Technical Notes and Data Tables

For Youth Health in Focus: Findings From the National Youth Risk Behavior Survey

2015–2025

CDC

Contents

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Introduction

This technical document describes the methods used to produce *Youth Health in Focus: Findings From the National Youth Risk Behavior Survey 2015–2025*. It provides detailed information on data sources, sampling design, data collection and processing procedures, response rates, survey questions and measures, weighting, and statistical analyses. It also provides detailed tables that present prevalence estimates, statistical comparisons, trend analyses, and supporting statistical results.

This document is intended to support the interpretation of the findings presented in the *Youth Health in Focus* report by providing the underlying methodological details and statistical tables.

Methods

Data Sources

The source of student-level data in this technical document is the 2015 to 2025 cycles of the national Youth Risk Behavior Survey (YRBS), a school-based survey conducted biennially by the Centers for Disease Control and Prevention (CDC). The survey captures data on student demographics, health behaviors, and experiences.[1]

The sampling frame for this document was constructed from data files obtained from MDR (formerly Market Data Retrieval) and the National Center for Education Statistics (NCES). NCES data sources included the Common Core of Data for public schools and the Private School Universe Survey for private schools.

The methodology of the national YRBS has been described in detail elsewhere; additional information is available on CDC's Youth Risk Behavior Surveillance System website.

YRBS data from the 2025 cycle were linked to 2024–2025 school characteristics data from the NCES's Education Demographic and Geographic Estimates program to obtain a school-level measure of urban–rural classification. Linkage was based on the NCES school ID, a unique identification number assigned to schools. NCES locale was not available for students who attended parochial or other private schools. As a result, findings on urban–rural differences are only representative of U.S. public high school students. The linked file containing school-identifying information is maintained by CDC and accessible only internally, to protect school confidentiality.

Sampling Design

The sample for the 2025 national YRBS is designed to provide nationally representative data. It is based on the same sampling design as previous YRBS cycles. That is, in each survey cycle, the national YRBS uses a three-stage cluster sample design to produce a nationally representative sample of students in grades 9–12 attending public (including charter schools), parochial, and other private schools in all 50 states and the District of Columbia.

For the first stage of sampling, the frame consists of primary sampling units (PSUs). These PSUs are either counties; groups of smaller, adjacent counties; or parts of larger counties. PSUs are categorized into 16 strata according to their metropolitan statistical area (MSA) status (urban or nonurban) and the percentages of non-Hispanic Black and Hispanic students in the PSU. PSUs are sampled with probability proportional to overall school enrollment size for the PSU.

For the second stage of sampling, secondary sampling units (SSUs) are identified. An SSU is defined as a physical school with grades 9–12 or a school created by combining nearby schools to provide all four grades. From the selected PSUs, SSUs are sampled with probability proportional to school enrollment size.

For the third stage of sampling, one or two classrooms in each of grades 9–12 from either a required subject (e.g., English or social studies) or a required period (e.g., homeroom or second period) are randomly sampled. All students in sampled classes who can complete the questionnaire independently are eligible to participate. Schools, classes, and students that decline or do not participate are not replaced.

Data Collection Procedures

Survey procedures are designed to protect students' privacy by allowing anonymous and voluntary participation. Before survey administration, local parental permission procedures are followed. Students complete the self-administered questionnaire during one class period using tablets programmed with the survey instrument.

Data Processing Procedures and Response Rates

For the 2025 national YRBS, 11,097 questionnaires were completed by students in 108 schools. The dataset was cleaned and edited for inconsistencies. Missing data were not statistically imputed. After editing, 10,710 questionnaires were usable. The school response rate was 47.0%, the student response rate was 65.2%, and the overall response rate, which is the product of the school and student response rates, was 30.6%.

Questionnaire and Measures

In 2025, the national YRBS questionnaire had 106 questions and was offered in English and Spanish. *Youth Health in Focus* examined 20 adolescent health behaviors and experiences related to diet, physical activity, sleep, use of digital media and technology, and mental health and suicide risks, along with three student demographic characteristics and one school-level characteristic.

Because of YRBS survey design procedures used to reduce respondent burden, some students in schools selected for both the national and site-level YRBS samples were administered only the site-specific questionnaire, which did not include all national YRBS questions. These procedures contributed to the higher levels of missingness observed for some measures.

Student Behaviors and Experiences Measures

Tables 1a–1e (pages 8–12) present the student behavior and experience measures, including survey question wording, response options, and analytic coding. Most measures were coded as dichotomous. The "Ate vegetables daily" measure was constructed by combining responses across multiple questions. National YRBS data were available for every survey cycle from 2015 through 2025 for all but two measures: "Used social media every hour or more," which was available only in 2023 and 2025, and "Poor mental health," which was available only in 2021, 2023, and 2025.

Student and School Demographic Characteristics

Student sex was assessed with the question, "What is your sex?" Response options were "Female" and "Male." Student grade was assessed using the question, "In what grade are you?" Response options were "9th grade," "10th grade," "11th grade," "12th grade," and "Ungraded or other grade." Responses of "Ungraded or other grade" were coded as missing.

Student race and ethnicity data were collected through different question formats across survey years. During the 2015–2023 YRBS cycles, race and ethnicity were assessed using two questions: (1) "Are you Hispanic or Latino?" (yes/no) and (2) "What is your race?" with five response options: American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian or Other Pacific Islander, and White. Students could select one or more race categories.

In 2025, race and ethnicity were assessed with one combined question, "What is your race and/or ethnicity?" Students could select one or more of seven response options: American Indian or Alaska Native, Asian, Black or African American, Hispanic or Latino, Middle Eastern or North African, Native Hawaiian or Pacific Islander, and White.

For analyses using 2025 data only, race and ethnicity were categorized as American Indian or Alaska Native, Asian, Black, Hispanic or Latino, Middle Eastern or North African, Native Hawaiian or Pacific Islander, White, and multiracial. Students who selected "Hispanic" were categorized exclusively as Hispanic, regardless of any additional racial categories selected. All other single-race categories represent non-Hispanic students. Non-Hispanic students who selected two or more racial categories were classified as multiracial.

For analyses spanning multiple YRBS cycles, race and ethnicity were harmonized to account for differences in question formats across survey years. A four-category variable was created consisting of non-Hispanic White, non-Hispanic Black, Hispanic, and non-Hispanic Other. The non-Hispanic Other category included students who identified as American Indian or Alaska Native, Asian, Native Hawaiian or Pacific Islander, Middle Eastern or North African (2025 only), or multiple races.

Urban–rural school classification was based on the NCES's locale classification scheme. Schools were categorized into two levels: urban and rural. The urban category included the NCES locale subtypes city, suburb, and town, while the rural category included rural locales. For more detail, see the locale classification scheme.

Weighting

For the 2025 YRBS, weights were applied to the final sample of students so that responses can be generalized to the U.S. student population in public, parochial, and other private schools in grades 9–12. First, a weight based on student sex, race and ethnicity, and grade was applied to each record to adjust for school and student nonresponse. Next, weights were scaled so that the weighted count of students equals the total sample size and the weighted proportions of students in each grade match the national population proportions. As a result, weighted estimates in the national dataset are nationally representative of all students in grades 9–12 attending U.S. public, parochial, or other private schools.

Analysis

This document summarizes analyses of current prevalence and changes over time. The analysis includes three main components:

- Current Prevalence (2025)
- 2-Year Comparisons (2023–2025)
- 10-Year Trends (2015–2025)

Across all analyses, prevalence estimates with a denominator <30 were considered statistically unreliable and were suppressed. Estimates should be interpreted with caution when the 95% confidence intervals (CIs) are wide and are based on small sample sizes. All estimates were calculated using Taylor series linearization. Findings were considered statistically significant if $P < .05$. All analyses were conducted using SAS-callable SUDAAN (version 11.0.4; RTI International, Research Triangle Park, NC) to account for the complex sampling design and weighting.

The authors used the U.S. Department of Health and Human Services' instances of ChatGPT 5.5 and 5.6 (OpenAI, San Francisco, CA) and Claude Sonnet 4.6 (Anthropic, San Francisco, CA) to help draft, debug, and revise analytic code; perform minor language editing and proofreading; and format the tables. Authors independently reviewed and validated all code, analyses, text, and tables.

Current Prevalence (2025)

Weighted prevalence and 95% CIs for measures were calculated overall and by demographic characteristics and school urban–rural classification. Differences in prevalence of measures by sex (male, female); grade (9, 10, 11, 12); race and ethnicity (American Indian or Alaska Native, Asian, Black, Hispanic or Latino, Middle Eastern or North African, Native Hawaiian or Pacific Islander, White, multiracial); and urban–rural classification (urban, rural) were assessed using pairwise *t* tests. An adjustment for multiple comparisons was not conducted.

2-Year Comparisons (2023–2025)

Weighted prevalence estimates and 95% CIs for measures were calculated overall. The 2023 and 2025 prevalence estimates were calculated using datasets restricted to the respective survey year. Differences in prevalence between 2023 and 2025 were assessed using pairwise *t* tests conducted with the combined 2023 and 2025 dataset. An adjustment for multiple comparisons was not conducted.

10-Year Trends (2015–2025)

Weighted prevalence estimates and 95% CIs for measures were calculated overall for each available survey cycle during 2015–2025 using datasets restricted to the respective survey year. For analyses of 10-year trends, logistic regression analyses were conducted using the combined 2015–2025 dataset to examine linear changes in measures, controlling for sex (male, female), grade (9, 10, 11, 12), and race and ethnicity (non-Hispanic White, non-Hispanic Black, Hispanic, non-Hispanic Other) in accordance with recommendations for YRBS trend analyses.[2]

Linear time variables were treated as continuous and were coded using orthogonal coefficients calculated with PROC IML in SAS-callable SUDAAN. Trend analyses were only conducted for measures that had all cycles of survey data from 2015 to 2025.

Results

The Data Tables (pages 13–63) present detailed data for the five focus areas of the *Youth Health in Focus* report:

- Dietary Behaviors: Tables 2–12
- Physical Activity: Tables 13–23
- Sleep: Tables 24–34
- Digital Behaviors: Tables 35–45
- Mental Health and Suicide Risks: Tables 46–56

The tables also sequentially present overall prevalence estimates for 2025, subgroup estimates and pairwise comparisons for 2025, comparisons between 2023 and 2025, and 10-year trend analyses.

References

1. Brener ND, Mpofu JJ, Krause KH, et al. Overview and methods for the Youth Risk Behavior Surveillance System — United States, 2023. *MMWR Suppl*. 2024;73(Suppl-4):1–12. doi:10.15585/mmwr.su7304a1
2. Centers for Disease Control and Prevention. *Conducting Trend Analyses of YRBS Data*. U.S. Dept of Health and Human Services; 2024. Accessed July 31, 2026. https://www.cdc.gov/yrbs/media/pdf/2023/2023_yrbs_conducting_trend_analyses.pdf

Appendices

Appendix A: Survey Measures, Response Options, and Coding Tables

Table 1a. Question wording and analytic coding for survey measures of dietary behaviors, Youth Risk Behavior Survey, United States, 2015–2025

Measure	Definition	Question	Response Options	Analytic Coding
Ate fruit daily	Ate fruit 1 or more times per day during the past 7 days	During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)	I did not eat fruit during the past 7 days, 1 to 3 times during the past 7 days, 4 to 6 times during the past 7 days, 1 time per day, 2 times per day, 3 times per day, or 4 or more times per day	≥1 time per day versus <1 time a day
Ate vegetables daily	Ate vegetables 1 or more times per day during the past 7 days	During the past 7 days, how many times did you eat... • green salad? • potatoes? (Do not count French fries, fried potatoes, or potato chips.) • carrots? • other vegetables? (Do not count green salad, potatoes, or carrots.)	I did not eat [green salad]/[potatoes]/[carrots]/[other vegetables] during the past 7 days, 1 to 3 times during the past 7 days, 4 to 6 times during the past 7 days, 1 time per day, 2 times per day, 3 times per day, or 4 or more times per day	≥1 time per day versus <1 time a day[a]
Ate breakfast daily	Ate breakfast daily during the past 7 days	During the past 7 days, on how many days did you eat breakfast?	0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, or 7 days	7 days versus <7 days
Drank plain water at least 3 times a day	Drank plain water at least 3 times a day during the past 7 days	During the past 7 days, how many times did you drink a bottle or glass of plain water? (Count tap, bottled, and unflavored sparkling water.)	I did not drink water during the past 7 days, 1 to 3 times during the past 7 days, 4 to 6 times during the past 7 days, 1 time per day, 2 times per day, 3 times per day, or 4 or more times per day	≥3 times per day versus <3 times a day

Measure	Definition	Question	Response Options	Analytic Coding
Drank soda daily	Drank soda 1 or more times a day during the past 7 days	During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)	I did not drink soda or pop during the past 7 days, 1 to 3 times during the past 7 days, 4 to 6 times during the past 7 days, 1 time per day, 2 times per day, 3 times per day, or 4 or more times per day	≥1 time per day versus <1 time a day
Drank sports drinks daily	Drank a sports drink 1 or more times a day during the past 7 days	During the past 7 days, how many times did you drink a can, bottle, or glass of a sports drink, such as Gatorade or Powerade? (Do not count low-calorie sports drinks such as Propel or G2.)	I did not drink sports drinks during the past 7 days, 1 to 3 times during the past 7 days, 4 to 6 times during the past 7 days, 1 time per day, 2 times per day, 3 times per day, or 4 or more times per day	≥1 time per day versus <1 time a day

[a] Based on combining responses from multiple individual items. The measure was classified as missing if responses to any of the four vegetable-related questions were missing.

Table 1b. Question wording and analytic coding for survey measures of physical activity behaviors, Youth Risk Behavior Survey, United States, 2015–2025

Measure	Definition	Question	Response Options	Analytic Coding
Were physically active for at least 60 minutes daily	Were physically active for at least 60 minutes daily during the past 7 days (i.e., met the federal aerobic physical activity guideline)	During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)	0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, or 7 days	7 days versus <7 days
Strengthened muscles at least 3 days a week	Did exercises to strengthen or tone muscles on 3 or more days during the past 7 days (i.e., met the federal muscle-strengthening physical activity guideline)	During the past 7 days, on how many days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?	0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, or 7 days	≥3 days versus <3 days
Met both the aerobic and muscle-strengthening guidelines	Met both guidelines during the past 7 days (i.e., students were physically active for at least 60 minutes daily and strengthened muscles at least 3 days per week)	[See "Were physically active for at least 60 minutes daily" and "Strengthened muscles at least 3 days a week"]	[See "Were physically active for at least 60 minutes daily" and "Strengthened muscles at least 3 days a week"]	Were physically active for at least 60 minutes daily *and* strengthened muscles at least 3 days a week versus did not meet at least one guideline[a]
Attended physical education daily	Attended physical education classes on all 5 days during an average school week	In an average week when you are in school, on how many days do you go to physical education (PE) classes?	0 days, 1 day, 2 days, 3 days, 4 days, or 5 days	5 days versus <5 days
Played on a sports team	Played on a school or community sports team during the past 12 months run by their school or community groups	During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)	0 teams, 1 team, 2 teams, or 3 or more teams	≥1 team versus 0 teams

[a] Respondents were classified as meeting the combined guideline only if they met both the aerobic and muscle-strengthening guidelines, as defined by the *Physical Activity Guidelines for Americans*. Respondents were classified as not meeting the combined guideline if either observed component did not meet its respective guideline. They were also classified as not meeting the combined guideline if one component did not meet its guideline and the other component was missing. The combined measure was classified as missing when both components were missing or when one component was missing and the observed component met its guideline. As a result, the unweighted N for the combined measure may differ from, and may be larger than, the unweighted N for either individual component.

