

**Nevada High School
Youth Risk Behavior Survey (YRBS)
Comparison Report, 2019-2021**



School of Public Health

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Additional Resources

Nevada YRBS Statewide and Special Reports

<https://www.unr.edu/public-health/research-activities/nevada-youth-risk-behavior-survey>

YRBS Adolescent and School Health

<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

Nevada Division of Public and Behavioral Health

<http://dpbh.nv.gov/>

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INTRODUCTION

Priority health risk behaviors (i.e. preventable behaviors that contribute to the leading causes of morbidity and mortality) are often established during childhood and adolescence and extend into adulthood. Ongoing surveillance of youth risk behaviors is critical for the design, implementation, and evaluation of public health interventions to improve adolescent health. The Youth Risk Behavior Survey (YRBS) is a national surveillance system that was established in 1991 by the Centers for Disease Control and Prevention (CDC) to monitor the prevalence of health risk behaviors among youth. The Nevada High School YRBS is a biennial, anonymous, and voluntary survey of students in 9th through 12th grade in regular public, charter, and alternative schools. The survey asks students to self-report their behaviors in six major areas of health that directly lead to morbidity and mortality, these include:

- 1) Behaviors that contribute to unintentional injuries and violence;
- 2) Sexual behaviors that contribute to human immunodeficiency virus (HIV) infection, other sexually transmitted diseases, and unintended pregnancy;
- 3) Tobacco use;
- 4) Alcohol and other drug use;
- 5) Unhealthy dietary behaviors; and
- 6) Physical inactivity.

The Nevada High School YRBS provides prevalence estimates for priority risk behaviors and can be used to monitor trends over time.

METHODS

The 2019 and 2021 Nevada YRBS sampling plans were designed to ensure that every eligible student in regular public, charter, and alternative high schools had an equal chance of selection. A random sample of students in grades 9–12 was selected in every school district. For the 2019 High School YRBS, 4,980 students from 99 schools completed the survey. For the 2021 High School YRBS, 4,827 students from 97 schools completed the survey. Please see the 2019 and 2021 Nevada Youth Risk Behavior reports for more information.

The 2019 and 2021 Nevada YRBS data in this report were weighted at the state level and regional level based on the sex, race/ethnicity, grade level, and age of students in each region (see Table 1). The weighting process ensured that the estimates accurately represent the entire student population in each region and the state as a whole. Non-response or poor sampling procedures can result in a sample that is not a representative subset of the population; therefore un-weighted results from these samples may not accurately reflect student behaviors and could be misleading. This report only displays weighted results. Differences in risk behaviors from 2019 to 2021 were assessed with weighted chi-square tests.

NOTE: The CDC typically does not include age in the YRBS weighting process. To account for differences in age between spring (2019) and fall (2021) survey administrations, age was added as a variable in the weighting process. Comparisons between 2021 and prior years should not be made outside of UNR reports that account for age differences. Estimates may differ from statewide and CDC reports.

DEMOGRAPHICS

Table 1: Demographic characteristics of participating students — Nevada YRBS, 2019-2021

		2019 Student Participants ^a	2021 Student Participants ^a	2019 Weighted %	2021 Weighted %
Total		4980	4827	100.0%	100.0%
Sex	Female	2607	2304	49.5%	48.9%
	Male	2341	2440	50.5%	51.1%
Age Groups	14 years old or younger	668	1295	22.3%	23.6%
	15 years old	1281	1393	25.3%	25.9%
	16 years old	1317	1218	25.2%	24.7%
	17 years old	1154	765	23.7%	22.3%
	18 years old or older	554	138	3.5%	3.5%
Race/Ethnicity	American Indian/Alaska Native^b	93	99	0.9%	0.8%
	Asian^b	258	237	7.0%	6.2%
	Black^b	238	269	10.7%	10.8%
	Native Hawaiian/Pacific Islander^b	90	86	1.5%	1.6%
	White^b	1904	1783	31.4%	29.4%
	Hispanic/Latino	1986	1916	42.9%	44.9%
	Other/Multiple^b	286	265	5.7%	6.3%
Region	1: Carson City	261	71	1.8%	1.7%
	2: Douglas	237	491	1.4%	1.3%
	2: Elko, White Pine, and Eureka	356	482	2.5%	2.5%
	3: Churchill, Humboldt, Pershing, and Lander	379	185	1.8%	1.7%
	4: Lyon, Mineral, and Storey	316	352	2.1%	2.2%
	5: Nye and Lincoln	404	269	1.5%	1.5%
	6: Washoe	1038	1103	14.7%	14.9%
	7: Clark	1989	1874	74.3%	74.1%

