








# Alaska Youth Risk Behavior Survey Trends, 2011-2023

## Prevalence of Selected Risk Behaviors for Students in Traditional High Schools (grades 9-12)

Shortened Indicator Names	2011	2013	2015	2017	2019	2021~	2023	2011-2023 Long-term Trend*	2019-2023 Recent Trend
Texted or emailed while driving during the past 30 days (among students who drove)	--	34.2%	35.1%	28.8%	29.8%	--	41.2%	↔	●
Experienced physical dating violence during the past year (among students who dated or went out with someone) 	--	9.1%	9.5%	7.3%	9.7%	--	6.3%	↔	↔
Were electronically bullied during the past year	15.3%	14.7%	17.7%	19.8%	19.4%	--	20.0%	●	↔
Felt so sad or hopeless, daily for two weeks in a row, they stopped doing usual activities during the past year 	25.9%	27.2%	33.6%	36.1%	38.1%	--	43.2%	●	↔
Seriously considered attempting suicide during the past year	14.5%	16.2%	20.1%	22.8%	25.3%	--	22.6%	●	↔
Attempted suicide one or more times during the past year	8.7%	8.4%	10.7%	12.1%	19.7%	--	19.0%	●	↔
Were physically active for at least 60 minutes on each of the past 7 days 	21.3%	20.9%	20.9%	18.4%	17.9%	--	18.0%	↔	↔
Drank a sugary drink one or more times per day during the past 7 days	44.9%	42.0%	46.4%	50.4%	49.1%	--	53.1%	●	↔
Were at a healthy weight	71.9%	71.2%	67.1%	66.7%	68.1%	--	64.3%	●	↔
Think people greatly risk harming themselves if they vape every day	--	--	--	--	27.1%	--	41.6%	∨	●
Were exposed to secondhand cigarette smoke in the past 7 days	35.6%	31.1%	32.8%	29.4%	26.8%	--	24.9%	●	↔
Smoked cigarettes on at least one of the past 30 days (current use)	14.0%	10.4%	11.1%	9.9%	7.5%	--	6.5%	●	↔
Vaped on at least one of the past 30 days	--	--	17.7%	15.7%	26.1%	--	17.3%	↔	●
Ever used marijuana	41.2%	39.0%	39.0%	41.7%	37.5%	--	32.6%	●	●
Misused prescription pain medication during the past 30 days	--	--	--	6.1%	5.7%	--	6.1%	∨	↔
Slept away from their parents' or guardians' home because they were kicked out, ran away, were abandoned, or felt unsafe in their home during the past 12 months	--	--	--	--	11.6%	--	10.6%	∨	↔
Have 3 or more adults they feel comfortable seeking help from 	43.8%	42.8%	46.0%	45.4%	48.6%	--	45.2%	●	↔

 Healthy Alaskans 2030 (HA2030) health indicator. ~2021 data not collected. \*Trend from 2011 or earliest available data point.  
 -- Data not collected. ∨ Too few data points for analysis.

-  Trend shows statistically significant improvement
-  Trend shows statistically significant worsening
-  Trend shows no statistically significant change in risk



Significance of long-term trend based on logistic regression model controlling for sex, race/ethnicity, and grade,  $p < 0.05$ ; significance of recent trend based on t-test analysis,  $p < 0.05$ .