Table 1c. Question wording and analytic coding for survey measures of sleep, Youth Risk Behavior Survey, United States, 2015–2025

Measure	Definition	Question	Response Options	Analytic Coding
Got at least 8 hours of sleep on an average school night	Got at least 8 hours of sleep on an average school night	On an average school night, how many hours of sleep do you get?	4 or less hours, 5 hours, 6 hours, 7 hours, 8 hours, 9 hours, 10 or more hours	≥8 hours versus <8 hours

Table 1d. Question wording and analytic coding for survey measures of digital behaviors, Youth Risk Behavior Survey, United States, 2015–2025

Measure	Definition	Question	Response Options	Analytic Coding
Used social media every hour or more[a]	Used social media about once an hour or more than once an hour	How often do you use social media?	I do not use social media; A few times a month; About once a week; A few times a week; About once a day; Several times a day; About once an hour; More than once an hour	About once an hour or more often versus less than about once an hour or no social media use
Texted or emailed while driving[b]	Texted or e-mailed while driving during the past 30 days among students who drove in the past 30 days	During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?	2015–2021: I did not drive a car or other vehicle during the past 30 days, 0 days, 1 or 2 days, 3 to 5 days, 6 to 9 days, 10 to 19 days, 20 to 29 days, All 30 days 2023–2025: I did not drive a car or other vehicle during the past 30 days, I drove a car or other vehicle, but did not text or e-mail while driving, 1 or 2 days, 3 to 5 days, 6 to 9 days, 10 to 19 days, 20 to 29 days, All 30 days	Among students who drove in the past 30 days: ≥1 day versus none

[a] Data were available only for the 2023 and 2025 survey cycles; a 2015–2025 trend analysis was not conducted.

[b] In 2015–2021, the response option for drivers who did not text or e-mail while driving was worded “0 days.” Beginning in 2023, this option was replaced with “I drove a car or other vehicle, but did not text or e-mail while driving.” Students who reported not driving during the past 30 days were excluded from the analytic denominator.

Table 1e. Question wording and analytic coding for survey measures of mental health and suicide risks, Youth Risk Behavior Survey, United States, 2015–2025

Measure	Definition	Question	Response Options	Analytic Coding
Persistent feelings of sadness or hopelessness	Felt so sad or hopeless almost every day for at least two weeks in a row that they stopped doing their usual activities	During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?	Yes, no	Yes versus no
Poor mental health[a]	Mental health was not good most of the time or always during the past 30 days	During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)	Never, rarely, sometimes, most of the time, always	Most of the time or always not good versus never, rarely or sometimes not good
Seriously considered attempting suicide	Seriously considered attempting suicide during the past 12 months	During the past 12 months, did you ever seriously consider attempting suicide?	Yes, no	Yes versus no
Made a suicide plan	Made a suicide plan during the past 12 months	During the past 12 months, did you make a plan about how you would attempt suicide?	Yes, no	Yes versus no
Attempted suicide	Attempted suicide one or more times during the past 12 months	During the past 12 months, how many times did you actually attempt suicide?	0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times	≥1 time versus 0 times
Injured in a suicide attempt that had to be treated by a doctor or nurse	Made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past 12 months	If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?	I did not attempt suicide during the past 12 months, yes, no	Yes versus No or I did not attempt suicide during the past 12 months

[a] Data were available only for the 2021, 2023, and 2025 survey cycles; a 2015–2025 trend analysis was not conducted.

Appendix B: Data Tables

Focus Area: Dietary Behaviors

Table 2. Overall prevalence estimates and 95% confidence intervals (CI) for dietary behaviors, Youth Risk Behavior Survey, United States, 2025

Measure	Prevalence (%)	95% CI	Unweighted N
Ate fruit daily	39	(37–41)	10,252
Ate vegetables daily	63	(60–65)	8,781
Ate breakfast daily	27	(25–29)	10,172
Drank plain water at least 3 times a day	58	(55–62)	7,847
Drank soda daily	17	(15–19)	8,758
Drank sports drinks daily	12	(9–14)	6,763

Table 3. Prevalence and 95% confidence intervals (CI) for dietary behaviors by sex, Youth Risk Behavior Survey, United States, 2025

Measure	Sex	Prevalence (%)	95% CI	Unweighted N
Ate fruit daily	Male	39	(37–42)	5,174
Ate fruit daily	Female	39	(35–42)	5,049
Ate vegetables daily	Male	64	(61–66)	4,466
Ate vegetables daily	Female	62	(58–65)	4,290
Ate breakfast daily	Male	31	(28–34)	5,122
Ate breakfast daily	Female	22	(20–25)	5,025
Drank plain water at least 3 times a day	Male	61	(57–65)	3,948
Drank plain water at least 3 times a day	Female	55	(51–59)	3,879
Drank soda daily	Male	19	(17–22)	4,441
Drank soda daily	Female	15	(12–17)	4,290
Drank sports drinks daily	Male	15	(13–18)	3,451
Drank sports drinks daily	Female	7	(6–9)	3,292

Table 4. Pairwise comparisons of dietary behaviors by sex, Youth Risk Behavior Survey, United States, 2025

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Ate fruit daily	Male vs Female	0.49	0.6294	No
Ate vegetables daily	Male vs Female	1.10	0.2779	No
Ate breakfast daily	Male vs Female	4.85	<0.0001	Yes

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Drank plain water at least 3 times a day	Male vs Female	3.38	0.0016	Yes
Drank soda daily	Male vs Female	3.91	0.0003	Yes
Drank sports drinks daily	Male vs Female	9.06	<0.0001	Yes

Table 5. Prevalence and 95% confidence intervals (CI) for dietary behaviors by grade, Youth Risk Behavior Survey, United States, 2025

Measure	Grade	Prevalence (%)	95% CI	Unweighted N
Ate fruit daily	9th	42	(39–45)	2,923
Ate fruit daily	10th	40	(36–44)	2,636
Ate fruit daily	11th	39	(36–42)	2,528
Ate fruit daily	12th	35	(31–39)	2,133
Ate vegetables daily	9th	63	(59–66)	2,436
Ate vegetables daily	10th	61	(58–64)	2,237
Ate vegetables daily	11th	63	(60–67)	2,214
Ate vegetables daily	12th	63	(59–66)	1,866
Ate breakfast daily	9th	29	(27–32)	2,907
Ate breakfast daily	10th	28	(25–31)	2,613
Ate breakfast daily	11th	25	(22–29)	2,504
Ate breakfast daily	12th	25	(21–28)	2,117
Drank plain water at least 3 times a day	9th	58	(54–62)	2,229
Drank plain water at least 3 times a day	10th	58	(54–61)	2,098
Drank plain water at least 3 times a day	11th	59	(54–64)	1,918
Drank plain water at least 3 times a day	12th	59	(52–66)	1,581
Drank soda daily	9th	18	(15–21)	2,439
Drank soda daily	10th	17	(14–20)	2,262
Drank soda daily	11th	16	(13–19)	2,184
Drank soda daily	12th	17	(14–21)	1,843
Drank sports drinks daily	9th	12	(10–15)	1,898
Drank sports drinks daily	10th	14	(11–17)	1,771
Drank sports drinks daily	11th	11	(8–14)	1,675
Drank sports drinks daily	12th	9	(7–11)	1,399

Table 6. Pairwise comparisons of dietary behaviors by grade, Youth Risk Behavior Survey, United States, 2025

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Ate fruit daily	9th Grade vs 10th Grade	0.86	0.3926	No
Ate fruit daily	9th Grade vs 11th Grade	1.62	0.1126	No
Ate fruit daily	9th Grade vs 12th Grade	3.20	0.0026	Yes
Ate fruit daily	10th Grade vs 11th Grade	0.80	0.4312	No
Ate fruit daily	10th Grade vs 12th Grade	2.25	0.0300	Yes
Ate fruit daily	11th Grade vs 12th Grade	2.37	0.0227	Yes
Ate vegetables daily	9th Grade vs 10th Grade	0.98	0.3334	No
Ate vegetables daily	9th Grade vs 11th Grade	–0.18	0.8550	No
Ate vegetables daily	9th Grade vs 12th Grade	–0.03	0.9746	No
Ate vegetables daily	10th Grade vs 11th Grade	–0.96	0.3433	No
Ate vegetables daily	10th Grade vs 12th Grade	–0.89	0.3794	No
Ate vegetables daily	11th Grade vs 12th Grade	0.18	0.8553	No
Ate breakfast daily	9th Grade vs 10th Grade	0.86	0.3925	No
Ate breakfast daily	9th Grade vs 11th Grade	2.11	0.0406	Yes
Ate breakfast daily	9th Grade vs 12th Grade	2.66	0.0112	Yes
Ate breakfast daily	10th Grade vs 11th Grade	1.42	0.1623	No
Ate breakfast daily	10th Grade vs 12th Grade	1.44	0.1567	No
Ate breakfast daily	11th Grade vs 12th Grade	0.33	0.7399	No
Drank plain water at least 3 times a day	9th Grade vs 10th Grade	0.15	0.8832	No
Drank plain water at least 3 times a day	9th Grade vs 11th Grade	–0.51	0.6119	No
Drank plain water at least 3 times a day	9th Grade vs 12th Grade	–0.44	0.6657	No
Drank plain water at least 3 times a day	10th Grade vs 11th Grade	–0.54	0.5928	No
Drank plain water at least 3 times a day	10th Grade vs 12th Grade	–0.46	0.6511	No
Drank plain water at least 3 times a day	11th Grade vs 12th Grade	0.00	1.0000	No
Drank soda daily	9th Grade vs 10th Grade	0.93	0.3600	No
Drank soda daily	9th Grade vs 11th Grade	1.43	0.1597	No
Drank soda daily	9th Grade vs 12th Grade	0.51	0.6123	No

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Drank soda daily	10th Grade vs 11th Grade	0.70	0.4909	No
Drank soda daily	10th Grade vs 12th Grade	–0.11	0.9098	No
Drank soda daily	11th Grade vs 12th Grade	–0.68	0.5025	No
Drank sports drinks daily	9th Grade vs 10th Grade	–1.45	0.1555	No
Drank sports drinks daily	9th Grade vs 11th Grade	1.09	0.2814	No
Drank sports drinks daily	9th Grade vs 12th Grade	2.58	0.0136	Yes
Drank sports drinks daily	10th Grade vs 11th Grade	2.04	0.0479	Yes
Drank sports drinks daily	10th Grade vs 12th Grade	3.96	0.0003	Yes
Drank sports drinks daily	11th Grade vs 12th Grade	1.33	0.1893	No

Table 7. Prevalence and 95% confidence intervals (CI) for dietary behaviors by race and ethnicity, Youth Risk Behavior Survey, United States, 2025

Measure	Race and ethnicity[a]	Prevalence (%)	95% CI	Unweighted N
Ate fruit daily	American Indian or Alaska Native	44	(25–64)	74
Ate fruit daily	Asian	42	(37–46)	501
Ate fruit daily	Black	31	(27–35)	2,039
Ate fruit daily	Hispanic or Latino	38	(35–40)	3,216
Ate fruit daily	Middle Eastern or North African	58	(42–73)	99
Ate fruit daily	Native Hawaiian or Pacific Islander	43	(23–65)	31
Ate fruit daily	White	40	(37–44)	3,513
Ate fruit daily	Multiracial	40	(33–48)	732
Ate vegetables daily	American Indian or Alaska Native	62	(42–78)	59
Ate vegetables daily	Asian	78	(72–82)	451
Ate vegetables daily	Black	51	(47–56)	1,888
Ate vegetables daily	Hispanic or Latino	59	(56–61)	2,700
Ate vegetables daily	Middle Eastern or North African	75	(58–87)	83
Ate vegetables daily	Native Hawaiian or Pacific Islander	Suppressed[b]	Suppressed	19
Ate vegetables daily	White	65	(61–68)	2,917
Ate vegetables daily	Multiracial	66	(58–73)	630
Ate breakfast daily	American Indian or Alaska Native	37	(23–53)	69
Ate breakfast daily	Asian	37	(29–45)	497
Ate breakfast daily	Black	22	(19–24)	2,012

Measure	Race and ethnicity[a]	Prevalence (%)	95% CI	Unweighted N
Ate breakfast daily	Hispanic or Latino	25	(22–28)	3,184
Ate breakfast daily	Middle Eastern or North African	32	(23–42)	96
Ate breakfast daily	Native Hawaiian or Pacific Islander	12	(2–43)	30
Ate breakfast daily	White	28	(25–31)	3,505
Ate breakfast daily	Multiracial	25	(21–30)	731
Drank plain water at least 3 times a day	American Indian or Alaska Native	48	(25–71)	53
Drank plain water at least 3 times a day	Asian	68	(60–75)	425
Drank plain water at least 3 times a day	Black	53	(47–59)	1,400
Drank plain water at least 3 times a day	Hispanic or Latino	61	(57–64)	2,567
Drank plain water at least 3 times a day	Middle Eastern or North African	68	(52–81)	84
Drank plain water at least 3 times a day	Native Hawaiian or Pacific Islander	Suppressed	Suppressed	19
Drank plain water at least 3 times a day	White	57	(53–61)	2,729
Drank plain water at least 3 times a day	Multiracial	56	(47–64)	529
Drank soda daily	American Indian or Alaska Native	25	(12–43)	67
Drank soda daily	Asian	9	(6–12)	455
Drank soda daily	Black	18	(16–21)	1,834
Drank soda daily	Hispanic or Latino	17	(14–20)	2,643
Drank soda daily	Middle Eastern or North African	15	(7–30)	91
Drank soda daily	Native Hawaiian or Pacific Islander	Suppressed	Suppressed	27
Drank soda daily	White	18	(14–21)	2,959
Drank soda daily	Multiracial	17	(13–21)	639
Drank sports drinks daily	American Indian or Alaska Native	24	(10–46)	51
Drank sports drinks daily	Asian	3	(1–7)	387
Drank sports drinks daily	Black	17	(13–22)	1,282
Drank sports drinks daily	Hispanic or Latino	13	(10–16)	2,166
Drank sports drinks daily	Middle Eastern or North African	11	(3–30)	76
Drank sports drinks daily	Native Hawaiian or Pacific Islander	Suppressed	Suppressed	17
Drank sports drinks daily	White	10	(8–14)	2,300
Drank sports drinks daily	Multiracial	11	(8–15)	451

[a] Persons of Hispanic origin could be of any race or multiple races but are categorized as Hispanic; all racial groups are categorized as non-Hispanic.
[b] Prevalence estimates with a denominator <30 were considered statistically unreliable and were suppressed.

