

## Oklahoma Youth Risk Behavior Survey (YRBS) 10-Year Trend Monitoring Report: 2011-2021

	2011	2013	2015	2017	2019	2021	Linear Change <sup>1</sup>	Two-year Change <sup>2</sup>	Relative % Two-year Change*
<b>Injury</b>									
Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)	46.4	52.0	45.1	50.5	47.3	51.9			9.7
Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle) <sup>3</sup>	19.7	17.6	17.4	14.6	14.0	14.4	↓		2.9
Percentage of students who drove a car or other vehicle when they had been drinking alcohol (among students who had driven a car or other vehicle) <sup>3</sup>	-	8.6	6.4	5.3	4.6	4.5	↓		-2.2
Percentage of students who texted or e-mailed while driving a car or other vehicle (among students who had driven a car or other vehicle during the 30 days before the survey) <sup>3</sup>	-	50.7	44.2	45.7	42.6	40.4	↓		-5.2
<b>Violence</b>									
Percentage of students who carried a weapon on school property (such as a gun, knife, or club) <sup>3</sup>	6.1	6.0	4.8	5.3	5.2	5.7			9.6
Percentage of students who did not go to school on one or more days because they felt they would be unsafe at or on their way home from school <sup>3</sup>	3.5	5.6	4.3	6.1	8.3	6.9	↑		-16.9
Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club) <sup>4</sup>	5.7	4.6	5.1	4.8	6.1	6.3			3.3
Percentage of students who were in a physical fight on school property <sup>4</sup>	9.4	7.2	7.1	6.8	6.9	8.8			27.5
Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)	8.9	6.1	6.7	9.1	9.0	11.8	↑	↑	31.1
Percentage of students who had been forced <b>by anyone</b> to do sexual things that they did not want to, such as kissing, touching, or being physically forced to have sex, among students who dated or went out with someone <sup>4</sup>	-	-	-	12.1	11.1	13.0			17.1
Percentage of students who had been forced <b>by someone they were dating or going out</b> with to do sexual things that they did not want to, such as kissing, touching, or being physically forced to have sex, among students who dated or went out with someone <sup>4</sup>	-	9.5	8.6	7.4	6.6	8.5			28.8
Percentage of students who experienced physical dating violence by someone they were dating or going out with, such as being hit, slammed into something, or injured with an object or weapon <sup>4</sup>		8.4	7.2	7.7	7.1	8.0			12.7

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<b>Bullying</b>									
Percentage of students who had been bullied on school property <sup>4</sup>	16.7	18.6	20.4	21.3	19.4	17.6			-9.3
Percentage of students who had been electronically bullied <sup>4</sup>	15.6	14.3	14.5	16.1	14.5	15.7			8.3
<b>Mental Health</b>									
Percentage of students who ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities <sup>4</sup>	28.6	27.3	28.9	31.8	38.6	43.5	↑	↑	12.7
Percentage of students who seriously considered attempting suicide <sup>4</sup>	14.3	15.7	15.1	19.1	22.2	23.0	↑		3.6
Percentage of students who made a plan about how they would attempt suicide <sup>4</sup>	10.7	11.7	14.6	13.4	17.9	17.6	↑		-1.7
Percentage of students who actually attempted suicide <sup>4</sup>	6.3	6.8	7.4	11.2	11.7	9.9	↑		-15.4
Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse <sup>4</sup>	1.1	1.5	2.0	3.7	3.6	3.3	↑		-8.3
<b>Tobacco and Electronic Vapor Product Use</b>									
Percentage of students who had ever tried cigarette smoking, even one or two puffs	50.0	45.7	38.6	38.8	34.1	23.3	↓	↓	-31.7
Percentage of students who first tried cigarette smoking before age 13, even one or two puffs	-	-	-	12.4	10.5	9.0	↓		-14.3
Percentage of students who currently smoked cigarettes <sup>3</sup>	22.7	18.5	13.1	12.5	9.1	4.0	↓	↓	-56.0
Percentage of students who smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)	3.5	4.4	2.4	3.8	4.5	16.4		↑	264.4
Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	-	-	46.0	48.5	57.7	44.2		↓	-23.4
Percentage of students who currently used an electronic vapor product <sup>3</sup>	-	-	23.8	16.4	27.8	21.7		↓	-21.9
Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products) <sup>3</sup>	-	-	-	9.2	5.7	2.6	↓	↓	-54.4
Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars) <sup>3</sup>	14.1	13.9	9.4	8.2	6.8	2.3		↓	-66.2

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<b>Alcohol and Other Drug Use</b>									
Percentage of students who had their first drink of alcohol before age 13	19.4	18.7	15.0	17.4	17.1	16.8			-1.8
Percentage of students who currently used alcohol <sup>3</sup>	38.3	33.4	27.3	31.6	27.2	23.9	↓		-12.1
Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours) <sup>3</sup>	-	-	-	14.2	13.2	13.1			-0.8
Percentage of students who usually got the alcohol they drank by someone giving it to them (among students who currently drank alcohol) <sup>3</sup>	42.5	44.1	45.2	41.9	38.0	32.8	↓		-13.7
Percentage of students who ever used marijuana	36.1	35.3	32.4	33.4	36.3	30.0	↓	↓	-17.4
Percentage of students who tried marijuana for the first time before age 13	7.4	6.4	7.2	6.8	6.1	6.6			8.2
Percentage of students who currently used marijuana <sup>3</sup>	19.1	16.3	17.5	15.9	17.0	14.9			-12.4
Percentage of students who ever used synthetic marijuana	-	-	9.3	7.9	6.4	6.0	↓		-6.3
Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet)	-	-	-	16.4	15.9	16.1			1.3
Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)	5.2	3.8	3.4	4.3	3.9	3.1	↓		-20.5
Percentage of students who ever used heroin (also called "smack", "junk", or "China White")	2.2	1.1	0.9	1.6	0.9	1.9			111.1
Percentage of students who ever used methamphetamines (also called "speed", "crystal meth", "crank", "ice", or "meth")	4.2	3.2	1.7	2.5	1.6	3.1	↓		93.8
Percentage of students who ever used ecstasy (also called "MDMA" or "Molly")	7.9	5.0	3.9	4.5	2.9	5.3	↓	↑	82.8
Percentage of students who were offered, sold, or given an illegal drug on school property <sup>4</sup>	17.2	14.0	15.0	22.5	19.3	18.9	↑		-2.1