^a The sample size in the total and subgroups may differ due to missing data

^b Non-Hispanic

2019 to 2021 Comparison

Weighted prevalence of participant characteristics and health risk behaviors — Nevada YRBS, 2019-2021

PARTICIPANT CHARACTERISTICS

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who had parents or other adults in the home serving on active duty in the military	5.1% (4.2-6.0)	4.9% (3.9-5.9)	<i>p</i> = 0.765
Percentage of high school students who qualified for or received free or reduced price lunches at school	42.5% (38.4-46.6)	48.5% (44.9-52.1)	<i>p</i> = 0.032
Percentage of high school students who identified as transgender:			
No, I am not transgender	96.5% (95.7-97.3)	93.1% (91.7-94.4)	<i>p</i> < 0.001
Yes, I am transgender	1.9% (1.4-2.4)	4.0% (3.2-4.9)	
I am not sure if I am transgender	1.6% (1.1-2.1)	2.9% (2.2-3.7)	

VIOLENCE-RELATED BEHAVIORS

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who texted or e-mailed while driving a car or other vehicle during the 30 days before the survey (among students who drove a car or other vehicle)	27.9% (24.0-31.8)	22.7% (18.5-26.8)	<i>p</i> = 0.075
Percentage of high school students who carried a gun during the 12 months before the survey	5.3% (4.3-6.3)	4.8% (3.7-5.9)	<i>p</i> = 0.501
Percentage of high schools students who were electronically bullied during the 12 months before the survey (including bullied through texting, Instagram, Facebook, or other social media)	10.9% (9.6-12.2)	14.8% (13.2-16.5)	↑ <i>p</i> < 0.001
Percentage of high school students who did not go to school because they felt unsafe at school or on their way to or from school during the 30 days before the survey	13.2% (11.5-14.9)	12.6% (10.3-14.9)	<i>p</i> = 0.679
Percentage of high school students who experienced physical dating violence during the 12 months before the survey (including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with; among students who dated or went out with someone during the 12 months before the survey)	7.4% (6.1-8.7)	6.8% (5.3-8.3)	<i>p</i> = 0.571
Percentage of high school students who experienced sexual dating violence during the 12 months before the survey (including kissing, touching, or physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with; among students who dated or went out with someone during the 12 months before the survey)	12.9% (11.0-14.8)	14.0% (12.0-16.0)	<i>p</i> = 0.413

EMOTIONAL HEALTH

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who felt sad or hopeless almost every day for two or more weeks in a row during the 12 months before the survey (so that they stopped doing some usual activities)	40.3% (38.1-42.4)	46.2% (43.6-48.7)	↑ <i>p</i> < 0.001
Percentage of high school students who seriously considered attempting suicide during the 12 months before the survey	18.3% (16.6-20.0)	22.4% (20.5-24.3)	↑ <i>p</i> = 0.001
Percentage of high school students who made a plan about how they would attempt suicide during the 12 months before the survey	15.7% (13.9-17.5)	21.6% (19.9-23.4)	↑ <i>p</i> < 0.001
Percentage of high school students who attempted suicide during the 12 months before the survey	9.1% (7.7-10.5)	12.3% (10.5-14.1)	↑ <i>p</i> = 0.005
Percentage of high school students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the 12 months before the survey	2.9% (2.2-3.6)	3.9% (2.9-4.8)	<i>p</i> = 0.110
Percentage of high school students who did something to purposefully hurt themselves without wanted to die, such as cutting or burning themselves on purpose during the 12 months before the survey	21.2% (19.6-22.8)	27.4% (25.3-29.5)	↑ <i>p</i> < 0.001
Percentage of high school students who <u>Never/Rarely</u> got the kind of help they need when they felt sad, empty, hopeless, angry, or anxious (among those who felt sad, empty, hopeless, angry, or anxious)	56.2% (53.9-58.6)	62.2% (59.7-64.8)	↑ <i>p</i> < 0.001

