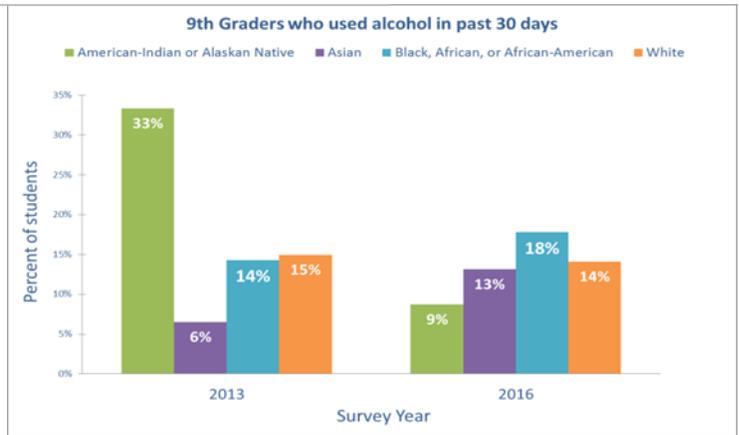


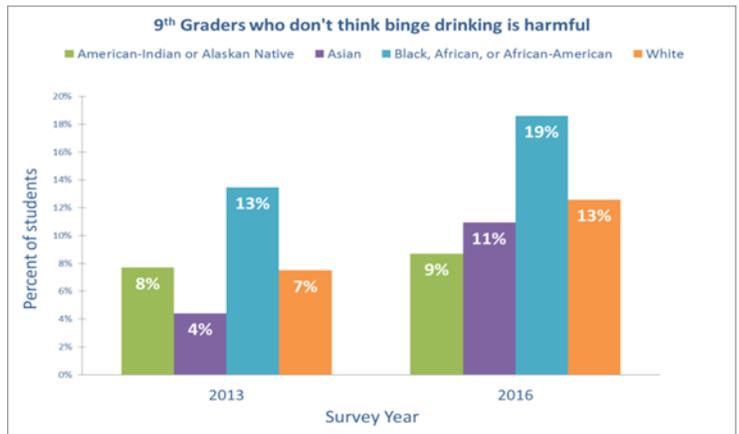
Youth Snapshots: 2016 Minnesota Student Survey by Race and Ethnicity

ALCOHOL & TOBACCO

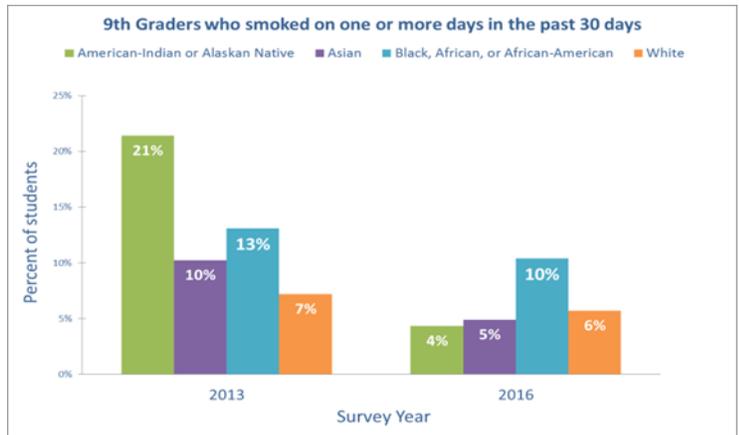
Use of alcohol went down significantly (33% to 9%) between 2013 and 2016 among American Indian/Alaskan Native 9th graders. Alcohol use, however, increased from 2013 to 2016 in Asian (6% to 13%) and Black/African/African American (14% to 18%) 9th graders. There was little change among White students (15% to 14%). Additionally, nearly 15% of Hispanic 9th graders reporting using alcohol within the past 30 days.



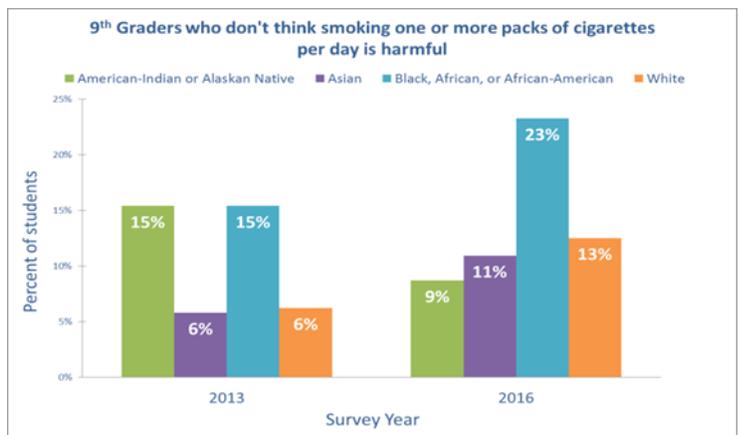
The perception of harmlessness from binge drinking generally increased from 2013 to 2016. Black/African/African American 9th graders have the highest perception of harmlessness from binge drinking from both years with 13% in 2013 and 19% in 2016. The rate among Asian students almost tripled from 4% in 2013 to 11% in 2016. White students followed the same trend, almost doubling from 7% in 2013 to 13% in 2016. This measure only increased 1% in 2016 for American Indian/Alaskan Native students. In 2016, nearly 13% of Hispanic 9th graders did not think people harm themselves by binge drinking.