Table 8. Pairwise comparisons of dietary behaviors by race and ethnicity, Youth Risk Behavior Survey, United States, 2025

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Ate fruit daily	American Indian or Alaska Native vs Asian	0.20	0.8460	No
Ate fruit daily	American Indian or Alaska Native vs Black	1.23	0.2266	No
Ate fruit daily	American Indian or Alaska Native vs Hispanic or Latino	0.61	0.5439	No
Ate fruit daily	American Indian or Alaska Native vs Middle Eastern or North African	–1.07	0.2928	No
Ate fruit daily	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	0.07	0.9428	No
Ate fruit daily	American Indian or Alaska Native vs White	0.34	0.7380	No
Ate fruit daily	American Indian or Alaska Native vs Multiracial	0.31	0.7574	No
Ate fruit daily	Asian vs Black	3.33	0.0019	Yes
Ate fruit daily	Asian vs Hispanic or Latino	1.28	0.2074	No
Ate fruit daily	Asian vs Middle Eastern or North African	–2.16	0.0368	Yes
Ate fruit daily	Asian vs Native Hawaiian or Pacific Islander	–0.09	0.9260	No
Ate fruit daily	Asian vs White	0.40	0.6935	No
Ate fruit daily	Asian vs Multiracial	0.31	0.7560	No
Ate fruit daily	Black vs Hispanic or Latino	–2.96	0.0051	Yes
Ate fruit daily	Black vs Middle Eastern or North African	–3.43	0.0014	Yes
Ate fruit daily	Black vs Native Hawaiian or Pacific Islander	–1.01	0.3168	No
Ate fruit daily	Black vs White	–3.52	0.0011	Yes
Ate fruit daily	Black vs Multiracial	–3.39	0.0015	Yes
Ate fruit daily	Hispanic or Latino vs Middle Eastern or North African	–2.53	0.0152	Yes
Ate fruit daily	Hispanic or Latino vs Native Hawaiian or Pacific Islander	–0.41	0.6822	No
Ate fruit daily	Hispanic or Latino vs White	–1.14	0.2593	No
Ate fruit daily	Hispanic or Latino vs Multiracial	–0.64	0.5283	No
Ate fruit daily	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	1.28	0.2067	No
Ate fruit daily	Middle Eastern or North African vs White	2.09	0.0430	Yes
Ate fruit daily	Middle Eastern or North African vs Multiracial	2.22	0.0319	Yes
Ate fruit daily	Native Hawaiian or Pacific Islander vs White	0.18	0.8570	No
Ate fruit daily	Native Hawaiian or Pacific Islander vs Multiracial	0.21	0.8375	No
Ate fruit daily	White vs Multiracial	0.06	0.9563	No
Ate vegetables daily	American Indian or Alaska Native vs Asian	–1.74	0.0889	No
Ate vegetables daily	American Indian or Alaska Native vs Black	1.21	0.2332	No

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Ate vegetables daily	American Indian or Alaska Native vs Hispanic or Latino	0.32	0.7505	No
Ate vegetables daily	American Indian or Alaska Native vs Middle Eastern or North African	–1.20	0.2377	No
Ate vegetables daily	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed[b]	Suppressed	Suppressed
Ate vegetables daily	American Indian or Alaska Native vs White	–0.36	0.7206	No
Ate vegetables daily	American Indian or Alaska Native vs Multiracial	–0.48	0.6321	No
Ate vegetables daily	Asian vs Black	8.39	<0.0001	Yes
Ate vegetables daily	Asian vs Hispanic or Latino	6.22	<0.0001	Yes
Ate vegetables daily	Asian vs Middle Eastern or North African	0.27	0.7890	No
Ate vegetables daily	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Ate vegetables daily	Asian vs White	4.54	<0.0001	Yes
Ate vegetables daily	Asian vs Multiracial	2.67	0.0110	Yes
Ate vegetables daily	Black vs Hispanic or Latino	–2.90	0.0059	Yes
Ate vegetables daily	Black vs Middle Eastern or North African	–3.28	0.0021	Yes
Ate vegetables daily	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Ate vegetables daily	Black vs White	–5.36	<0.0001	Yes
Ate vegetables daily	Black vs Multiracial	–5.18	<0.0001	Yes
Ate vegetables daily	Hispanic or Latino vs Middle Eastern or North African	–2.19	0.0341	Yes
Ate vegetables daily	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Ate vegetables daily	Hispanic or Latino vs White	–2.63	0.0120	Yes
Ate vegetables daily	Hispanic or Latino vs Multiracial	–1.87	0.0690	No
Ate vegetables daily	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Ate vegetables daily	Middle Eastern or North African vs White	1.47	0.1502	No
Ate vegetables daily	Middle Eastern or North African vs Multiracial	1.29	0.2054	No
Ate vegetables daily	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Ate vegetables daily	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Ate vegetables daily	White vs Multiracial	–0.18	0.8601	No
Ate breakfast daily	American Indian or Alaska Native vs Asian	–0.02	0.9811	No
Ate breakfast daily	American Indian or Alaska Native vs Black	1.88	0.0671	No
Ate breakfast daily	American Indian or Alaska Native vs Hispanic or Latino	1.54	0.1317	No
Ate breakfast daily	American Indian or Alaska Native vs Middle Eastern or North African	0.50	0.6198	No
Ate breakfast daily	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	2.24	0.0305	Yes

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Ate breakfast daily	American Indian or Alaska Native vs White	1.07	0.2924	No
Ate breakfast daily	American Indian or Alaska Native vs Multiracial	1.46	0.1516	No
Ate breakfast daily	Asian vs Black	3.56	0.0010	Yes
Ate breakfast daily	Asian vs Hispanic or Latino	2.65	0.0114	Yes
Ate breakfast daily	Asian vs Middle Eastern or North African	1.19	0.2412	No
Ate breakfast daily	Asian vs Native Hawaiian or Pacific Islander	2.52	0.0159	Yes
Ate breakfast daily	Asian vs White	2.04	0.0479	Yes
Ate breakfast daily	Asian vs Multiracial	3.09	0.0036	Yes
Ate breakfast daily	Black vs Hispanic or Latino	–2.16	0.0363	Yes
Ate breakfast daily	Black vs Middle Eastern or North African	–2.11	0.0406	Yes
Ate breakfast daily	Black vs Native Hawaiian or Pacific Islander	1.11	0.2722	No
Ate breakfast daily	Black vs White	–3.16	0.0029	Yes
Ate breakfast daily	Black vs Multiracial	–1.33	0.1895	No
Ate breakfast daily	Hispanic or Latino vs Middle Eastern or North African	–1.38	0.1740	No
Ate breakfast daily	Hispanic or Latino vs Native Hawaiian or Pacific Islander	1.61	0.1150	No
Ate breakfast daily	Hispanic or Latino vs White	–2.13	0.0390	Yes
Ate breakfast daily	Hispanic or Latino vs Multiracial	–0.08	0.9330	No
Ate breakfast daily	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	1.91	0.0630	No
Ate breakfast daily	Middle Eastern or North African vs White	0.70	0.4857	No
Ate breakfast daily	Middle Eastern or North African vs Multiracial	1.40	0.1695	No
Ate breakfast daily	Native Hawaiian or Pacific Islander vs White	–1.84	0.0723	No
Ate breakfast daily	Native Hawaiian or Pacific Islander vs Multiracial	–1.44	0.1564	No
Ate breakfast daily	White vs Multiracial	1.45	0.1558	No
Drank plain water at least 3 times a day	American Indian or Alaska Native vs Asian	–1.76	0.0867	No
Drank plain water at least 3 times a day	American Indian or Alaska Native vs Black	–0.42	0.6748	No
Drank plain water at least 3 times a day	American Indian or Alaska Native vs Hispanic or Latino	–1.04	0.3040	No
Drank plain water at least 3 times a day	American Indian or Alaska Native vs Middle Eastern or North African	–1.48	0.1464	No
Drank plain water at least 3 times a day	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank plain water at least 3 times a day	American Indian or Alaska Native vs White	–0.77	0.4483	No
Drank plain water at least 3 times a day	American Indian or Alaska Native vs Multiracial	–0.62	0.5416	No
Drank plain water at least 3 times a day	Asian vs Black	2.86	0.0066	Yes

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Drank plain water at least 3 times a day	Asian vs Hispanic or Latino	1.91	0.0637	No
Drank plain water at least 3 times a day	Asian vs Middle Eastern or North African	–0.07	0.9419	No
Drank plain water at least 3 times a day	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank plain water at least 3 times a day	Asian vs White	3.10	0.0035	Yes
Drank plain water at least 3 times a day	Asian vs Multiracial	2.97	0.0050	Yes
Drank plain water at least 3 times a day	Black vs Hispanic or Latino	–2.46	0.0183	Yes
Drank plain water at least 3 times a day	Black vs Middle Eastern or North African	–1.97	0.0557	No
Drank plain water at least 3 times a day	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank plain water at least 3 times a day	Black vs White	–1.21	0.2316	No
Drank plain water at least 3 times a day	Black vs Multiracial	–0.62	0.5362	No
Drank plain water at least 3 times a day	Hispanic or Latino vs Middle Eastern or North African	–1.06	0.2968	No
Drank plain water at least 3 times a day	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank plain water at least 3 times a day	Hispanic or Latino vs White	1.99	0.0538	No
Drank plain water at least 3 times a day	Hispanic or Latino vs Multiracial	1.16	0.2540	No
Drank plain water at least 3 times a day	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank plain water at least 3 times a day	Middle Eastern or North African vs White	1.56	0.1257	No
Drank plain water at least 3 times a day	Middle Eastern or North African vs Multiracial	1.61	0.1141	No
Drank plain water at least 3 times a day	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Drank plain water at least 3 times a day	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Drank plain water at least 3 times a day	White vs Multiracial	0.32	0.7524	No
Drank soda daily	American Indian or Alaska Native vs Asian	2.14	0.0388	Yes
Drank soda daily	American Indian or Alaska Native vs Black	0.82	0.4177	No
Drank soda daily	American Indian or Alaska Native vs Hispanic or Latino	0.91	0.3663	No
Drank soda daily	American Indian or Alaska Native vs Middle Eastern or North African	1.15	0.2553	No
Drank soda daily	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank soda daily	American Indian or Alaska Native vs White	0.84	0.4055	No
Drank soda daily	American Indian or Alaska Native vs Multiracial	0.95	0.3493	No
Drank soda daily	Asian vs Black	–4.92	<0.0001	Yes
Drank soda daily	Asian vs Hispanic or Latino	–3.80	0.0005	Yes
Drank soda daily	Asian vs Middle Eastern or North African	–1.24	0.2218	No
Drank soda daily	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Drank soda daily	Asian vs White	–4.08	0.0002	Yes
Drank soda daily	Asian vs Multiracial	–3.46	0.0013	Yes
Drank soda daily	Black vs Hispanic or Latino	0.69	0.4971	No
Drank soda daily	Black vs Middle Eastern or North African	0.51	0.6094	No
Drank soda daily	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank soda daily	Black vs White	0.16	0.8771	No
Drank soda daily	Black vs Multiracial	0.52	0.6050	No
Drank soda daily	Hispanic or Latino vs Middle Eastern or North African	0.28	0.7776	No
Drank soda daily	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank soda daily	Hispanic or Latino vs White	–0.33	0.7453	No
Drank soda daily	Hispanic or Latino vs Multiracial	0.05	0.9605	No
Drank soda daily	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank soda daily	Middle Eastern or North African vs White	–0.42	0.6793	No
Drank soda daily	Middle Eastern or North African vs Multiracial	–0.25	0.8021	No
Drank soda daily	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Drank soda daily	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Drank soda daily	White vs Multiracial	0.50	0.6222	No
Drank sports drinks daily	American Indian or Alaska Native vs Asian	2.27	0.0286	Yes
Drank sports drinks daily	American Indian or Alaska Native vs Black	0.69	0.4925	No
Drank sports drinks daily	American Indian or Alaska Native vs Hispanic or Latino	1.20	0.2354	No
Drank sports drinks daily	American Indian or Alaska Native vs Middle Eastern or North African	1.24	0.2205	No
Drank sports drinks daily	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank sports drinks daily	American Indian or Alaska Native vs White	1.52	0.1355	No
Drank sports drinks daily	American Indian or Alaska Native vs Multiracial	1.33	0.1912	No
Drank sports drinks daily	Asian vs Black	–5.69	<0.0001	Yes
Drank sports drinks daily	Asian vs Hispanic or Latino	–6.03	<0.0001	Yes
Drank sports drinks daily	Asian vs Middle Eastern or North African	–1.27	0.2122	No
Drank sports drinks daily	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank sports drinks daily	Asian vs White	–3.40	0.0015	Yes
Drank sports drinks daily	Asian vs Multiracial	–4.00	0.0003	Yes
Drank sports drinks daily	Black vs Hispanic or Latino	2.02	0.0501	No

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Drank sports drinks daily	Black vs Middle Eastern or North African	1.01	0.3183	No
Drank sports drinks daily	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank sports drinks daily	Black vs White	3.10	0.0035	Yes
Drank sports drinks daily	Black vs Multiracial	2.15	0.0374	Yes
Drank sports drinks daily	Hispanic or Latino vs Middle Eastern or North African	0.27	0.7896	No
Drank sports drinks daily	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank sports drinks daily	Hispanic or Latino vs White	1.25	0.2174	No
Drank sports drinks daily	Hispanic or Latino vs Multiracial	0.77	0.4453	No
Drank sports drinks daily	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Drank sports drinks daily	Middle Eastern or North African vs White	0.11	0.9097	No
Drank sports drinks daily	Middle Eastern or North African vs Multiracial	–0.03	0.9779	No
Drank sports drinks daily	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Drank sports drinks daily	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Drank sports drinks daily	White vs Multiracial	–0.41	0.6856	No

[a] Persons of Hispanic origin could be of any race or multiple races but are categorized as Hispanic; all racial groups are categorized as non-Hispanic.
[b] Comparison not reported because one or more comparison groups had an unweighted denominator of <30 respondents and were considered statistically unreliable.

