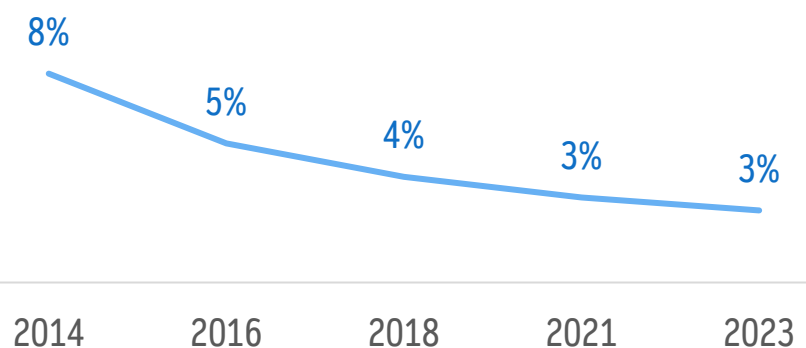
Attempted



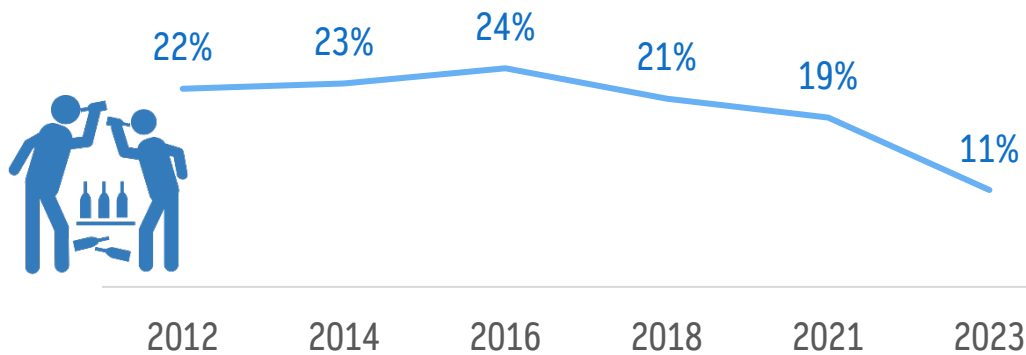
Reported **sexual dating violence** (being forced by someone they were dating or going out with to do sexual things they did not want to do) decreased back to 2018 levels after a spike in 2021. This still represents one out of every dozen students.



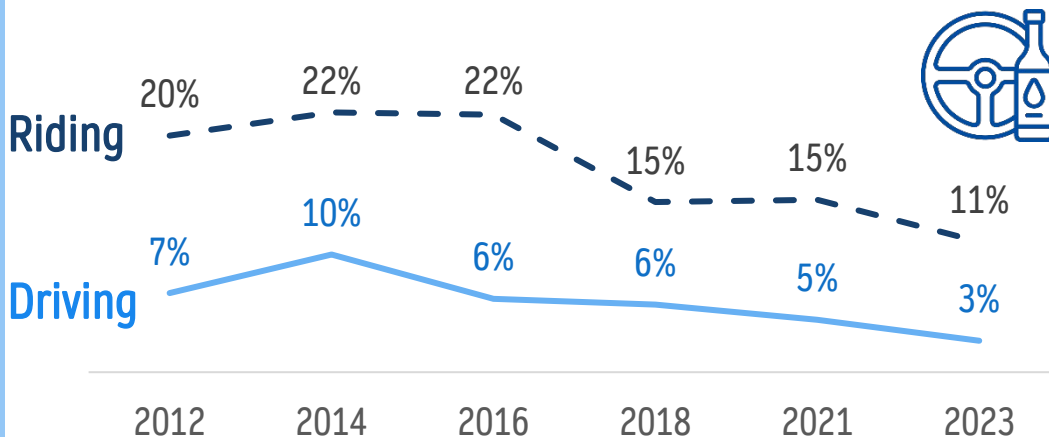
The percentage of students who **carried a weapon** (such as a gun, knife, club) in the 30 days before the survey **on school property** in 2023 is nearly a third of what was reported in 2014.