TOBACCO USE

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who ever smoked cigarettes (even one or two puffs)	16.7% (15.3-18.2)	17.5% (15.6-19.4)	<i>p</i> = 0.532
Percentage of high school students who smoked cigarettes for the first time before age 13 years (even one or two puffs)	6.4% (5.4-7.3)	7.9% (6.7-9.1)	↑ <i>p</i> = 0.048
Percentage of high school students who smoked cigarettes during the 30 days before the survey	3.3% (2.7-4.0)	3.4% (2.5-4.2)	<i>p</i> = 0.979
Percentage of high school students who smoked cigarettes on 20 or more days during the 30 days before the survey (among those who smoked cigarettes during the 30 days before the survey)	15.9% (8.9-22.8)	25.0% (12.2-37.7)	<i>p</i> = 0.168
Percentage of high schools students who thought it would be <u>Fairly/Very Easy</u> to get cigarettes if they wanted some	41.0% (38.6-43.3)	38.5% (35.7-41.3)	<i>p</i> = 0.193
Percentage of high school students who used smokeless tobacco during the 30 days before the survey	3.7% (2.7-4.7)	2.4% (1.5-3.3)	<i>p</i> = 0.053

ELECTRONIC VAPOR PRODUCT USE

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who ever used electronic vapor products (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods)	41.7% (39.0-44.5)	36.7% (33.8-39.6)	↓ <i>p</i> = 0.013
Percentage of high school students who tried electronic vapor products for the first time before age 13 years (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods)	8.0% (6.9-9.2)	10.0% (8.5-11.5)	↑ <i>p</i> = 0.044
Percentage of high school students who used electronic vapor products during the 30 days before the survey (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods)	21.9% (19.9-24.0)	17.6% (15.4-19.8)	↓ <i>p</i> = 0.005
Percentage of high school students who used electronic vapor products on 20 or more days during the 30 days before the survey (among those who used electronic vapor products during the 30 days before the survey; including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods)	21.5% (17.5-25.6)	29.1% (24.0-34.2)	↑ <i>p</i> = 0.022
Percentage of high schools students who thought it would be <u>Fairly/Very Easy</u> to get electronic vapor products if they wanted some	55.9% (53.4-58.4)	47.5% (44.1-51.0)	↓ <i>p</i> < 0.001

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ALCOHOL USE

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who ever drank alcohol (not including for religious purposes)*	52.4% (49.8-55.0)	47.1% (44.1-50.1)	↓ <i>p</i> = 0.010
Percentage of high school students who drank alcohol for the first time before age 13 years (other than a few sips)	19.0% (17.1-20.9)	19.8% (17.9-21.6)	<i>p</i> = 0.565
Percentage of high school students who had at least one drink of alcohol during the 30 days before the survey	23.7% (22.0-25.4)	19.4% (17.3-21.5)	↓ <i>p</i> = 0.002
Percentage of high school students who had at least one drink of alcohol on 20 or more days during the 30 days before the survey (among those who drank alcohol during the 30 days before the survey)	2.3% (1.3-3.3)	5.1% (2.4-7.8)	↑ <i>p</i> = 0.018
Percentage of high school students who participated in binge drinking during the 30 days before the survey (had five or more drinks of alcohol in a row for males, four or more for females within a couple of hours)	11.3% (10.0-12.5)	9.8% (8.1-11.5)	<i>p</i> = 0.196
Percentage of high schools students who thought it would be <u>Fairly/Very Easy</u> to get alcohol if they wanted some	53.5% (51.1-56.0)	49.0% (45.7-52.3)	↓ <i>p</i> = 0.029
Percentage of students who rode with a driver who had been drinking alcohol during the 30 days before the survey	14.7% (13.2-16.2)	13.8% (11.7-15.8)	<i>p</i> = 0.470
Percentage of high school students who drove a car or other vehicle when they had been drinking alcohol during the 30 days before the survey (among students who drove a car or other vehicle)	5.5% (4.2-6.8)	4.1% (2.4-5.7)	<i>p</i> = 0.209