Table 9. Prevalence and 95% confidence intervals (CI) for dietary behaviors by school urban–rural classification,[a] Youth Risk Behavior Survey, United States, 2025

Measure	School urban–rural classification	Prevalence (%)	95% CI	Unweighted N
Ate fruit daily	Urban	39	(37–42)	8,398
Ate fruit daily	Rural	34	(25–43)	1,314
Ate vegetables daily	Urban	63	(61–66)	6,958
Ate vegetables daily	Rural	57	(51–63)	1,289
Ate breakfast daily	Urban	27	(25–29)	8,329
Ate breakfast daily	Rural	25	(21–29)	1,306
Drank plain water at least 3 times a day	Urban	60	(56–64)	6,055
Drank plain water at least 3 times a day	Rural	51	(44–57)	1,310
Drank soda daily	Urban	16	(14–18)	6,974
Drank soda daily	Rural	23	(17–30)	1,305
Drank sports drinks daily	Urban	11	(9–13)	4,984
Drank sports drinks daily	Rural	16	(11–21)	1,302

[a] Findings on urban–rural differences are only representative of U.S. public high school students. Urban–rural classification data were not available for private school students.

Table 10. Pairwise comparisons of dietary behaviors by school urban–rural classification,[a] Youth Risk Behavior Survey, United States, 2025

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Ate fruit daily	Rural vs Urban	–1.29	0.2043	No
Ate vegetables daily	Rural vs Urban	–2.10	0.0419	Yes
Ate breakfast daily	Rural vs Urban	–0.74	0.4646	No
Drank plain water at least 3 times a day	Rural vs Urban	–2.54	0.0148	Yes
Drank soda daily	Rural vs Urban	1.98	0.0540	No
Drank sports drinks daily	Rural vs Urban	2.00	0.0525	No

[a] Findings on urban–rural differences are only representative of U.S. public high school students. Urban–rural classification data were not available for private school students.

Table 11. Prevalence and 95% confidence intervals (CI) for dietary behaviors, Youth Risk Behavior Survey, United States, 2023–2025

Measure	2023 % (95% CI)	2023 N	2025 % (95% CI)	2025 N	*t* statistic	*P* value	Direction[a]
Ate fruit daily	33 (31–35)	19,027	39 (37–41)	10,252	4.03	0.0001	Improved
Ate vegetables daily	58 (55–60)	14,938	63 (60–65)	8,781	3.16	0.0020	Improved
Ate breakfast daily	27 (25–30)	14,268	27 (25–29)	10,172	–0.29	0.7689	No Change
Drank plain water at least 3 times a day	54 (52–56)	13,584	58 (55–62)	7,847	2.20	0.0300	Improved
Drank soda daily	15 (13–16)	15,183	17 (15–19)	8,758	1.86	0.0657	No Change
Drank sports drinks daily	11 (9–13)	11,909	12 (9–14)	6,763	0.45	0.6517	No Change

[a] Reflects the change from 2023 to 2025.

Table 12. Prevalence and 95% confidence intervals (CI) for dietary behaviors, Youth Risk Behavior Survey, United States, 2015–2025

Measure	2015 N	2015 % (95% CI)	2017 N	2017 % (95% CI)	2019 N	2019 % (95% CI)	2021 N	2021 % (95% CI)	2023 N	2023 % (95% CI)	2025 N	2025 % (95% CI)	*P* value	Linear trend[a]
Ate fruit daily	15,334	34 (32–37)	14,389	34 (32–36)	12,886	33 (31–35)	16,643	29 (27–31)	19,027	33 (31–35)	10,252	39 (37–41)	0.3554	No linear trend
Ate vegetables daily	15,179	61 (59–63)	13,833	59 (58–61)	11,757	59 (57–62)	12,206	55 (52–57)	14,938	58 (55–60)	8,781	63 (60–65)	0.3911	No linear trend
Ate breakfast daily	13,856	36 (34–39)	11,918	35 (34–37)	11,593	33 (31–35)	16,076	25 (23–27)	14,268	27 (25–30)	10,172	27 (25–29)	<0.0001	Worsened
Drank plain water at least 3 times a day	11,350	49 (47–51)	10,698	51 (49–53)	10,160	55 (54–57)	12,451	56 (53–58)	13,584	54 (52–56)	7,847	58 (55–62)	<0.0001	Improved
Drank soda daily	15,292	20 (18–23)	14,304	19 (17–21)	11,395	15 (13–17)	12,699	15 (13–16)	15,183	15 (13–16)	8,758	17 (15–19)	<0.0001	Improved
Drank sports drinks daily	11,305	14 (12–16)	10,888	12 (11–14)	9,594	11 (9–12)	9,083	11 (10–13)	11,909	11 (9–13)	6,763	12 (9–14)	0.0035	Improved

[a] Linear trend adjusted for sex, grade, and race and ethnicity.

Focus Area: Physical Activity

Table 13. Overall prevalence and 95% confidence intervals (CI) for physical activity behaviors, Youth Risk Behavior Survey, United States, 2025

Measure	Prevalence (%)	95% CI	Unweighted N
Were physically active for at least 60 minutes daily	25	(23–27)	10,197
Strengthened muscles at least 3 days a week	51	(48–53)	6,717
Met both the aerobic and muscle-strengthening guidelines	16	(13–19)	9,433
Attended physical education daily	20	(16–25)	8,892
Played on a sports team	58	(53–62)	7,109

Table 14. Prevalence and 95% confidence intervals (CI) for physical activity behaviors by sex, Youth Risk Behavior Survey, United States, 2025

Measure	Sex	Prevalence (%)	95% CI	Unweighted N
Were physically active for at least 60 minutes daily	Male	32	(30–34)	5,139
Were physically active for at least 60 minutes daily	Female	18	(17–20)	5,032
Strengthened muscles at least 3 days a week	Male	61	(58–65)	3,427
Strengthened muscles at least 3 days a week	Female	39	(37–42)	3,270
Met both the aerobic and muscle-strengthening guidelines	Male	22	(18–26)	4,649
Met both the aerobic and muscle-strengthening guidelines	Female	10	(8–13)	4,758
Attended physical education daily	Male	23	(19–29)	4,513
Attended physical education daily	Female	16	(12–21)	4,353
Played on a sports team	Male	61	(56–65)	3,614
Played on a sports team	Female	55	(49–60)	3,472

Table 15. Pairwise comparisons of physical activity behaviors by sex, Youth Risk Behavior Survey, United States, 2025

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Were physically active for at least 60 minutes daily	Male vs Female	13.95	<0.0001	Yes
Strengthened muscles at least 3 days a week	Male vs Female	15.73	<0.0001	Yes
Met both the aerobic and muscle-strengthening guidelines	Male vs Female	10.07	<0.0001	Yes
Attended physical education daily	Male vs Female	5.52	<0.0001	Yes
Played on a sports team	Male vs Female	3.03	0.0043	Yes

Table 16. Prevalence and 95% confidence intervals (CI) for physical activity behaviors by grade, Youth Risk Behavior Survey, United States, 2025

Measure	Grade	Prevalence (%)	95% CI	Unweighted N
Were physically active for at least 60 minutes daily	9th	26	(23–29)	2,909
Were physically active for at least 60 minutes daily	10th	28	(24–31)	2,624
Were physically active for at least 60 minutes daily	11th	23	(20–25)	2,512
Were physically active for at least 60 minutes daily	12th	23	(21–26)	2,117
Strengthened muscles at least 3 days a week	9th	53	(49–58)	1,883
Strengthened muscles at least 3 days a week	10th	52	(48–56)	1,756
Strengthened muscles at least 3 days a week	11th	49	(45–52)	1,669
Strengthened muscles at least 3 days a week	12th	47	(43–51)	1,389
Met both the aerobic and muscle-strengthening guidelines	9th	17	(14–21)	2,664
Met both the aerobic and muscle-strengthening guidelines	10th	18	(14–22)	2,427
Met both the aerobic and muscle-strengthening guidelines	11th	14	(11–18)	2,328
Met both the aerobic and muscle-strengthening guidelines	12th	15	(11–19)	1,981
Attended physical education daily	9th	29	(23–36)	2,454
Attended physical education daily	10th	18	(14–24)	2,301
Attended physical education daily	11th	16	(12–21)	2,199
Attended physical education daily	12th	15	(11–20)	1,909
Played on a sports team	9th	61	(56–66)	2,010
Played on a sports team	10th	60	(54–66)	1,870
Played on a sports team	11th	57	(51–63)	1,727
Played on a sports team	12th	51	(46–56)	1,475

Table 17. Pairwise comparisons of physical activity behaviors by grade, Youth Risk Behavior Survey, United States, 2025

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Were physically active for at least 60 minutes daily	9th Grade vs 10th Grade	–0.68	0.5009	No
Were physically active for at least 60 minutes daily	9th Grade vs 11th Grade	2.06	0.0453	Yes
Were physically active for at least 60 minutes daily	9th Grade vs 12th Grade	1.26	0.2143	No
Were physically active for at least 60 minutes daily	10th Grade vs 11th Grade	3.09	0.0036	Yes
Were physically active for at least 60 minutes daily	10th Grade vs 12th Grade	2.01	0.0512	No
Were physically active for at least 60 minutes daily	11th Grade vs 12th Grade	–0.36	0.7240	No
Strengthened muscles at least 3 days a week	9th Grade vs 10th Grade	0.57	0.5688	No
Strengthened muscles at least 3 days a week	9th Grade vs 11th Grade	2.10	0.0415	Yes
Strengthened muscles at least 3 days a week	9th Grade vs 12th Grade	2.45	0.0188	Yes
Strengthened muscles at least 3 days a week	10th Grade vs 11th Grade	1.90	0.0642	No
Strengthened muscles at least 3 days a week	10th Grade vs 12th Grade	2.13	0.0395	Yes
Strengthened muscles at least 3 days a week	11th Grade vs 12th Grade	0.71	0.4790	No
Met both the aerobic and muscle-strengthening guidelines	9th Grade vs 10th Grade	–0.35	0.7271	No
Met both the aerobic and muscle-strengthening guidelines	9th Grade vs 11th Grade	2.22	0.0323	Yes
Met both the aerobic and muscle-strengthening guidelines	9th Grade vs 12th Grade	1.72	0.0926	No
Met both the aerobic and muscle-strengthening guidelines	10th Grade vs 11th Grade	2.78	0.0083	Yes
Met both the aerobic and muscle-strengthening guidelines	10th Grade vs 12th Grade	2.06	0.0455	Yes
Met both the aerobic and muscle-strengthening guidelines	11th Grade vs 12th Grade	–0.25	0.8022	No
Attended physical education daily	9th Grade vs 10th Grade	3.93	0.0003	Yes
Attended physical education daily	9th Grade vs 11th Grade	5.97	<0.0001	Yes
Attended physical education daily	9th Grade vs 12th Grade	5.32	<0.0001	Yes
Attended physical education daily	10th Grade vs 11th Grade	1.57	0.1231	No
Attended physical education daily	10th Grade vs 12th Grade	2.06	0.0458	Yes
Attended physical education daily	11th Grade vs 12th Grade	0.71	0.4807	No
Played on a sports team	9th Grade vs 10th Grade	0.60	0.5489	No
Played on a sports team	9th Grade vs 11th Grade	1.46	0.1517	No
Played on a sports team	9th Grade vs 12th Grade	5.25	<0.0001	Yes

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Played on a sports team	10th Grade vs 11th Grade	1.04	0.3042	No
Played on a sports team	10th Grade vs 12th Grade	3.60	0.0009	Yes
Played on a sports team	11th Grade vs 12th Grade	2.42	0.0201	Yes

Table 18. Prevalence and 95% confidence intervals (CI) for physical activity behaviors by race and ethnicity, Youth Risk Behavior Survey, United States, 2025

Measure	Race and ethnicity[a]	Prevalence (%)	95% CI	Unweighted N
Were physically active for at least 60 minutes daily	American Indian or Alaska Native	23	(12–40)	67
Were physically active for at least 60 minutes daily	Asian	19	(14–25)	491
Were physically active for at least 60 minutes daily	Black	22	(19–26)	2,005
Were physically active for at least 60 minutes daily	Hispanic or Latino	21	(19–23)	3,190
Were physically active for at least 60 minutes daily	Middle Eastern or North African	22	(12–38)	97
Were physically active for at least 60 minutes daily	Native Hawaiian or Pacific Islander	Suppressed[b]	Suppressed	29
Were physically active for at least 60 minutes daily	White	28	(26–31)	3,507
Were physically active for at least 60 minutes daily	Multiracial	27	(21–33)	733
Strengthened muscles at least 3 days a week	American Indian or Alaska Native	39	(22–59)	49
Strengthened muscles at least 3 days a week	Asian	49	(41–57)	382
Strengthened muscles at least 3 days a week	Black	49	(45–53)	1,266
Strengthened muscles at least 3 days a week	Hispanic or Latino	48	(44–53)	2,148
Strengthened muscles at least 3 days a week	Middle Eastern or North African	65	(54–75)	73
Strengthened muscles at least 3 days a week	Native Hawaiian or Pacific Islander	Suppressed	Suppressed	17
Strengthened muscles at least 3 days a week	White	52	(47–56)	2,296
Strengthened muscles at least 3 days a week	Multiracial	52	(46–59)	454
Met both the aerobic and muscle-strengthening guidelines	American Indian or Alaska Native	8	(3–18)	61
Met both the aerobic and muscle-strengthening guidelines	Asian	12	(7–18)	468
Met both the aerobic and muscle-strengthening guidelines	Black	12	(9–16)	1,847
Met both the aerobic and muscle-strengthening guidelines	Hispanic or Latino	13	(11–16)	2,990
Met both the aerobic and muscle-strengthening guidelines	Middle Eastern or North African	15	(7–30)	92
Met both the aerobic and muscle-strengthening guidelines	Native Hawaiian or Pacific Islander	Suppressed	Suppressed	22
Met both the aerobic and muscle-strengthening guidelines	White	19	(15–23)	3,210
Met both the aerobic and muscle-strengthening guidelines	Multiracial	17	(12–23)	673
Attended physical education daily	American Indian or Alaska Native	14	(6–30)	64
Attended physical education daily	Asian	12	(8–18)	447
Attended physical education daily	Black	28	(20–36)	1,863
Attended physical education daily	Hispanic or Latino	24	(18–30)	2,773

Measure	Race and ethnicity[a]	Prevalence (%)	95% CI	Unweighted N
Attended physical education daily	Middle Eastern or North African	29	(17–45)	90
Attended physical education daily	Native Hawaiian or Pacific Islander	Suppressed	Suppressed	27
Attended physical education daily	White	17	(13–21)	2,945
Attended physical education daily	Multiracial	18	(13–24)	644
Played on a sports team	American Indian or Alaska Native	41	(22–62)	54
Played on a sports team	Asian	47	(40–55)	400
Played on a sports team	Black	55	(50–60)	1,369
Played on a sports team	Hispanic or Latino	52	(48–55)	2,270
Played on a sports team	Middle Eastern or North African	62	(50–72)	81
Played on a sports team	Native Hawaiian or Pacific Islander	Suppressed	Suppressed	18
Played on a sports team	White	62	(56–68)	2,379
Played on a sports team	Multiracial	62	(55–70)	469

[a] Persons of Hispanic origin could be of any race or multiple races but are categorized as Hispanic; all racial groups are categorized as non-Hispanic.
[b] Prevalence estimates with a denominator <30 were considered statistically unreliable and were suppressed.