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<b>Sexual Behaviors</b>									
Percentage of students who have ever had sexual intercourse	50.5	50.1	43.6	42.8	43.3	32.8	↓	↓	-24.2
Percentage of students who had sexual intercourse for the first time before age 13	5.0	4.6	3.8	4.2	4.0	4.2			5.0
Percentage of students who have had sexual intercourse with four or more persons during their life	16.8	18.0	13.1	11.4	11.8	6.4	↓	↓	-45.8
Percentage of students who had sexual intercourse with one or more people during the three months before the survey	37.8	36.2	31.0	28.4	30.2	22.2	↓	↓	-26.5
Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	16.0	17.0	14.3	18.3	16.8	18.1			7.7
Percentage of students who used a condom during last sexual intercourse, among students who had sexual intercourse in the three months before the survey	57.1	58.2	59.9	49.8	51.3	53.9			5.1
Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)	-	-	9.5	12.2	10.4	6.4	↓	↓	-38.5
Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea <sup>4</sup>	-	-	-	-	8.9	5.9	↓	↓	-33.7
<b>Overweight and Obesity</b>									
Percentage of students who were overweight <sup>5</sup>	16.3	15.3	15.3	16.4	18.1	16.8			-7.2
Percentage of students who were obese <sup>6</sup>	16.7	11.8	17.3	17.1	17.6	17.6			0.0
Percentage of students who described themselves as slightly or very overweight	30.6	31.6	32.2	32.4	34.3	32.9			-4.1
Percentage of students who were trying to lose weight	45.5	48.0	47.6	48.1	47.5	46.9			-1.3
<b>Dietary Behaviors</b>									
Percentage of students who did not drink 100% fruit juice <sup>7</sup>	25.6	26.0	28.3	30.9	35.5	37.9	↑		6.8
Percentage of students who did not eat fruit <sup>7</sup>	16.4	17.6	16.1	18.3	17.5	21.4	↑	↑	22.3
Percentage of students who did not eat green salad <sup>7</sup>	38.8	41.3	46.1	48.0	49.6	53.2	↑		7.3
Percentage of students who did not eat potatoes <sup>7</sup>	31.7	31.2	32.7	34.0	38.8	38.5	↑		-0.8
Percentage of students who did not eat carrots <sup>7</sup>	58.9	60.9	58.5	57.5	59.5	66.2	↑	↑	11.3

	2011	2013	2015	2017	2019	2021	Linear Change <sup>1</sup>	Two-year Change <sup>2</sup>	Relative % Two-year Change*
Percentage of students who did not eat other vegetables <sup>7</sup>	17.6	21.0	23.4	21.1	21.7	23.9	↑		10.1
Percentage of students who did not drink a can, bottle, or glass of soda or pop <sup>7</sup>	14.5	20.1	21.7	22.8	22.3	24.1	↑		8.1
Percentage of students who did not eat breakfast <sup>7</sup>	-	13.1	16.5	16.0	19.1	24.3	↑	↑	27.2
<b>Physical Activity</b>									
Percentage of students who were physically active for a total of at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time) <sup>7</sup>	50.8	56.6	54.0	48.1	49.4	52.2			5.7
Percentage of students who attended physical education (PE) classes on 1 or more days in an average week when they were in school	36.8	37.6	37.8	35.2	37.9	36.3			-4.2
Percentage of students who played on at least one sports team (counting any teams run by their school or community groups) <sup>4</sup>	55.7	60.1	54.8	53.0	55.4	51.4	↓		-7.2
Percentage of students who had a concussion from playing a sport or being physically active <sup>4</sup>	-	-	-	14.9	15.9	15.2			-4.4
<b>Other Health</b>									
Percentage of students who saw a dentist for a check-up, exam, teeth cleaning, or other dental work <sup>4</sup>	-	-	71.6	73.1	74.7	74.1			-0.8
Percentage of students who got 8 or more hours of sleep on an average school night	-	-	28.2	26.8	21.1	20.8	↓		-1.4

1 Based on trend analysis, from the oldest year of data available for each variable to 2021, using a logistic regression model controlling for sex, race/ethnicity, and grade, p <0.05

2 From 2019 to 2021- Based on t-test analysis, p <0.05

3 During the 30 days before the survey

4 During the 12 months before the survey

5 At or above the 85th percentile but below the 95th percentile for body mass index (by age and sex)

6 At or above the 95th percentile for body mass index (by age and sex)

7 During the 7 days before the survey

(-) Data not available for that survey year

\*Statistically significant changes from 2019 to 2021 were denoted in red font if it was a change in an unhealthy direction and in green font if it was a change in a healthy direction.

A green arrow indicates a statistically significant change in a healthy direction. A red arrow indicates a statistically significant change in an unhealthy direction.

This report covered all variables with two or more years of data from the YRBS. For more information about the YRBS or to see the results of other YRBS questions, please call the Maternal and Child Health Service, MCH Assessment at 405-426-8092.