

Oklahoma Youth Risk Behavior Survey (YRBS) 10-Year Trend Monitoring Report: 2013-2023

	Survey Year						Two Year Change ^{1,2}	Linear Change ^{2,3}
	2013	2015	2017	2019	2021	2023		
Safety								
Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)	52.0	45.1	50.5	47.3	51.9	54.1	No change	No change
Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle) ⁴	17.6	17.4	14.6	14.0	14.4	13.2	No change	Decreased
Percentage of students who drove a vehicle when they had been drinking alcohol (among students who had driven a car or other vehicle) ⁴	8.6	6.4	5.3	4.6	4.5	4.3	No change	Decreased
Percentage of students who texted or e-mailed while driving a vehicle (among students who had driven a car or other vehicle during the 40 days before the survey) ⁴	50.7	44.2	45.7	42.6	40.4	47.8	No change	Decreased
Violence								
Percentage of students who carried a weapon on school property (gun, knife, club) ⁴	6.0	4.8	6.3	5.2	5.7	5.2	No change	No change
Percentage of students who did not go to school on one or more days because they felt they would be unsafe at school or on their way to or from school ⁴	5.6	4.3	6.1	8.3	6.9	10.2	Increased	Increased
Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club) ⁵	4.6	5.1	4.8	6.1	6.3	8.2	No change	Increased
Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood	-	-	-	-	19.5	21.8	No change	No change
Percentage of students who were ever physically forced to have sexual intercourse	6.1	6.7	9.1	9.0	11.8	12.0	No change	Increased
Percentage of students who had been forced by anyone 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 ⁵	-	-	12.1	11.1	13.0	11.4	No change	No change
Percentage of students who had been forced by someone they were dating 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 ⁵	9.5	8.6	7.4	6.6	8.5	8.6	No change	No change
Percentage of students who experienced physical dating violence by someone they were dating (being hit, slammed into something, injured with an object or weapon) ⁵	8.4	7.2	7.7	7.1	8.0	9.9	No change	No change

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Tobacco and Electronic Vapor Product Use								
Percentage of students who had ever tried cigarette smoking, even one or two puffs	45.7	38.6	38.8	34.1	23.3	24.5	No change	Decreased
Percentage of students who first tried cigarette smoking before age 13, even one or two puffs	-	-	12.4	10.5	9.0	11.9	No change	No change
Percentage of students who currently smoked cigarettes ⁴	18.5	13.1	12.5	9.1	4.0	4.3	No change	Decreased
Percentage of students who currently smoked cigarettes daily (on all 30 days) ⁴	4.2	2.4	2.3	1.8	0.6	0.2	No change	Decreased
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	46.0	No change	No change
Percentage of students who currently used an electronic vapor product ⁴	-	23.8	16.4	27.8	21.7	21.8	No change	No change
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) ⁴	-	-	9.2	5.7	2.6	3.8	No change	Decreased
Percentage of students who currently smoked cigars, cigarillos, or little cigars ⁴	13.9	9.4	8.2	6.8	2.3	6.2	Increased	Decreased
Percentage of students who tried to quit using all tobacco products, among students who used any tobacco products ⁵	-	-	45.3	52.1	52.5	58.7	No change	Increased
Alcohol and Other Drug Use								
Percentage of students who had their first drink of alcohol before age 13	18.7	15.0	17.4	17.1	16.8	19.8	No change	No change
Percentage of students who currently used alcohol ⁴	33.4	27.3	31.6	27.2	23.9	25.7	No change	Decreased
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) ⁴	-	-	14.2	13.2	13.1	14.2	No change	No change
Percentage of students who ever used marijuana	35.3	32.4	33.4	36.3	30.0	35.1	No change	No change
Percentage of students who tried marijuana for the first time before age 13	6.4	7.2	6.8	6.1	6.6	7.8	No change	No change
Percentage of students who currently used marijuana ⁴	16.3	17.5	15.9	17.0	14.9	19.1	Increased	No change
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	16.7	No change	No change