Table 19. Pairwise comparisons of physical activity behaviors by race and ethnicity, Youth Risk Behavior Survey, United States, 2025

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Were physically active for at least 60 minutes daily	American Indian or Alaska Native vs Asian	0.50	0.6190	No
Were physically active for at least 60 minutes daily	American Indian or Alaska Native vs Black	0.06	0.9540	No
Were physically active for at least 60 minutes daily	American Indian or Alaska Native vs Hispanic or Latino	0.24	0.8133	No
Were physically active for at least 60 minutes daily	American Indian or Alaska Native vs Middle Eastern or North African	0.06	0.9489	No
Were physically active for at least 60 minutes daily	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed[b]	Suppressed	Suppressed
Were physically active for at least 60 minutes daily	American Indian or Alaska Native vs White	–0.77	0.4465	No
Were physically active for at least 60 minutes daily	American Indian or Alaska Native vs Multiracial	–0.48	0.6323	No
Were physically active for at least 60 minutes daily	Asian vs Black	–0.98	0.3351	No
Were physically active for at least 60 minutes daily	Asian vs Hispanic or Latino	–0.85	0.3993	No
Were physically active for at least 60 minutes daily	Asian vs Middle Eastern or North African	–0.44	0.6591	No
Were physically active for at least 60 minutes daily	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Were physically active for at least 60 minutes daily	Asian vs White	–3.20	0.0027	Yes
Were physically active for at least 60 minutes daily	Asian vs Multiracial	–2.43	0.0196	Yes
Were physically active for at least 60 minutes daily	Black vs Hispanic or Latino	0.67	0.5077	No

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Were physically active for at least 60 minutes daily	Black vs Middle Eastern or North African	0.02	0.9840	No
Were physically active for at least 60 minutes daily	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Were physically active for at least 60 minutes daily	Black vs White	–2.67	0.0107	Yes
Were physically active for at least 60 minutes daily	Black vs Multiracial	–1.26	0.2134	No
Were physically active for at least 60 minutes daily	Hispanic or Latino vs Middle Eastern or North African	–0.17	0.8625	No
Were physically active for at least 60 minutes daily	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Were physically active for at least 60 minutes daily	Hispanic or Latino vs White	–6.21	<0.0001	Yes
Were physically active for at least 60 minutes daily	Hispanic or Latino vs Multiracial	–2.10	0.0423	Yes
Were physically active for at least 60 minutes daily	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Were physically active for at least 60 minutes daily	Middle Eastern or North African vs White	–0.95	0.3483	No
Were physically active for at least 60 minutes daily	Middle Eastern or North African vs Multiracial	–0.64	0.5289	No
Were physically active for at least 60 minutes daily	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Were physically active for at least 60 minutes daily	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Were physically active for at least 60 minutes daily	White vs Multiracial	0.41	0.6806	No
Strengthened muscles at least 3 days a week	American Indian or Alaska Native vs Asian	–1.16	0.2545	No
Strengthened muscles at least 3 days a week	American Indian or Alaska Native vs Black	–1.03	0.3112	No
Strengthened muscles at least 3 days a week	American Indian or Alaska Native vs Hispanic or Latino	–0.92	0.3640	No
Strengthened muscles at least 3 days a week	American Indian or Alaska Native vs Middle Eastern or North African	–2.51	0.0160	Yes
Strengthened muscles at least 3 days a week	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Strengthened muscles at least 3 days a week	American Indian or Alaska Native vs White	–1.33	0.1899	No
Strengthened muscles at least 3 days a week	American Indian or Alaska Native vs Multiracial	–1.19	0.2403	No
Strengthened muscles at least 3 days a week	Asian vs Black	–0.10	0.9191	No
Strengthened muscles at least 3 days a week	Asian vs Hispanic or Latino	0.10	0.9223	No
Strengthened muscles at least 3 days a week	Asian vs Middle Eastern or North African	–2.74	0.0089	Yes
Strengthened muscles at least 3 days a week	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Strengthened muscles at least 3 days a week	Asian vs White	–0.69	0.4944	No
Strengthened muscles at least 3 days a week	Asian vs Multiracial	–0.75	0.4550	No
Strengthened muscles at least 3 days a week	Black vs Hispanic or Latino	0.30	0.7668	No
Strengthened muscles at least 3 days a week	Black vs Middle Eastern or North African	–3.25	0.0023	Yes

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Strengthened muscles at least 3 days a week	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Strengthened muscles at least 3 days a week	Black vs White	–0.96	0.3408	No
Strengthened muscles at least 3 days a week	Black vs Multiracial	–0.91	0.3688	No
Strengthened muscles at least 3 days a week	Hispanic or Latino vs Middle Eastern or North African	–3.15	0.0031	Yes
Strengthened muscles at least 3 days a week	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Strengthened muscles at least 3 days a week	Hispanic or Latino vs White	–1.14	0.2603	No
Strengthened muscles at least 3 days a week	Hispanic or Latino vs Multiracial	–0.99	0.3264	No
Strengthened muscles at least 3 days a week	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Strengthened muscles at least 3 days a week	Middle Eastern or North African vs White	2.52	0.0156	Yes
Strengthened muscles at least 3 days a week	Middle Eastern or North African vs Multiracial	1.85	0.0722	No
Strengthened muscles at least 3 days a week	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Strengthened muscles at least 3 days a week	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Strengthened muscles at least 3 days a week	White vs Multiracial	–0.18	0.8608	No
Met both the aerobic and muscle-strengthening guidelines	American Indian or Alaska Native vs Asian	–0.92	0.3615	No
Met both the aerobic and muscle-strengthening guidelines	American Indian or Alaska Native vs Black	–1.15	0.2571	No
Met both the aerobic and muscle-strengthening guidelines	American Indian or Alaska Native vs Hispanic or Latino	–1.42	0.1624	No
Met both the aerobic and muscle-strengthening guidelines	American Indian or Alaska Native vs Middle Eastern or North African	–1.24	0.2229	No
Met both the aerobic and muscle-strengthening guidelines	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Met both the aerobic and muscle-strengthening guidelines	American Indian or Alaska Native vs White	–2.99	0.0047	Yes
Met both the aerobic and muscle-strengthening guidelines	American Indian or Alaska Native vs Multiracial	–2.25	0.0297	Yes
Met both the aerobic and muscle-strengthening guidelines	Asian vs Black	–0.12	0.9084	No
Met both the aerobic and muscle-strengthening guidelines	Asian vs Hispanic or Latino	–0.59	0.5553	No
Met both the aerobic and muscle-strengthening guidelines	Asian vs Middle Eastern or North African	–0.56	0.5814	No
Met both the aerobic and muscle-strengthening guidelines	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Met both the aerobic and muscle-strengthening guidelines	Asian vs White	–2.82	0.0074	Yes
Met both the aerobic and muscle-strengthening guidelines	Asian vs Multiracial	–1.95	0.0577	No
Met both the aerobic and muscle-strengthening guidelines	Black vs Hispanic or Latino	–0.78	0.4423	No
Met both the aerobic and muscle-strengthening guidelines	Black vs Middle Eastern or North African	–0.57	0.5691	No
Met both the aerobic and muscle-strengthening guidelines	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Met both the aerobic and muscle-strengthening guidelines	Black vs White	–3.78	0.0005	Yes
Met both the aerobic and muscle-strengthening guidelines	Black vs Multiracial	–2.17	0.0360	Yes
Met both the aerobic and muscle-strengthening guidelines	Hispanic or Latino vs Middle Eastern or North African	–0.39	0.7014	No
Met both the aerobic and muscle-strengthening guidelines	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Met both the aerobic and muscle-strengthening guidelines	Hispanic or Latino vs White	–3.87	0.0004	Yes
Met both the aerobic and muscle-strengthening guidelines	Hispanic or Latino vs Multiracial	–1.78	0.0821	No
Met both the aerobic and muscle-strengthening guidelines	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Met both the aerobic and muscle-strengthening guidelines	Middle Eastern or North African vs White	–0.77	0.4469	No
Met both the aerobic and muscle-strengthening guidelines	Middle Eastern or North African vs Multiracial	–0.28	0.7788	No
Met both the aerobic and muscle-strengthening guidelines	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Met both the aerobic and muscle-strengthening guidelines	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Met both the aerobic and muscle-strengthening guidelines	White vs Multiracial	0.84	0.4061	No
Attended physical education daily	American Indian or Alaska Native vs Asian	0.30	0.7663	No
Attended physical education daily	American Indian or Alaska Native vs Black	–2.18	0.0352	Yes
Attended physical education daily	American Indian or Alaska Native vs Hispanic or Latino	–1.81	0.0781	No
Attended physical education daily	American Indian or Alaska Native vs Middle Eastern or North African	–1.63	0.1097	No
Attended physical education daily	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Attended physical education daily	American Indian or Alaska Native vs White	–0.45	0.6542	No
Attended physical education daily	American Indian or Alaska Native vs Multiracial	–0.57	0.5710	No
Attended physical education daily	Asian vs Black	–4.06	0.0002	Yes
Attended physical education daily	Asian vs Hispanic or Latino	–3.85	0.0004	Yes
Attended physical education daily	Asian vs Middle Eastern or North African	–2.60	0.0130	Yes
Attended physical education daily	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Attended physical education daily	Asian vs White	–2.41	0.0206	Yes
Attended physical education daily	Asian vs Multiracial	–2.97	0.0049	Yes
Attended physical education daily	Black vs Hispanic or Latino	1.35	0.1851	No
Attended physical education daily	Black vs Middle Eastern or North African	–0.19	0.8489	No
Attended physical education daily	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Attended physical education daily	Black vs White	2.94	0.0054	Yes

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Attended physical education daily	Black vs Multiracial	2.52	0.0156	Yes
Attended physical education daily	Hispanic or Latino vs Middle Eastern or North African	–0.93	0.3585	No
Attended physical education daily	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Attended physical education daily	Hispanic or Latino vs White	2.72	0.0095	Yes
Attended physical education daily	Hispanic or Latino vs Multiracial	2.00	0.0518	No
Attended physical education daily	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Attended physical education daily	Middle Eastern or North African vs White	1.99	0.0532	No
Attended physical education daily	Middle Eastern or North African vs Multiracial	1.77	0.0847	No
Attended physical education daily	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Attended physical education daily	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Attended physical education daily	White vs Multiracial	–0.52	0.6036	No
Played on a sports team	American Indian or Alaska Native vs Asian	–0.67	0.5064	No
Played on a sports team	American Indian or Alaska Native vs Black	–1.41	0.1656	No
Played on a sports team	American Indian or Alaska Native vs Hispanic or Latino	–1.08	0.2853	No
Played on a sports team	American Indian or Alaska Native vs Middle Eastern or North African	–2.01	0.0513	No
Played on a sports team	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Played on a sports team	American Indian or Alaska Native vs White	–2.25	0.0296	Yes
Played on a sports team	American Indian or Alaska Native vs Multiracial	–2.11	0.0411	Yes
Played on a sports team	Asian vs Black	–1.98	0.0550	No
Played on a sports team	Asian vs Hispanic or Latino	–1.14	0.2593	No
Played on a sports team	Asian vs Middle Eastern or North African	–2.39	0.0217	Yes
Played on a sports team	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Played on a sports team	Asian vs White	–3.69	0.0007	Yes
Played on a sports team	Asian vs Multiracial	–3.94	0.0003	Yes
Played on a sports team	Black vs Hispanic or Latino	1.29	0.2056	No
Played on a sports team	Black vs Middle Eastern or North African	–1.04	0.3033	No
Played on a sports team	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Played on a sports team	Black vs White	–1.82	0.0757	No
Played on a sports team	Black vs Multiracial	–1.68	0.1013	No

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Played on a sports team	Hispanic or Latino vs Middle Eastern or North African	–2.12	0.0397	Yes
Played on a sports team	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Played on a sports team	Hispanic or Latino vs White	–3.97	0.0003	Yes
Played on a sports team	Hispanic or Latino vs Multiracial	–3.23	0.0024	Yes
Played on a sports team	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Played on a sports team	Middle Eastern or North African vs White	–0.07	0.9442	No
Played on a sports team	Middle Eastern or North African vs Multiracial	–0.14	0.8921	No
Played on a sports team	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Played on a sports team	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Played on a sports team	White vs Multiracial	–0.11	0.9167	No

[a] Persons of Hispanic origin could be of any race or multiple races but are categorized as Hispanic; all racial groups are categorized as non-Hispanic.
[b] Comparison not reported because one or more comparison groups had an unweighted denominator of <30 respondents and were considered statistically unreliable.

Table 20. Prevalence and 95% confidence intervals (CI) for physical activity behaviors by school urban–rural classification,[a] Youth Risk Behavior Survey, United States, 2025

Measure	School urban–rural classification	Prevalence (%)	95% CI	Unweighted N
Were physically active for at least 60 minutes daily	Urban	24	(22–26)	8,356
Were physically active for at least 60 minutes daily	Rural	30	(27–34)	1,306
Strengthened muscles at least 3 days a week	Urban	49	(46–52)	4,938
Strengthened muscles at least 3 days a week	Rural	55	(49–60)	1,300
Met both the aerobic and muscle-strengthening guidelines	Urban	14	(11–18)	7,602
Met both the aerobic and muscle-strengthening guidelines	Rural	26	(23–29)	1,307
Attended physical education daily	Urban	19	(14–26)	7,058
Attended physical education daily	Rural	27	(20–35)	1,300
Played on a sports team	Urban	55	(50–61)	5,332
Played on a sports team	Rural	59	(49–68)	1,301

[a] Findings on urban–rural differences are only representative of U.S. public high school students. Urban–rural classification data were not available for private school students.

Table 21. Pairwise comparisons of physical activity behaviors by school urban–rural classification,[a] Youth Risk Behavior Survey, United States, 2025

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Were physically active for at least 60 minutes daily	Rural vs Urban	3.64	0.0008	Yes
Strengthened muscles at least 3 days a week	Rural vs Urban	2.13	0.0388	Yes
Met both the aerobic and muscle-strengthening guidelines	Rural vs Urban	4.85	<0.0001	Yes
Attended physical education daily	Rural vs Urban	1.49	0.1451	No
Played on a sports team	Rural vs Urban	0.66	0.5157	No

[a] Findings on urban–rural differences are only representative of U.S. public high school students. Urban–rural classification data were not available for private school students.

Table 22. Prevalence and 95% confidence intervals (CI) for physical activity behaviors, Youth Risk Behavior Survey, United States, 2023–2025

Measure	2023 % (95% CI)	2023 N	2025 % (95% CI)	2025 N	*t* statistic	*P* value	Direction[a]
Were physically active for at least 60 minutes daily	25 (23–27)	18,876	25 (23–27)	10,197	0.29	0.7733	No Change
Strengthened muscles at least 3 days a week	51 (48–54)	11,197	51 (48–53)	6,717	–0.23	0.8191	No Change
Met both the aerobic and muscle-strengthening guidelines	16 (14–19)	17,042	16 (13–19)	9,433	–0.21	0.8331	No Change
Attended physical education daily	27 (22–34)	13,876	20 (16–25)	8,892	–2.02	0.0459	Worsened
Played on a sports team	52 (49–55)	12,964	58 (53–62)	7,109	2.09	0.0384	Improved

[a] Reflects the change from 2023 to 2025.