*Lifetime alcohol use variable was dropped in 2021 to make the Nevada survey more comparable to national estimates. The age of initiation of alcohol question was used to calculate lifetime alcohol use for 2019 and 2021.

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MARIJUANA USE

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who ever used marijuana	33.5% (30.8-36.3)	30.4% (27.4-33.3)	<i>p</i> = 0.122
Percentage of high school students who tried marijuana for the first time before age 13 years	7.3% (6.0-8.7)	8.8% (7.4-10.2)	<i>p</i> = 0.147
Percentage of high school students who used marijuana during the 30 days before the survey	17.9% (15.8-20.0)	15.6% (13.2-18.0)	<i>p</i> = 0.153
Percentage of high school students who used marijuana 20 or more times during the 30 days before the survey (among those who used marijuana during the 30 days before the survey)	21.1% (16.7-25.4)	35.0% (28.2-41.9)	↑ <i>p</i> < 0.001
Percentage of high school students who usually used marijuana by different methods during the 30 days before the survey (among those who used marijuana in the past 30 days):			
Smoked it in a joint, bong, pipe or blunt	58.2% (52.9-63.5)	49.2% (44.2-54.3)	
Consumed it using food or drink	8.4% (5.9-10.8)	11.8% (8.5-15.1)	
Vaporized it	14.3% (11.1-17.4)	18.9% (14.5-23.4)	
Dabbed it using waxes or concentrates	15.7% (12.2-19.3)	15.6% (11.2-20.1)	
Used it in some other way	3.5% (1.3-5.6)	4.5% (2.4-6.5)	
Percentage of high schools students who thought it would be fairly/very easy to get marijuana if they wanted some	47.9% (45.5-50.4)	40.9% (37.9-43.9)	↓ <i>p</i> < 0.001
Percentage of students who rode with a driver who had been using marijuana during the 30 days before the survey	17.8% (15.9-19.7)	15.4% (13.4-17.4)	<i>p</i> = 0.091
Percentage of high school students who drove a car or other vehicle when they had been using marijuana during the 30 days before the survey (among students who drove a car or other vehicle)	5.8% (4.4-7.1)	6.5% (4.7-8.3)	<i>p</i> = 0.488

NON-MEDICAL PRESCRIPTION PAIN MEDICINE USE

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	18.6% (17.0-20.2)	16.6% (14.9-18.3)	<i>p</i> = 0.092
Percentage of high school students who took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it during the 30 days before the survey	8.2% (7.0-9.4)	8.0% (6.7-9.3)	<i>p</i> = 0.771
Percentage of high school students who took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it 20 or more times during the 30 days before the survey (among those who took prescription pain medicine without a doctor's prescription or differently than prescribed during the 30 days before the survey)	7.2% (4.3-10.2)	12.4% (4.7-20.1)	<i>p</i> = 0.138
Percentage of high schools students who thought it would be <u>Fairly/Very Easy</u> to get prescription pain medicine if they wanted some	28.4% (26.5-30.3)	25.6% (23.5-27.7)	<i>p</i> = 0.054

OTHER DRUG USE

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase)	4.9% (3.9-5.9)	3.8% (2.6-5.1)	<i>p</i> = 0.215
Percentage of high school students who ever used heroin	2.6% (1.8-3.5)	2.6% (1.6-3.7)	<i>p</i> = 0.972
Percentage of high school students who ever used methamphetamines	3.0% (2.1-3.9)	3.2% (1.9-4.4)	<i>p</i> = 0.869
Percentage of high school students who ever used ecstasy	4.7% (3.7-5.7)	5.2% (3.9-6.5)	<i>p</i> = 0.532
Percentage of high school students who ever used synthetic marijuana	7.2% (6.0-8.4)	7.2% (5.8-8.6)	<i>p</i> = 0.992
Percentage of high school students who ever injected any illegal drug (used a needle to inject any illegal drug into their body)	2.4% (1.5-3.2)	2.1% (1.3-2.8)	<i>p</i> = 0.613