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Being treated badly or unfairly								
Percentage of students who felt that they were ever treated badly or unfairly in school because of their race or ethnicity (during their life)	-	-	-	-	-	25.3	-	-
Bullying								
Percentage of students who had been bullied on school property ⁵	18.6	20.4	21.3	19.4	17.6	20.9	No change	No change
Percentage of students who had been electronically bullied ⁵	14.3	14.5	16.1	14.5	15.7	18.7	Increased	Increased
Mental Health								
Percentage of students who reported their mental health was most of the time or always not good (including stress, anxiety, and depression) ⁴	-	-	-	-	30.9	29.6	No change	No change
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 ⁵	27.3	28.9	31.8	38.6	43.5	44.9	No change	Increased
Percentage of students who seriously considered attempting suicide ⁵	15.7	15.1	19.1	22.2	23.0	23.3	No change	Increased
Percentage of students who made a plan about how they would attempt suicide ⁵	11.7	14.6	13.4	17.9	17.6	18.4	No change	Increased
Percentage of students who actually attempted suicide ⁵	6.8	7.4	11.2	11.7	9.9	12.1	No change	Increased
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 ⁵	1.5	2.0	3.7	3.6	3.3	4.6	No change	Increased
Sexual and gender identity								
Percentage of students who described themselves as heterosexual	-	-	-	-	77.1	78.4	No change	No change
Percentage of students who do not describe themselves as transgender	-	-	-	-	-	93.2	-	-
Overweight and Obesity								
Percentage of students who were overweight ⁶	15.3	15.3	16.5	18.1	16.8	16.5	No change	No change
Percentage of students who were obese ⁷	11.8	17.3	17.1	17.6	17.6	17.9	No change	Increased
Percentage of students who described themselves as slightly or very overweight	31.6	32.2	32.4	34.3	32.9	33.8	No change	No change
Percentage of students who were trying to lose weight	48.0	47.6	48.1	47.5	46.9	44.6	No change	No change
Social Media								
Percentage of students who used social media, such as Instagram, TikTok, Snapchat, and Twitter several times a day	-	-	-	-	-	80.1	-	-

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Sexual Behaviors								
Percentage of students who have ever had sexual intercourse	50.1	43.6	42.8	43.3	32.8	39.9	Increased	Decreased
Percentage of students who had sexual intercourse for the first time before age 13	4.6	3.8	4.2	4.0	4.2	6.1	No change	No change
Percentage of students who have had sexual intercourse with four or more persons during their life	18.0	13.1	11.4	11.8	6.4	10.5	Increased	Decreased
Percentage of students who had sexual intercourse with one or more people during the three months before the survey	36.2	31.0	28.4	30.2	22.2	28.8	Increased	Decreased
Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	17.0	14.3	18.3	16.8	18.1	18.8	No change	No change
Percentage of students who used a condom during last sexual intercourse, among students who had sexual intercourse in the three months before the survey	58.2	59.9	49.8	51.3	53.9	53.2	No change	No change
Percentage of students who used birth control pills, an IUD, a shot, patch or birth control ring before last sexual intercourse with opposite-sex partner to prevent pregnancy	-	-	-	-	35.4	30.4	No change	No change
The percentage of students who have had heterosexual contact, among students who have had sexual contact	-	-	-	-	82.1	82.1	No change	No change
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	7.7	No change	Decreased
Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea ⁵	-	-	-	8.9	5.9	7.1	No change	No change
Dietary Behaviors								
Percentage of students who did not drink 100% fruit juice ⁸	26.0	28.3	30.9	35.5	37.9	35.9	No change	Increased
Percentage of students who did not eat fruit ⁸	17.6	16.1	18.3	17.5	21.4	19.5	No change	Increased
Percentage of students who did not eat vegetables ⁸	7.1	8.1	6.7	8.2	9.8	9.3	No change	Increased
Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day ⁸	21.4	19.8	15.3	14.2	11.8	15.2	No change	Decreased

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Physical Activity								
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) ⁸	56.6	54.0	48.1	49.4	52.2	49.1	No change	Decreased
Percentage of students who attended physical education (PE) classes on all 5 days in an average week when they were in school	32.2	33.7	27.0	28.1	26.1	26.9	No change	Decreased
Percentage of students who played on at least one sports team (counting any teams run by their school or community groups) ⁵	60.1	54.8	53.0	55.4	51.4	53.1	No change	Decreased
Percentage of students who had a concussion from playing a sport or being physically active ⁵	-	-	14.9	15.9	15.2	16.4	No change	No change
Other Health								
Percentage of students who saw a dentist for a check-up, exam, teeth cleaning, or other dental work ⁵	-	71.6	73.1	74.7	74.1	71.2	No change	No change
Percentage of students who got 8 or more hours of sleep on an average school night	-	28.2	26.8	21.1	20.8	20.4	No change	Decreased
Percentage of students who did not usually sleep in their parents or guardians home ⁴	-	-	-	-	3.5	4.8	No change	No change
Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned ⁴	-	-	-	-	-	5.0	-	-

1 Comparing prevalence estimates from 2021 to 2023

2 "Increased" indicates a statistically significant increase. "Decreased" indicates a statistically significant decrease. "No change" indicates the change was not statistically significant.

3 Comparing the oldest year of data available for each variable to 2023

4 During the 30 days before the survey

5 During the 12 months before the survey

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

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

8 During the 7 days before the survey

(-) Data not available for that survey year

This report shows data for questions from the CDC Standard YRBS that were included on the Oklahoma YRBS. For more information about the Oklahoma YRBS or to see the results of other YRBS questions not shown here, please call the Maternal and Child Health Service, MCH Assessment at 405-426-8092 or visit oklahoma.gov/health/yrbs