Table 23. Prevalence and 95% confidence intervals (CI) for physical activity behaviors, Youth Risk Behavior Survey, United States, 2015–2025

Measure	2015 N	2015 % (95% CI)	2017 N	2017 % (95% CI)	2019 N	2019 % (95% CI)	2021 N	2021 % (95% CI)	2023 N	2023 % (95% CI)	2025 N	2025 % (95% CI)	*P* value	Linear trend[a]
Were physically active for at least 60 minutes daily	15,245	27 (25–29)	14,238	26 (24–28)	13,220	23 (22–25)	16,652	24 (23–25)	18,876	25 (23–27)	10,197	25 (23–27)	0.0227	Worsened
Strengthened muscles at least 3 days a week	11,320	53 (51–56)	10,713	51 (47–55)	8,474	49 (48–51)	9,259	45 (43–47)	11,197	51 (48–54)	6,717	51 (48–53)	0.0353	Worsened
Met both the aerobic and muscle-strengthening guidelines	14,360	20 (18–23)	13,552	20 (17–23)	12,298	17 (15–19)	14,744	16 (14–18)	17,042	16 (14–19)	9,433	16 (13–19)	0.0014	Worsened
Attended physical education daily	15,172	30 (24–36)	14,151	30 (24–37)	11,288	26 (21–31)	12,484	19 (16–23)	13,876	27 (22–34)	8,892	20 (16–25)	0.0079	Worsened
Played on a sports team	13,122	58 (54–61)	11,720	54 (51–58)	9,787	57 (54–60)	10,402	49 (46–52)	12,964	52 (49–55)	7,109	58 (53–62)	0.1642	No linear trend

[a] Linear trend adjusted for sex, grade, and race and ethnicity.

Focus Area: Sleep

Table 24. Overall prevalence and 95% confidence intervals (CI) for sleep, Youth Risk Behavior Survey, United States, 2025

Measure	Prevalence (%)	95% CI	Unweighted N
Got at least 8 hours of sleep on an average school night	24	(22–27)	8,725

Table 25. Prevalence and 95% confidence intervals (CI) for sleep by sex, Youth Risk Behavior Survey, United States, 2025

Measure	Sex	Prevalence (%)	95% CI	Unweighted N
Got at least 8 hours of sleep on an average school night	Male	26	(23–29)	4,362
Got at least 8 hours of sleep on an average school night	Female	22	(20–25)	4,340

Table 26. Pairwise comparisons of sleep by sex, Youth Risk Behavior Survey, United States, 2025

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Got at least 8 hours of sleep on an average school night	Male vs Female	2.80	0.0078	Yes

Table 27. Prevalence and 95% confidence intervals (CI) for sleep by grade, Youth Risk Behavior Survey, United States, 2025

Measure	Grade	Prevalence (%)	95% CI	Unweighted N
Got at least 8 hours of sleep on an average school night	9th	31	(28–35)	2,550
Got at least 8 hours of sleep on an average school night	10th	25	(22–28)	2,277
Got at least 8 hours of sleep on an average school night	11th	20	(17–24)	2,072
Got at least 8 hours of sleep on an average school night	12th	20	(17–23)	1,798

Table 28. Pairwise comparisons of sleep by grade, Youth Risk Behavior Survey, United States, 2025

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Got at least 8 hours of sleep on an average school night	9th Grade vs 10th Grade	3.51	0.0011	Yes
Got at least 8 hours of sleep on an average school night	9th Grade vs 11th Grade	7.25	<0.0001	Yes
Got at least 8 hours of sleep on an average school night	9th Grade vs 12th Grade	6.45	<0.0001	Yes
Got at least 8 hours of sleep on an average school night	10th Grade vs 11th Grade	2.27	0.0284	Yes
Got at least 8 hours of sleep on an average school night	10th Grade vs 12th Grade	2.49	0.0169	Yes
Got at least 8 hours of sleep on an average school night	11th Grade vs 12th Grade	0.45	0.6545	No

Table 29. Prevalence and 95% confidence intervals (CI) for sleep by race and ethnicity, Youth Risk Behavior Survey, United States, 2025

Measure	Race and ethnicity[a]	Prevalence (%)	95% CI	Unweighted N
Got at least 8 hours of sleep on an average school night	American Indian or Alaska Native	49	(29–70)	58
Got at least 8 hours of sleep on an average school night	Asian	18	(12–25)	457
Got at least 8 hours of sleep on an average school night	Black	21	(17–25)	1,524
Got at least 8 hours of sleep on an average school night	Hispanic or Latino	25	(22–29)	2,861
Got at least 8 hours of sleep on an average school night	Middle Eastern or North African	33	(20–48)	93
Got at least 8 hours of sleep on an average school night	Native Hawaiian or Pacific Islander	Suppressed[b]	Suppressed	29
Got at least 8 hours of sleep on an average school night	White	25	(22–28)	3,050
Got at least 8 hours of sleep on an average school night	Multiracial	20	(15–25)	578

[a] Persons of Hispanic origin could be of any race or multiple races but are categorized as Hispanic; all racial groups are categorized as non-Hispanic.
[b] Prevalence estimates with a denominator <30 were considered statistically unreliable and were suppressed.

Table 30. Pairwise comparisons of sleep by race and ethnicity, Youth Risk Behavior Survey, United States, 2025

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Got at least 8 hours of sleep on an average school night	American Indian or Alaska Native vs Asian	2.91	0.0059	Yes
Got at least 8 hours of sleep on an average school night	American Indian or Alaska Native vs Black	2.60	0.0129	Yes
Got at least 8 hours of sleep on an average school night	American Indian or Alaska Native vs Hispanic or Latino	2.21	0.0331	Yes
Got at least 8 hours of sleep on an average school night	American Indian or Alaska Native vs Middle Eastern or North African	1.34	0.1869	No
Got at least 8 hours of sleep on an average school night	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed[b]	Suppressed	Suppressed

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Got at least 8 hours of sleep on an average school night	American Indian or Alaska Native vs White	2.21	0.0331	Yes
Got at least 8 hours of sleep on an average school night	American Indian or Alaska Native vs Multiracial	2.69	0.0103	Yes
Got at least 8 hours of sleep on an average school night	Asian vs Black	–0.83	0.4104	No
Got at least 8 hours of sleep on an average school night	Asian vs Hispanic or Latino	–2.07	0.0444	Yes
Got at least 8 hours of sleep on an average school night	Asian vs Middle Eastern or North African	–1.88	0.0674	No
Got at least 8 hours of sleep on an average school night	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Got at least 8 hours of sleep on an average school night	Asian vs White	–2.29	0.0271	Yes
Got at least 8 hours of sleep on an average school night	Asian vs Multiracial	–0.51	0.6096	No
Got at least 8 hours of sleep on an average school night	Black vs Hispanic or Latino	–2.10	0.0417	Yes
Got at least 8 hours of sleep on an average school night	Black vs Middle Eastern or North African	–1.78	0.0830	No
Got at least 8 hours of sleep on an average school night	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Got at least 8 hours of sleep on an average school night	Black vs White	–1.88	0.0665	No
Got at least 8 hours of sleep on an average school night	Black vs Multiracial	0.37	0.7115	No
Got at least 8 hours of sleep on an average school night	Hispanic or Latino vs Middle Eastern or North African	–1.19	0.2415	No
Got at least 8 hours of sleep on an average school night	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Got at least 8 hours of sleep on an average school night	Hispanic or Latino vs White	0.19	0.8485	No
Got at least 8 hours of sleep on an average school night	Hispanic or Latino vs Multiracial	2.09	0.0433	Yes
Got at least 8 hours of sleep on an average school night	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Got at least 8 hours of sleep on an average school night	Middle Eastern or North African vs White	1.18	0.2441	No
Got at least 8 hours of sleep on an average school night	Middle Eastern or North African vs Multiracial	1.80	0.0800	No
Got at least 8 hours of sleep on an average school night	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Got at least 8 hours of sleep on an average school night	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Got at least 8 hours of sleep on an average school night	White vs Multiracial	1.80	0.0792	No

[a] Persons of Hispanic origin could be of any race or multiple races but are categorized as Hispanic; all racial groups are categorized as non-Hispanic.
[b] Comparison not reported because one or more comparison groups had an unweighted denominator of <30 respondents and were considered statistically unreliable.

Table 31. Prevalence and 95% confidence intervals (CI) for sleep by school urban–rural classification,[a] Youth Risk Behavior Survey, United States, 2025

Measure	School urban–rural classification	Prevalence (%)	95% CI	Unweighted N
Got at least 8 hours of sleep on an average school night	Urban	24	(21–27)	6,897
Got at least 8 hours of sleep on an average school night	Rural	27	(23–31)	1,298

[a] Findings on urban–rural differences are only representative of U.S. public high school students. Urban–rural classification data were not available for private school students.

Table 32. Pairwise comparisons of sleep by school urban–rural classification,[a] Youth Risk Behavior Survey, United States, 2025

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Got at least 8 hours of sleep on an average school night	Rural vs Urban	1.35	0.1849	No

[a] Findings on urban–rural differences are only representative of U.S. public high school students. Urban–rural classification data were not available for private school students.

Table 33. Prevalence and 95% confidence intervals (CI) for sleep, Youth Risk Behavior Survey, United States, 2023–2025

Measure	2023 % (95% CI)	2023 N	2025 % (95% CI)	2025 N	*t* statistic	*P* value	Direction[a]
Got at least 8 hours of sleep on an average school night	23 (21–25)	17,441	24 (22–27)	8,725	0.72	0.4728	No Change

[a] Reflects the change from 2023 to 2025.

Table 34. Prevalence and 95% confidence intervals (CI) for sleep, Youth Risk Behavior Survey, United States, 2015–2025

Measure	2015 N	2015 % (95% CI)	2017 N	2017 % (95% CI)	2019 N	2019 % (95% CI)	2021 N	2021 % (95% CI)	2023 N	2023 % (95% CI)	2025 N	2025 % (95% CI)	*P* value	Linear trend[a]
Got at least 8 hours of sleep on an average school night	14,534	27 (25–30)	11,811	25 (24–27)	13,105	22 (21–24)	13,615	23 (22–24)	17,441	23 (21–25)	8,725	24 (22–27)	0.0043	Worsened

[a] Linear trend adjusted for sex, grade, and race and ethnicity.

Focus Area: Digital Behaviors

Table 35. Overall prevalence and 95% confidence intervals (CI) for digital behaviors, Youth Risk Behavior Survey, United States, 2025

Measure[a]	Prevalence (%)	95% CI	Unweighted N
Used social media every hour or more	36	(34–38)	9,860
Texted or emailed while driving	46	(42–50)	3,896

[a] Texting or emailing while driving was assessed only among students who had driven a car or other vehicle during the previous 30 days.

Table 36. Prevalence and 95% confidence intervals (CI) for digital behaviors by sex, Youth Risk Behavior Survey, United States, 2025

Measure[a]	Sex	Prevalence (%)	95% CI	Unweighted N
Used social media every hour or more	Male	36	(33–39)	4,963
Used social media every hour or more	Female	36	(33–39)	4,867
Texted or emailed while driving	Male	45	(42–48)	2,130
Texted or emailed while driving	Female	47	(42–52)	1,755

[a] Texting or emailing while driving was assessed only among students who had driven a car or other vehicle during the previous 30 days.

Table 37. Pairwise comparisons of digital behaviors by sex, Youth Risk Behavior Survey, United States, 2025

Measure[a]	Comparison	*t* statistic	*P* value	Statistically significant
Used social media every hour or more	Male vs Female	–0.02	0.9856	No
Texted or emailed while driving	Male vs Female	–0.82	0.4160	No

[a] Texting or emailing while driving was assessed only among students who had driven a car or other vehicle during the previous 30 days.

Table 38. Prevalence and 95% confidence intervals (CI) for digital behaviors by grade, Youth Risk Behavior Survey, United States, 2025

Measure[a]	Grade	Prevalence (%)	95% CI	Unweighted N
Used social media every hour or more	9th	33	(29–37)	2,779
Used social media every hour or more	10th	36	(33–40)	2,546
Used social media every hour or more	11th	36	(33–40)	2,462
Used social media every hour or more	12th	38	(35–41)	2,042
Texted or emailed while driving	9th	22	(16–29)	508
Texted or emailed while driving	10th	30	(23–38)	865
Texted or emailed while driving	11th	49	(42–55)	1,301
Texted or emailed while driving	12th	61	(56–66)	1,210

[a] Texting or emailing while driving was assessed only among students who had driven a car or other vehicle during the previous 30 days.

Table 39. Pairwise comparisons of digital behaviors by grade, Youth Risk Behavior Survey, United States, 2025

Measure[a]	Comparison	*t* statistic	*P* value	Statistically significant
Used social media every hour or more	9th Grade vs 10th Grade	–1.73	0.0915	No
Used social media every hour or more	9th Grade vs 11th Grade	–1.41	0.1651	No
Used social media every hour or more	9th Grade vs 12th Grade	–2.28	0.0280	Yes
Used social media every hour or more	10th Grade vs 11th Grade	–0.05	0.9593	No
Used social media every hour or more	10th Grade vs 12th Grade	–0.82	0.4168	No
Used social media every hour or more	11th Grade vs 12th Grade	–0.62	0.5408	No
Texted or emailed while driving	9th Grade vs 10th Grade	–1.73	0.0905	No
Texted or emailed while driving	9th Grade vs 11th Grade	–5.96	<0.0001	Yes
Texted or emailed while driving	9th Grade vs 12th Grade	–10.51	<0.0001	Yes
Texted or emailed while driving	10th Grade vs 11th Grade	–4.27	0.0001	Yes
Texted or emailed while driving	10th Grade vs 12th Grade	–8.80	<0.0001	Yes
Texted or emailed while driving	11th Grade vs 12th Grade	–5.07	<0.0001	Yes

[a] Texting or emailing while driving was assessed only among students who had driven a car or other vehicle during the previous 30 days.