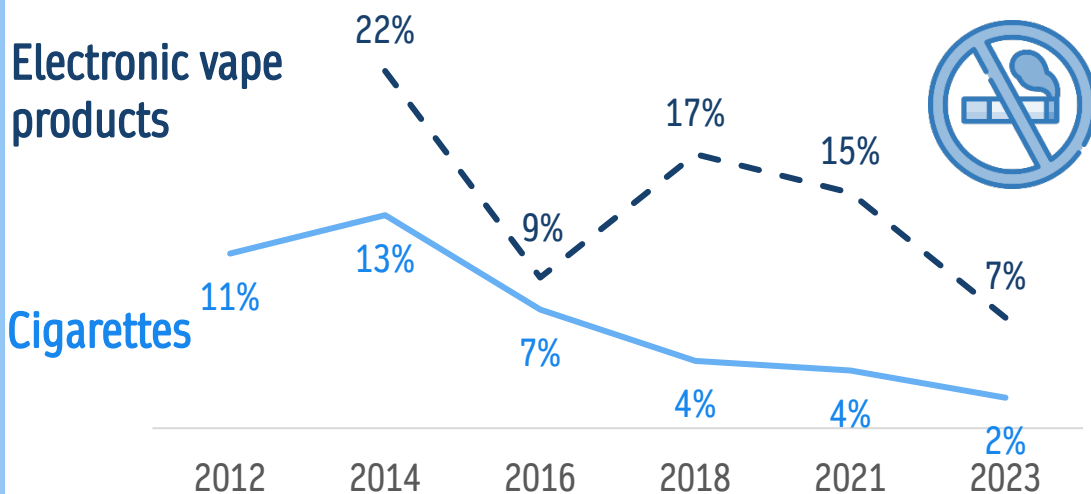
Current alcohol use continues to decline among Nebraska's high school students. In 2023, one in nine students had at least a sip of alcohol in the 30 days before the survey. This is a 42% drop from 2021, and 54% since the height of 2016.



The number of high school students who report being in vehicles where the driver has been drinking (as a driver or as a passenger) shows a downward trend over the last decade. In 2023, these activities were reported by half as many students as in 2016.

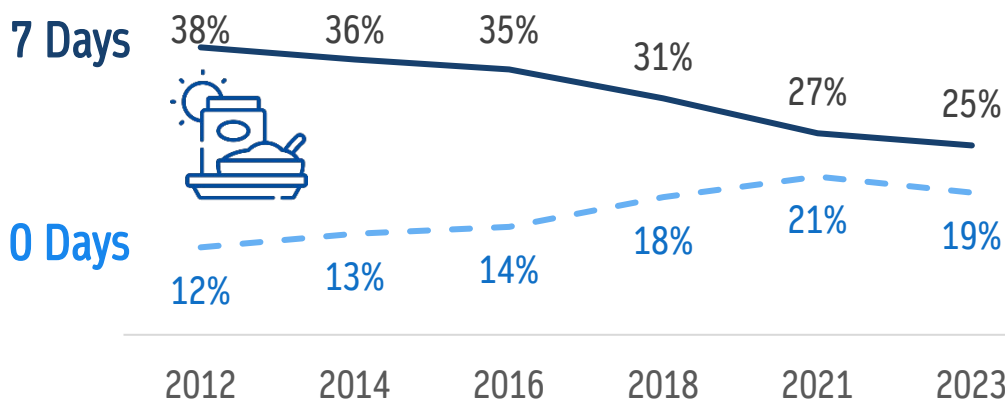


In 2023, the percentage of students who report current use of electronic vape products and cigarettes is the lowest they've been since these questions have been asked in the YRBS. Between 2021 and 2023, both vape use and cigarette use dropped by about 50%.



On the negative side...

The percentage of students eating breakfast daily continues to decline – down to one in four in 2023. And the percentage of students who never eat breakfast is up to one in five from 12% in 2012.



See more
Nebraska
YRBS Results



Data from the Nebraska 2023 Youth Risk Behavior Survey (YRBS).
Funded by CDC-PS18-1807, "Promoting Adolescent Health
through School-Based HIV Prevention. Weighted n=99,363

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