Smoking decreased significantly among the four groups. The greatest decrease was observed in American Indian/Alaskan Native students whose rate fell from 21% (highest in 2013) to 4% (lowest in 2016). The rate among Asian students decreased by half (10% down to 5%) while White students registered the smallest decrease (7% to 6%). In 2016, Black/African/African American students had the highest rate (10%), almost double all the others. This rate was also 10% in 2016 for Hispanic youth.



The perception of harmlessness from smoking one or more packs of cigarettes per day increased for all groups except in American Indian/Alaskan Native students (15% down to 9%). The rate nearly doubled from 6% in 2013 among Asian (11% in 2016) and White (13% in 2016) students.

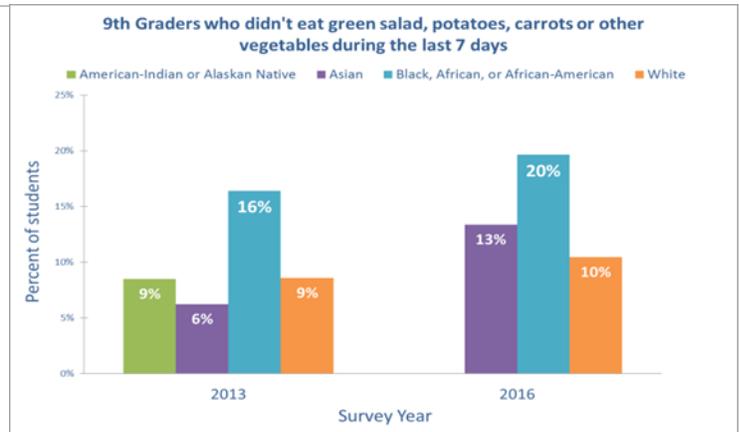


Black/African/African American students once again have the highest perception of harmlessness; increasing from 15% in 2013 to 26% in 2016. Additionally, nearly 16% of Hispanic youth felt smoking was harmless.

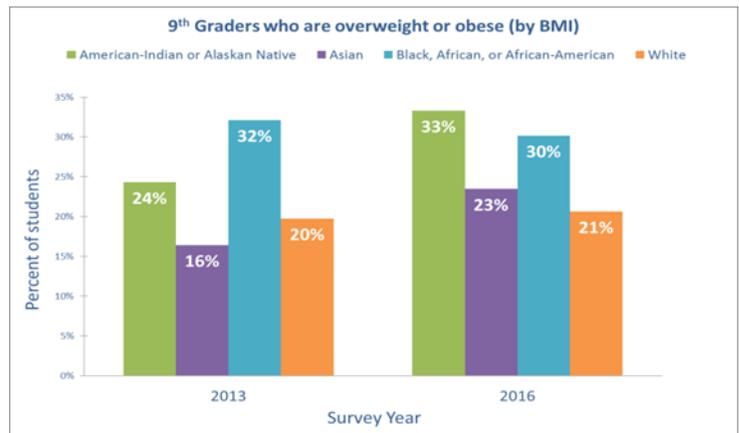
Youth Snapshots: 2016 Minnesota Student Survey by Race and Ethnicity

HEALTHY EATING & MENTAL HEALTH

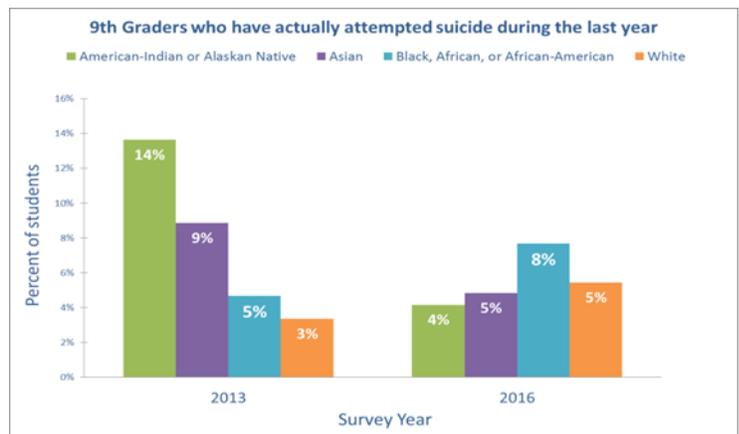
The percentage of students going an entire week without eating vegetables was higher among all the groups in 2016. The least change was observed in White students (9% to 10%) while the greatest was in Asian students (6% to 13%). Black/African/African American students had the highest rate in both years. Among Hispanic youth, nearly 16% reported that they did not eat vegetables in the past 7 days.



The largest increases in obesity or overweight were observed in American Indian/Alaskan Native and Asian students (24% to 33% and 16% to 23%), respectively. White students had the slightest change (20% to 21%) while Black/African/African American students dropped 2% from 32% to 30%. The rates are generally high for all the groups. In 2016, 24% of Hispanic 9th graders identified themselves as being overweight or obese.



The rate in suicide attempts during the year preceding the survey fell for both American Indian/Alaskan Native and Asian students (14% to 4% and 9% to 5%). Black/African/African American and White students both had increases in their rates (5% to 8% and 3% to 5%). For Hispanic students this rate was nearly 7% in 2016.



The rate in suicide attempts during more than a year prior to the survey fell for greatly for American Indian/Alaskan Native students (16% to 0%) while in Asian students, it increased from (0% to 7%). The rate fell from 5% to 4% in Black/African/African American students while remaining the same in White students, 4%. For Hispanic students this rate was 9% in 2016.