Table 40. Prevalence and 95% confidence intervals (CI) for digital behaviors by race and ethnicity, Youth Risk Behavior Survey, United States, 2025

Measure[a]	Race and ethnicity[b]	Prevalence (%)	95% CI	Unweighted N
Used social media every hour or more	American Indian or Alaska Native	39	(24–57)	64
Used social media every hour or more	Asian	34	(28–40)	483
Used social media every hour or more	Black	40	(37–44)	1,996
Used social media every hour or more	Hispanic or Latino	39	(37–41)	3,073
Used social media every hour or more	Middle Eastern or North African	39	(26–55)	93
Used social media every hour or more	Native Hawaiian or Pacific Islander	Suppressed[c]	Suppressed	22
Used social media every hour or more	White	33	(29–36)	3,349
Used social media every hour or more	Multiracial	39	(34–45)	705
Texted or emailed while driving	American Indian or Alaska Native	Suppressed	Suppressed	23
Texted or emailed while driving	Asian	42	(32–52)	126
Texted or emailed while driving	Black	37	(31–44)	595
Texted or emailed while driving	Hispanic or Latino	42	(37–48)	1,021
Texted or emailed while driving	Middle Eastern or North African	58	(33–79)	34
Texted or emailed while driving	Native Hawaiian or Pacific Islander	Suppressed	Suppressed	5
Texted or emailed while driving	White	49	(44–53)	1,781
Texted or emailed while driving	Multiracial	41	(32–51)	292

[a] Texting or emailing while driving was assessed only among students who had driven a car or other vehicle during the previous 30 days.
[b] Persons of Hispanic origin could be of any race or multiple races but are categorized as Hispanic; all racial groups are categorized as non-Hispanic.
[c] Prevalence estimates with a denominator <30 were considered statistically unreliable and were suppressed.

Table 41. Pairwise comparisons of digital behaviors by race and ethnicity, Youth Risk Behavior Survey, United States, 2025

Measure[a]	Comparison[b]	*t* statistic	*P* value	Statistically significant
Used social media every hour or more	American Indian or Alaska Native vs Asian	0.65	0.5176	No
Used social media every hour or more	American Indian or Alaska Native vs Black	–0.13	0.9002	No
Used social media every hour or more	American Indian or Alaska Native vs Hispanic or Latino	–0.00	0.9971	No
Used social media every hour or more	American Indian or Alaska Native vs Middle Eastern or North African	–0.03	0.9798	No
Used social media every hour or more	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed[c]	Suppressed	Suppressed
Used social media every hour or more	American Indian or Alaska Native vs White	0.74	0.4626	No
Used social media every hour or more	American Indian or Alaska Native vs Multiracial	–0.03	0.9753	No
Used social media every hour or more	Asian vs Black	–1.95	0.0582	No
Used social media every hour or more	Asian vs Hispanic or Latino	–1.84	0.0734	No
Used social media every hour or more	Asian vs Middle Eastern or North African	–0.68	0.4974	No
Used social media every hour or more	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Used social media every hour or more	Asian vs White	0.30	0.7692	No
Used social media every hour or more	Asian vs Multiracial	–1.55	0.1285	No
Used social media every hour or more	Black vs Hispanic or Latino	0.53	0.6002	No
Used social media every hour or more	Black vs Middle Eastern or North African	0.11	0.9153	No
Used social media every hour or more	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Used social media every hour or more	Black vs White	3.10	0.0035	Yes
Used social media every hour or more	Black vs Multiracial	0.24	0.8145	No
Used social media every hour or more	Hispanic or Latino vs Middle Eastern or North African	–0.03	0.9724	No
Used social media every hour or more	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Used social media every hour or more	Hispanic or Latino vs White	3.77	0.0005	Yes
Used social media every hour or more	Hispanic or Latino vs Multiracial	–0.10	0.9245	No
Used social media every hour or more	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Used social media every hour or more	Middle Eastern or North African vs White	0.89	0.3762	No
Used social media every hour or more	Middle Eastern or North African vs Multiracial	–0.00	1.0000	No
Used social media every hour or more	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Used social media every hour or more	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Used social media every hour or more	White vs Multiracial	–3.21	0.0026	Yes
Texted or emailed while driving	American Indian or Alaska Native vs Asian	Suppressed	Suppressed	Suppressed
Texted or emailed while driving	American Indian or Alaska Native vs Black	Suppressed	Suppressed	Suppressed

Measure[a]	Comparison[b]	*t* statistic	*P* value	Statistically significant
Texted or emailed while driving	American Indian or Alaska Native vs Hispanic or Latino	Suppressed	Suppressed	Suppressed
Texted or emailed while driving	American Indian or Alaska Native vs Middle Eastern or North African	Suppressed	Suppressed	Suppressed
Texted or emailed while driving	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Texted or emailed while driving	American Indian or Alaska Native vs White	Suppressed	Suppressed	Suppressed
Texted or emailed while driving	American Indian or Alaska Native vs Multiracial	Suppressed	Suppressed	Suppressed
Texted or emailed while driving	Asian vs Black	0.79	0.4354	No
Texted or emailed while driving	Asian vs Hispanic or Latino	–0.16	0.8750	No
Texted or emailed while driving	Asian vs Middle Eastern or North African	–1.30	0.2008	No
Texted or emailed while driving	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Texted or emailed while driving	Asian vs White	–1.46	0.1522	No
Texted or emailed while driving	Asian vs Multiracial	0.04	0.9679	No
Texted or emailed while driving	Black vs Hispanic or Latino	–1.15	0.2586	No
Texted or emailed while driving	Black vs Middle Eastern or North African	–1.66	0.1039	No
Texted or emailed while driving	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Texted or emailed while driving	Black vs White	–3.41	0.0015	Yes
Texted or emailed while driving	Black vs Multiracial	–0.89	0.3761	No
Texted or emailed while driving	Hispanic or Latino vs Middle Eastern or North African	–1.21	0.2327	No
Texted or emailed while driving	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Texted or emailed while driving	Hispanic or Latino vs White	–2.15	0.0373	Yes
Texted or emailed while driving	Hispanic or Latino vs Multiracial	0.18	0.8558	No
Texted or emailed while driving	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Texted or emailed while driving	Middle Eastern or North African vs White	0.74	0.4659	No
Texted or emailed while driving	Middle Eastern or North African vs Multiracial	1.24	0.2231	No
Texted or emailed while driving	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Texted or emailed while driving	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Texted or emailed while driving	White vs Multiracial	1.56	0.1267	No

[a] Texting or emailing while driving was assessed only among students who had driven a car or other vehicle during the previous 30 days.
[b] Persons of Hispanic origin could be of any race or multiple races but are categorized as Hispanic; all racial groups are categorized as non-Hispanic.
[c] Comparison not reported because one or more comparison groups had an unweighted denominator of <30 respondents and were considered statistically unreliable.

Table 42. Prevalence and 95% confidence intervals (CI) for digital behaviors by school urban–rural classification,[a] Youth Risk Behavior Survey, United States, 2025

Measure[b]	School urban–rural classification	Prevalence (%)	95% CI	Unweighted N
Used social media every hour or more	Urban	36	(33–38)	8,021
Used social media every hour or more	Rural	38	(35–41)	1,303
Texted or emailed while driving	Urban	42	(38–47)	2,947
Texted or emailed while driving	Rural	55	(49–61)	691

[a] Findings on urban–rural differences are only representative of U.S. public high school students. Urban–rural classification data were not available for private school students.
[b] Texting or emailing while driving was assessed only among students who had driven a car or other vehicle during the previous 30 days.

Table 43. Pairwise comparisons of digital behaviors by school urban–rural classification,[a] Youth Risk Behavior Survey, United States, 2025

Measure[b]	Comparison	*t* statistic	*P* value	Statistically significant
Used social media every hour or more	Rural vs Urban	1.17	0.2481	No
Texted or emailed while driving	Rural vs Urban	3.41	0.0015	Yes

[a] Findings on urban–rural differences are only representative of U.S. public high school students. Urban–rural classification data were not available for private school students.
[b] Texting or emailing while driving was assessed only among students who had driven a car or other vehicle during the previous 30 days.

Table 44. Prevalence and 95% confidence intervals (CI) for digital behaviors, Youth Risk Behavior Survey, United States, 2023–2025

Measure[a]	2023 % (95% CI)	2023 N	2025 % (95% CI)	2025 N	*t* statistic	*P* value	Direction[b]
Used social media every hour or more	37 (35–39)	15,203	36 (34–38)	9,860	–0.71	0.4799	No Change
Texted or emailed while driving	42 (39–46)	8,069	46 (42–50)	3,896	1.36	0.1753	No Change

[a] Texting or emailing while driving was assessed only among students who had driven a car or other vehicle during the previous 30 days.
[b] Reflects the change from 2023 to 2025.

Table 45. Prevalence and 95% confidence intervals (CI) for digital behaviors, Youth Risk Behavior Survey, United States, 2015–2025

Measure[a]	2015 N	2015 % (95% CI)	2017 N	2017 % (95% CI)	2019 N	2019 % (95% CI)	2021 N	2021 % (95% CI)	2023 N	2023 % (95% CI)	2025 N	2025 % (95% CI)	*P* value	Linear trend[b]
Used social media every hour or more	–	–	–	–	–	–	–	–	15,203	37 (35–39)	9,860	36 (34–38)	Not available	Not available
Texted or emailed while driving	8,788	41 (39–44)	8,170	39 (37–41)	7,237	39 (36–42)	8,745	36 (34–39)	8,069	42 (39–46)	3,896	46 (42–50)	0.8802	No linear trend

[a] Texting or emailing while driving was assessed only among students who had driven a car or other vehicle during the previous 30 days.

[b] Linear trend adjusted for sex, grade, and race and ethnicity. Trend analyses were only conducted when data were available from 2015 to 2025.

Focus Area: Mental Health and Suicide Risks

Table 46. Overall prevalence and 95% confidence intervals (CI) for mental health and suicide risks, Youth Risk Behavior Survey, United States, 2025

Measure	Prevalence (%)	95% CI	Unweighted N
Persistent feelings of sadness or hopelessness	33	(31–35)	10,483
Poor mental health	23	(21–25)	8,802
Seriously considered attempting suicide	14	(13–16)	10,454
Made a suicide plan	12	(11–14)	10,175
Attempted suicide	6	(6–7)	10,295
Injured in a suicide attempt that had to be treated by a doctor or nurse	1	(1–2)	8,410

Table 47. Prevalence and 95% confidence intervals (CI) for mental health and suicide risks by sex, Youth Risk Behavior Survey, United States, 2025

Measure	Sex	Prevalence (%)	95% CI	Unweighted N
Persistent feelings of sadness or hopelessness	Male	24	(22–26)	5,314
Persistent feelings of sadness or hopelessness	Female	43	(40–47)	5,132
Poor mental health	Male	16	(14–17)	4,453
Poor mental health	Female	31	(28–34)	4,325
Seriously considered attempting suicide	Male	11	(10–12)	5,307
Seriously considered attempting suicide	Female	18	(16–20)	5,111
Made a suicide plan	Male	10	(9–11)	5,171
Made a suicide plan	Female	15	(14–17)	4,971
Attempted suicide	Male	5	(4–6)	5,215
Attempted suicide	Female	8	(7–9)	5,045
Injured in a suicide attempt that had to be treated by a doctor or nurse	Male	1	(1–2)	4,243
Injured in a suicide attempt that had to be treated by a doctor or nurse	Female	2	(1–3)	4,137

Table 48. Pairwise comparisons of mental health and suicide risks by sex, Youth Risk Behavior Survey, United States, 2025

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Persistent feelings of sadness or hopelessness	Male vs Female	–12.63	<0.0001	Yes
Poor mental health	Male vs Female	–10.53	<0.0001	Yes
Seriously considered attempting suicide	Male vs Female	–6.07	<0.0001	Yes
Made a suicide plan	Male vs Female	–5.57	<0.0001	Yes
Attempted suicide	Male vs Female	–3.73	0.0006	Yes
Injured in a suicide attempt that had to be treated by a doctor or nurse	Male vs Female	–2.56	0.0142	Yes

Table 49. Prevalence and 95% confidence intervals (CI) for mental health and suicide risks by grade, Youth Risk Behavior Survey, United States, 2025

Measure	Grade	Prevalence (%)	95% CI	Unweighted N
Persistent feelings of sadness or hopelessness	9th	33	(30–36)	3,014
Persistent feelings of sadness or hopelessness	10th	34	(31–37)	2,719
Persistent feelings of sadness or hopelessness	11th	34	(31–38)	2,555
Persistent feelings of sadness or hopelessness	12th	32	(29–35)	2,158
Poor mental health	9th	22	(19–25)	2,442
Poor mental health	10th	25	(22–28)	2,250
Poor mental health	11th	25	(22–29)	2,216
Poor mental health	12th	21	(18–24)	1,864
Seriously considered attempting suicide	9th	15	(13–17)	3,007
Seriously considered attempting suicide	10th	14	(13–16)	2,718
Seriously considered attempting suicide	11th	15	(13–18)	2,538
Seriously considered attempting suicide	12th	13	(11–15)	2,151
Made a suicide plan	9th	13	(12–15)	2,912
Made a suicide plan	10th	13	(12–16)	2,665
Made a suicide plan	11th	12	(10–14)	2,452
Made a suicide plan	12th	11	(9–13)	2,112
Attempted suicide	9th	7	(6–9)	2,948
Attempted suicide	10th	7	(5–9)	2,655
Attempted suicide	11th	6	(5–7)	2,522
Attempted suicide	12th	5	(4–6)	2,134
Injured in a suicide attempt that had to be treated by a doctor or nurse	9th	2	(1–3)	2,451

Measure	Grade	Prevalence (%)	95% CI	Unweighted N
Injured in a suicide attempt that had to be treated by a doctor or nurse	10th	2	(1–3)	2,222
Injured in a suicide attempt that had to be treated by a doctor or nurse	11th	1	(1–2)	1,997
Injured in a suicide attempt that had to be treated by a doctor or nurse	12th	1	(1–2)	1,710

Table 50. Pairwise comparisons of mental health and suicide risks by grade, Youth Risk Behavior Survey, United States, 2025

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Persistent feelings of sadness or hopelessness	9th Grade vs 10th Grade	–0.81	0.4216	No
Persistent feelings of sadness or hopelessness	9th Grade vs 11th Grade	–0.78	0.4412	No
Persistent feelings of sadness or hopelessness	9th Grade vs 12th Grade	0.41	0.6872	No
Persistent feelings of sadness or hopelessness	10th Grade vs 11th Grade	–0.07	0.9410	No
Persistent feelings of sadness or hopelessness	10th Grade vs 12th Grade	1.41	0.1661	No
Persistent feelings of sadness or hopelessness	11th Grade vs 12th Grade	1.34	0.1866	No
Poor mental health	9th Grade vs 10th Grade	–1.66	0.1049	No
Poor mental health	9th Grade vs 11th Grade	–1.85	0.0716	No
Poor mental health	9th Grade vs 12th Grade	0.53	0.5984	No
Poor mental health	10th Grade vs 11th Grade	–0.20	0.8413	No
Poor mental health	10th Grade vs 12th Grade	1.98	0.0544	No
Poor mental health	11th Grade vs 12th Grade	1.91	0.0635	No
Seriously considered attempting suicide	9th Grade vs 10th Grade	0.65	0.5222	No
Seriously considered attempting suicide	9th Grade vs 11th Grade	–0.15	0.8803	No
Seriously considered attempting suicide	9th Grade vs 12th Grade	1.71	0.0953	No
Seriously considered attempting suicide	10th Grade vs 11th Grade	–0.74	0.4631	No
Seriously considered attempting suicide	10th Grade vs 12th Grade	1.15	0.2555	No
Seriously considered attempting suicide	11th Grade vs 12th Grade	1.93	0.0602	No
Made a suicide plan	9th Grade vs 10th Grade	–0.21	0.8329	No
Made a suicide plan	9th Grade vs 11th Grade	0.81	0.4241	No
Made a suicide plan	9th Grade vs 12th Grade	2.05	0.0466	Yes

