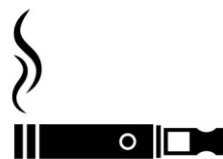


Iowa Public High School Students 2019 Youth Risk Behavior Survey

Nearly half have
used an
electronic vaping
product



20%

Vaped in past 30 days

Well over half
ate vegetables at
least once/day



12%

Ate vegetables 3 or
more times/day

One quarter
drank alcohol in
the past 30 days



11%

Binge drank in past 30
days

1 in 4

Got 8+ hours of
sleep on average
on school nights

1 in 3

Felt sad or
hopeless most of
the time

1 in 3

Are overweight or
obese



Lesbian, Gay & Bisexual (LGB) Public High School Students 2019 Iowa Youth Risk Behavior Survey

42

Percent of LGB students
Were bullied on
school property
in the past year

Compared to 20%
straight students

27

Percent of LGB students
Experienced
sexual violence
in the past year

Compared to 7%
straight students

33

Percent of LGB students
Currently used
an electronic
vaping product

Compared to 20%
straight students

63

Percent of LGB students
Felt sad or hopeless
most of the time

Compared to 28% straight students

48

Percent of LGB students
Seriously considered
suicide

Compared to 15% straight students

22

Percent of LGB students
Attempted suicide in
past year

Compared to 7% straight students



Hispanic/Latinx Public High School Students 2019 Iowa Youth Risk Behavior Survey

25%

Currently drank alcohol

A decrease from 40% in 2011

Compared to 26% statewide

47%

Felt sad or hopeless most of the time

An increase from 32% in 2017 and 27% in 2011

Compared to 33% statewide

35%

Have tried cigarette smoking

A decrease from 39% in 2017 and 56% in 2011

Compared to 25% statewide

16%

Have been forced to have sex

Compared to 10% statewide

19%

Currently smoke cigarettes or vape

Compared to 21% statewide

20%

Did not exercise at least 1 day/week

Compared to 13% statewide



Health Disparities—Male Public High School Students 2019 Iowa Youth Risk Behavior Survey

18

Percent of males

Had a
concussion
from playing a
sport in past
year

Compared to 10% females

22

Percent of males

Were in a
physical fight
in past year

Compared to 11% females

25

Percent of males

Currently smoke
cigarettes, cigars,
vape, or use
smokeless tobacco

Compared to 20% females

43

Percent of males

Played video
or computer
games or used
a computer 3
or more hours
per day

Compared to 37% females



Health Disparities—Female Public High School Students 2019 Iowa Youth Risk Behavior Survey

74

Percent of females
Reported their
mental health
was not good

Compared to 44% males

44

Percent of females
Felt sad or
hopeless most
of the time

Compared to 24% males

27

Percent of females
Seriously
considered
attempting
suicide

Compared to 13% males

26

Percent of females
Were bullied on school
property in past year
Compared to 20% males

25

Percent of females
Experienced electronic
bullying online
Compared to 12% males

14

Percent of females
Experienced sexual
violence in past year
Compared to 6% males