SUBSTANCE USE – PERCEPTION OF RISK

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who reported that they think people are at <u>No/Slight risk</u> of harming themselves physically or in other ways when they have five or more drinks of an alcoholic beverage once or twice a week	33.6% (30.7-36.5)	37.5% (34.5-40.5)	<i>p</i> = 0.063
Percentage of high school students who reported that they think people are at <u>No/Slight risk</u> of harming themselves physically or in other ways if they smoke one or more packs of cigarettes per day	34.0% (31.4-36.5)	38.3% (35.4-41.3)	↑ <i>p</i> = 0.027
Percentage of high school students who reported that they think people are at <u>No/Slight risk</u> of harming themselves physically or in other ways if they smoke marijuana once or twice a week	59.2% (56.7-61.6)	62.4% (59.9-65.0)	<i>p</i> = 0.068
Percentage of high school students who reported that they think people are at <u>No/Slight risk</u> of harming themselves physically or in other ways if they use prescription drugs that are not prescribed to them	25.0% (22.2-27.7)	24.5% (21.5-27.6)	<i>p</i> = 0.838

SUBSTANCE USE – PERCEPTION OF PARENTAL DISAPPROVAL

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who reported that their parents feel it would be <u>Not at all/A little bit wrong</u> for them to have one or two drinks of an alcoholic beverage nearly every day	12.7% (10.7-14.6)	14.5% (12.0-17.0)	<i>p</i> = 0.254
Percentage of high school students who reported that their parents feel it would be <u>Not at all/A little bit wrong</u> for them to smoke tobacco	7.3% (5.9-8.6)	9.7% (7.3-12.1)	<i>p</i> = 0.062
Percentage of high school students who reported that their parents feel it would be <u>Not at all/A little bit wrong</u> for them to smoke marijuana	16.7% (14.6-18.7)	19.2% (16.8-21.5)	<i>p</i> = 0.118
Percentage of high school students who reported that their parents feel it would be <u>Not at all/A little bit wrong</u> for them to use prescription drugs not prescribed to them	10.0% (8.5-11.5)	10.7% (8.1-13.3)	<i>p</i> = 0.632

SUBSTANCE USE – PERCEPTION OF PEER DISAPPROVAL

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who reported that their friends feel it would be <u>Not at all/A little bit wrong</u> for them to have one or two drinks of an alcoholic beverage nearly every day	32.4% (30.2-34.6)	34.3% (31.6-36.9)	<i>p</i> = 0.283
Percentage of high school students who reported that their friends feel it would be <u>Not at all/A little bit wrong</u> for them to smoke tobacco	22.6% (20.8-24.5)	28.8% (26.0-31.5)	↑ <i>p</i> < 0.001
Percentage of high school students who reported that their friends feel it would be <u>Not at all/A little bit wrong</u> for them to smoke marijuana	50.2% (47.7-52.8)	50.6% (47.7-53.5)	<i>p</i> = 0.850
Percentage of high school students who reported that their friends feel it would be <u>Not at all/A little bit wrong</u> for them to use prescription drugs not prescribed to them	20.6% (18.9-22.3)	21.2% (18.6-23.7)	<i>p</i> = 0.713

SEXUAL BEHAVIORS

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who ever had sexual intercourse	28.1% (25.3-31.0)	25.2% (22.3-28.1)	<i>p</i> = 0.166
Percentage of high school students who ever had sexual contact with the opposite sex, the same sex, or both sexes (among those who ever had sex):			
Opposite sex	82.3% (79.9-84.6)	70.7% (67.1-74.4)	<i>p</i> < 0.001
Same sex	7.6% (5.9-9.3)	10.7% (8.3-13.0)	
Both sexes	10.1% (8.4-11.9)	18.6% (15.9-21.4)	
Percentage of high school students who had sexual intercourse for the first time before age 13 years	2.5% (1.7-3.2)	2.8% (2.1-3.6)	<i>p</i> = 0.494
Percentage of high school students who had sexual intercourse with four or more persons during their life	6.7% (5.4-8.0)	5.8% (4.4-7.1)	<i>p</i> = 0.340
Percentage of high school students who had sexual intercourse with at least one person during the 3 months before the survey	19.4% (17.2-21.6)	14.7% (12.5-17.0)	↓ <i>p</i> = 0.005
Percentage of high school students who drank alcohol or used drugs before last sexual intercourse (among students who were sexually active in the past 3 months)	18.5% (15.4-21.7)	18.4% (13.9-23.0)	<i>p</i> = 0.974
Percentage of high school students who used a condom during last sexual intercourse (among students who were sexually active in the past 3 months)	57.5% (53.1-61.9)	49.3% (42.0-56.6)	<i>p</i> = 0.055
Percentage of high school students who have ever been pregnant or gotten someone pregnant	1.2% (0.9-1.6)	1.4% (0.8-2.1)	<i>p</i> = 0.584

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DIET

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and p value
Percentage of high school students who <u>did not</u> eat fruit during the 7 days before the survey	14.2% (12.7-15.8)	14.8% (12.9-16.7)	$p = 0.651$
Percentage of high school students who ate fruit one or more times per day during the 7 days before the survey	25.5% (23.5-27.5)	26.6% (24.4-28.7)	$p = 0.453$
Percentage of high school students who ate fruit two or more times per day during the 7 days before the survey	17.6% (16.1-19.2)	19.9% (18.1-21.7)	$p = 0.057$
Percentage of high school students who ate fruit three or more times per day during the 7 days before the survey	8.0% (7.0-9.0)	10.8% (9.5-12.0)	↑ $p < 0.001$
Percentage of high school students who <u>did not</u> eat vegetables during the 7 days before the survey	12.6% (11.0-14.3)	11.9% (9.9-14.0)	$p = 0.615$
Percentage of high school students who ate vegetables one or more times/day during the 7 days before the survey	23.6% (21.7-25.4)	25.1% (23.1-27.2)	$p = 0.267$
Percentage of high school students who ate vegetables two or more times/day during the 7 days before the survey	12.4% (11.0-13.7)	16.0% (14.3-17.6)	↑ $p < 0.001$
Percentage of high school students who ate vegetables three or more times/day during the 7 days before the survey	5.0% (4.3-5.8)	8.0% (6.9-9.2)	↑ $p < 0.001$
Percentage of high school students who <u>did not</u> drink milk during the 7 days before the survey	30.4% (28.3-32.4)	38.5% (36.3-40.7)	↑ $p < 0.001$
Percentage of high school students who drank one or more glasses per day of milk during the 7 days before the survey	22.3% (20.6-24.0)	16.2% (14.5-17.9)	↓ $p < 0.001$
Percentage of high school students who drank two or more glasses per day of milk during the 7 days before the survey	11.6% (10.2-12.9)	9.0% (7.7-10.3)	↓ $p = 0.007$
Percentage of high school students who drank three or more glasses per day of milk during the 7 days before the survey	5.1% (4.3-5.9)	3.7% (2.9-4.5)	↓ $p = 0.016$
Percentage of high school students who <u>did not</u> drink a can, bottle, or glass of soda or pop during the 7 days before the survey (not including diet soda or diet pop)	33.9% (31.8-36.0)	29.6% (27.6-31.7)	↓ $p = 0.004$
Percentage of high school students who drank a can, bottle, or glass of soda or pop one or more times per day during the 7 days before the survey (not including diet soda or diet pop)	11.0% (9.8-12.2)	14.0% (12.4-15.6)	↑ $p = 0.002$

DIET CONTINUED

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who drank a can, bottle, or glass of soda or pop two or more times per day during the 7 days before the survey (not including diet soda or diet pop)	5.6% (4.8-6.4)	8.2% (7.0-9.5)	↑ <i>p</i> < 0.001
Percentage of high school students who drank a can, bottle, or glass of soda or pop three or more times per day during the 7 days before the survey (not including diet soda or diet pop)	3.0% (2.3-3.8)	4.2% (3.4-5.0)	↑ <i>p</i> = 0.039
Percentage of high school students who <u>did not</u> eat breakfast during the 7 days before the survey	15.4% (13.8-17.0)	27.6% (25.5-29.6)	↑ <i>p</i> < 0.001
Percentage of high school students who ate breakfast on all 7 days during the 7 days before the survey	30.4% (28.3-32.6)	20.8% (19.1-22.6)	↓ <i>p</i> < 0.001
Percentage of high school students who <u>Most of the time/Always</u> went hungry because there was not enough food in their home during the 30 days before the survey	3.7% (2.9-4.4)	3.4% (2.6-4.2)	<i>p</i> = 0.821

PHYSICAL ACTIVITY

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who <u>did not</u> participate in at least 60 minutes of physical activity on any day during the 7 days before the survey (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time)	15.9% (14.1-17.7)	15.3% (13.3-17.4)	<i>p</i> = 0.684
Percentage of high school students who were physically active at least 60 minutes per day on 5 or more days during the 7 days before the survey (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time)	38.1% (35.4-40.8)	41.2% (39.1-43.3)	<i>p</i> = 0.071
Percentage of high school students who were physically active at least 60 minutes per day on all 7 days during the 7 days before the survey (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time)	20.1% (18.1-22.1)	20.2% (18.4-22.1)	<i>p</i> = 0.906
Percentage of high school students who attended physical education classes on one or more days in an average school week	60.9% (55.9-65.9)	59.3% (54.2-64.4)	<i>p</i> = 0.657
Percentage of high school students who attended physical education classes daily (5 days in an average week when they were in school)	23.0% (18.2-27.8)	15.8% (12.2-19.4)	↓ <i>p</i> = 0.015
Percentage of high school students who had 8 or more hours of sleep on an average school night	22.6% (20.6-24.7)	21.5% (19.7-23.3)	<i>p</i> = 0.425

WEIGHT

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart)	13.6% (11.9-15.3)	15.9% (14.0-17.8)	<i>p</i> = 0.077
Percentage of high school students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart)	16.7% (15.1-18.3)	18.0% (16.3-19.7)	<i>p</i> = 0.264

RESILIENCY FACTORS

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who <u>Most of the time/Always</u> talked to their parents or other adults in their home about their problems	24.0% (22.4-25.5)	21.4% (19.4-23.4)	<i>p</i> = 0.050
Percentage of high school students who <u>Most of the time/Always</u> talked to their parents about what is right and wrong	29.4% (27.6-31.2)	29.2% (27.0-31.3)	<i>p</i> = 0.895
Percentage of high school students who <u>Most of the time/Always</u> felt comfortable talking to their parents about personal matters	32.1% (29.9-34.4)	27.1% (24.8-29.4)	↓ <i>p</i> = 0.003
Percentage of high school students who <u>Most of the time/Always</u> felt close to people at their school	38.1% (35.9-40.4)	30.2% (27.7-32.6)	↓ <i>p</i> < 0.001
Percentage of high school students who <u>Most of the time/Always</u> were happy to be at their school	35.1% (32.8-37.3)	31.8% (29.7-33.9)	↓ <i>p</i> = 0.033
Percentage of high school students who reported that the teachers at their school <u>Most of the time/Always</u> treated students fairly	59.3% (56.6-62.0)	62.5% (59.6-65.5)	<i>p</i> = 0.108

OTHER

	2019 Percentage and 95% Confidence Interval	2021 Percentage and 95% Confidence Interval	CHANGE Direction and <i>p</i> value
Percentage of high school students who visited a dentist during the 12 months before the survey (for a check-up, exam, teeth cleaning, or other dental work)	71.0% (68.9-73.1)	67.8% (65.1-70.4)	<i>p</i> = 0.057