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Made a suicide plan	10th Grade vs 11th Grade	0.96	0.3437	No
Made a suicide plan	10th Grade vs 12th Grade	1.78	0.0826	No
Made a suicide plan	11th Grade vs 12th Grade	0.94	0.3522	No
Attempted suicide	9th Grade vs 10th Grade	0.57	0.5736	No
Attempted suicide	9th Grade vs 11th Grade	2.25	0.0299	Yes
Attempted suicide	9th Grade vs 12th Grade	2.82	0.0074	Yes
Attempted suicide	10th Grade vs 11th Grade	1.60	0.1170	No
Attempted suicide	10th Grade vs 12th Grade	1.58	0.1223	No
Attempted suicide	11th Grade vs 12th Grade	0.59	0.5607	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	9th Grade vs 10th Grade	0.55	0.5837	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	9th Grade vs 11th Grade	1.33	0.1901	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	9th Grade vs 12th Grade	1.53	0.1326	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	10th Grade vs 11th Grade	0.92	0.3638	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	10th Grade vs 12th Grade	1.35	0.1852	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	11th Grade vs 12th Grade	–0.00	1.0000	No

Table 51. Prevalence and 95% confidence intervals (CI) for mental health and suicide risks by race and ethnicity, Youth Risk Behavior Survey, United States, 2025

Measure	Race and ethnicity[a]	Prevalence (%)	95% CI	Unweighted N
Persistent feelings of sadness or hopelessness	American Indian or Alaska Native	39	(27–53)	77
Persistent feelings of sadness or hopelessness	Asian	24	(19–30)	508
Persistent feelings of sadness or hopelessness	Black	34	(32–37)	2,122
Persistent feelings of sadness or hopelessness	Hispanic or Latino	37	(34–40)	3,263
Persistent feelings of sadness or hopelessness	Middle Eastern or North African	21	(12–34)	102
Persistent feelings of sadness or hopelessness	Native Hawaiian or Pacific Islander	41	(33–49)	32
Persistent feelings of sadness or hopelessness	White	31	(28–35)	3,549
Persistent feelings of sadness or hopelessness	Multiracial	39	(34–45)	746
Poor mental health	American Indian or Alaska Native	24	(12–41)	60
Poor mental health	Asian	19	(15–23)	443
Poor mental health	Black	18	(16–22)	1,864
Poor mental health	Hispanic or Latino	24	(20–27)	2,707
Poor mental health	Middle Eastern or North African	20	(12–31)	89
Poor mental health	Native Hawaiian or Pacific Islander	Suppressed[b]	Suppressed	20
Poor mental health	White	24	(21–27)	2,923
Poor mental health	Multiracial	30	(25–35)	631
Seriously considered attempting suicide	American Indian or Alaska Native	20	(12–31)	77
Seriously considered attempting suicide	Asian	14	(11–17)	502
Seriously considered attempting suicide	Black	13	(11–15)	2,121
Seriously considered attempting suicide	Hispanic or Latino	15	(13–16)	3,258
Seriously considered attempting suicide	Middle Eastern or North African	10	(5–19)	101
Seriously considered attempting suicide	Native Hawaiian or Pacific Islander	31	(13–57)	32
Seriously considered attempting suicide	White	15	(13–16)	3,532
Seriously considered attempting suicide	Multiracial	17	(13–22)	745
Made a suicide plan	American Indian or Alaska Native	27	(15–45)	74
Made a suicide plan	Asian	13	(9–17)	494
Made a suicide plan	Black	11	(9–13)	2,086
Made a suicide plan	Hispanic or Latino	12	(10–14)	3,179
Made a suicide plan	Middle Eastern or North African	14	(6–29)	99
Made a suicide plan	Native Hawaiian or Pacific Islander	28	(13–51)	30
Made a suicide plan	White	12	(10–14)	3,436
Made a suicide plan	Multiracial	17	(13–21)	728
Attempted suicide	American Indian or Alaska Native	10	(3–25)	73
Attempted suicide	Asian	4	(3–7)	500
Attempted suicide	Black	8	(6–9)	2,090

Measure	Race and ethnicity[a]	Prevalence (%)	95% CI	Unweighted N
Attempted suicide	Hispanic or Latino	8	(7–9)	3,186
Attempted suicide	Middle Eastern or North African	5	(2–11)	96
Attempted suicide	Native Hawaiian or Pacific Islander	22	(13–37)	31
Attempted suicide	White	5	(4–7)	3,507
Attempted suicide	Multiracial	7	(5–10)	733
Injured in a suicide attempt that had to be treated by a doctor or nurse	American Indian or Alaska Native	0	(0–1)	64
Injured in a suicide attempt that had to be treated by a doctor or nurse	Asian	2	(1–6)	450
Injured in a suicide attempt that had to be treated by a doctor or nurse	Black	2	(1–4)	1,513
Injured in a suicide attempt that had to be treated by a doctor or nurse	Hispanic or Latino	2	(1–2)	2,700
Injured in a suicide attempt that had to be treated by a doctor or nurse	Middle Eastern or North African	3	(1–9)	87
Injured in a suicide attempt that had to be treated by a doctor or nurse	Native Hawaiian or Pacific Islander	Suppressed	Suppressed	28
Injured in a suicide attempt that had to be treated by a doctor or nurse	White	1	(1–2)	2,926
Injured in a suicide attempt that had to be treated by a doctor or nurse	Multiracial	2	(1–5)	564

[a] Persons of Hispanic origin could be of any race or multiple races but are categorized as Hispanic; all racial groups are categorized as non-Hispanic.
[b] Prevalence estimates with a denominator <30 were considered statistically unreliable and were suppressed.

Table 52. Pairwise comparisons of mental health and suicide risks by race and ethnicity, Youth Risk Behavior Survey, United States, 2025

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Persistent feelings of sadness or hopelessness	American Indian or Alaska Native vs Asian	2.25	0.0296	Yes
Persistent feelings of sadness or hopelessness	American Indian or Alaska Native vs Black	0.75	0.4603	No
Persistent feelings of sadness or hopelessness	American Indian or Alaska Native vs Hispanic or Latino	0.36	0.7177	No
Persistent feelings of sadness or hopelessness	American Indian or Alaska Native vs Middle Eastern or North African	2.19	0.0343	Yes
Persistent feelings of sadness or hopelessness	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	–0.16	0.8752	No
Persistent feelings of sadness or hopelessness	American Indian or Alaska Native vs White	1.27	0.2111	No
Persistent feelings of sadness or hopelessness	American Indian or Alaska Native vs Multiracial	0.03	0.9793	No
Persistent feelings of sadness or hopelessness	Asian vs Black	–3.67	0.0007	Yes
Persistent feelings of sadness or hopelessness	Asian vs Hispanic or Latino	–4.58	<0.0001	Yes
Persistent feelings of sadness or hopelessness	Asian vs Middle Eastern or North African	0.45	0.6556	No
Persistent feelings of sadness or hopelessness	Asian vs Native Hawaiian or Pacific Islander	–4.20	0.0001	Yes
Persistent feelings of sadness or hopelessness	Asian vs White	–2.43	0.0194	Yes
Persistent feelings of sadness or hopelessness	Asian vs Multiracial	–4.70	<0.0001	Yes
Persistent feelings of sadness or hopelessness	Black vs Hispanic or Latino	–1.77	0.0836	No
Persistent feelings of sadness or hopelessness	Black vs Middle Eastern or North African	2.36	0.0230	Yes
Persistent feelings of sadness or hopelessness	Black vs Native Hawaiian or Pacific Islander	–1.64	0.1087	No
Persistent feelings of sadness or hopelessness	Black vs White	1.26	0.2131	No
Persistent feelings of sadness or hopelessness	Black vs Multiracial	–1.68	0.1009	No
Persistent feelings of sadness or hopelessness	Hispanic or Latino vs Middle Eastern or North African	2.83	0.0071	Yes
Persistent feelings of sadness or hopelessness	Hispanic or Latino vs Native Hawaiian or Pacific Islander	–0.93	0.3556	No
Persistent feelings of sadness or hopelessness	Hispanic or Latino vs White	2.25	0.0301	Yes
Persistent feelings of sadness or hopelessness	Hispanic or Latino vs Multiracial	–0.86	0.3967	No
Persistent feelings of sadness or hopelessness	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	–2.75	0.0089	Yes
Persistent feelings of sadness or hopelessness	Middle Eastern or North African vs White	–1.77	0.0843	No
Persistent feelings of sadness or hopelessness	Middle Eastern or North African vs Multiracial	–2.70	0.0101	Yes
Persistent feelings of sadness or hopelessness	Native Hawaiian or Pacific Islander vs White	2.53	0.0153	Yes
Persistent feelings of sadness or hopelessness	Native Hawaiian or Pacific Islander vs Multiracial	0.33	0.7404	No
Persistent feelings of sadness or hopelessness	White vs Multiracial	–2.60	0.0130	Yes
Poor mental health	American Indian or Alaska Native vs Asian	0.66	0.5142	No
Poor mental health	American Indian or Alaska Native vs Black	0.70	0.4902	No

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Poor mental health	American Indian or Alaska Native vs Hispanic or Latino	–0.03	0.9799	No
Poor mental health	American Indian or Alaska Native vs Middle Eastern or North African	0.41	0.6842	No
Poor mental health	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed[b]	Suppressed	Suppressed
Poor mental health	American Indian or Alaska Native vs White	–0.07	0.9438	No
Poor mental health	American Indian or Alaska Native vs Multiracial	–0.87	0.3917	No
Poor mental health	Asian vs Black	0.13	0.8965	No
Poor mental health	Asian vs Hispanic or Latino	–2.05	0.0466	Yes
Poor mental health	Asian vs Middle Eastern or North African	–0.26	0.7994	No
Poor mental health	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Poor mental health	Asian vs White	–2.07	0.0448	Yes
Poor mental health	Asian vs Multiracial	–3.73	0.0006	Yes
Poor mental health	Black vs Hispanic or Latino	–2.28	0.0280	Yes
Poor mental health	Black vs Middle Eastern or North African	–0.37	0.7099	No
Poor mental health	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Poor mental health	Black vs White	–3.39	0.0016	Yes
Poor mental health	Black vs Multiracial	–4.23	0.0001	Yes
Poor mental health	Hispanic or Latino vs Middle Eastern or North African	0.79	0.4336	No
Poor mental health	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Poor mental health	Hispanic or Latino vs White	–0.17	0.8687	No
Poor mental health	Hispanic or Latino vs Multiracial	–2.50	0.0166	Yes
Poor mental health	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Poor mental health	Middle Eastern or North African vs White	–0.84	0.4077	No
Poor mental health	Middle Eastern or North African vs Multiracial	–1.81	0.0784	No
Poor mental health	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed
Poor mental health	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Poor mental health	White vs Multiracial	–1.95	0.0586	No
Seriously considered attempting suicide	American Indian or Alaska Native vs Asian	1.30	0.2024	No
Seriously considered attempting suicide	American Indian or Alaska Native vs Black	1.50	0.1417	No
Seriously considered attempting suicide	American Indian or Alaska Native vs Hispanic or Latino	1.05	0.3004	No
Seriously considered attempting suicide	American Indian or Alaska Native vs Middle Eastern or North African	1.73	0.0905	No
Seriously considered attempting suicide	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	–0.89	0.3775	No

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Seriously considered attempting suicide	American Indian or Alaska Native vs White	1.15	0.2583	No
Seriously considered attempting suicide	American Indian or Alaska Native vs Multiracial	0.59	0.5617	No
Seriously considered attempting suicide	Asian vs Black	0.46	0.6509	No
Seriously considered attempting suicide	Asian vs Hispanic or Latino	–0.80	0.4270	No
Seriously considered attempting suicide	Asian vs Middle Eastern or North African	0.85	0.3981	No
Seriously considered attempting suicide	Asian vs Native Hawaiian or Pacific Islander	–1.47	0.1499	No
Seriously considered attempting suicide	Asian vs White	–0.61	0.5455	No
Seriously considered attempting suicide	Asian vs Multiracial	–1.47	0.1486	No
Seriously considered attempting suicide	Black vs Hispanic or Latino	–1.56	0.1264	No
Seriously considered attempting suicide	Black vs Middle Eastern or North African	0.77	0.4445	No
Seriously considered attempting suicide	Black vs Native Hawaiian or Pacific Islander	–1.51	0.1383	No
Seriously considered attempting suicide	Black vs White	–1.27	0.2098	No
Seriously considered attempting suicide	Black vs Multiracial	–1.61	0.1142	No
Seriously considered attempting suicide	Hispanic or Latino vs Middle Eastern or North African	1.24	0.2204	No
Seriously considered attempting suicide	Hispanic or Latino vs Native Hawaiian or Pacific Islander	–1.36	0.1823	No
Seriously considered attempting suicide	Hispanic or Latino vs White	0.12	0.9043	No
Seriously considered attempting suicide	Hispanic or Latino vs Multiracial	–1.05	0.2997	No
Seriously considered attempting suicide	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	–1.73	0.0914	No
Seriously considered attempting suicide	Middle Eastern or North African vs White	–1.26	0.2138	No
Seriously considered attempting suicide	Middle Eastern or North African vs Multiracial	–1.87	0.0689	No
Seriously considered attempting suicide	Native Hawaiian or Pacific Islander vs White	1.44	0.1582	No
Seriously considered attempting suicide	Native Hawaiian or Pacific Islander vs Multiracial	1.18	0.2466	No
Seriously considered attempting suicide	White vs Multiracial	–0.99	0.3291	No
Made a suicide plan	American Indian or Alaska Native vs Asian	1.97	0.0561	No
Made a suicide plan	American Indian or Alaska Native vs Black	2.14	0.0387	Yes
Made a suicide plan	American Indian or Alaska Native vs Hispanic or Latino	2.02	0.0497	Yes
Made a suicide plan	American Indian or Alaska Native vs Middle Eastern or North African	1.37	0.1793	No
Made a suicide plan	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	–0.07	0.9437	No
Made a suicide plan	American Indian or Alaska Native vs White	1.98	0.0543	No
Made a suicide plan	American Indian or Alaska Native vs Multiracial	1.46	0.1524	No
Made a suicide plan	Asian vs Black	0.83	0.4094	No

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Made a suicide plan	Asian vs Hispanic or Latino	0.27	0.7911	No
Made a suicide plan	Asian vs Middle Eastern or North African	–0.21	0.8339	No
Made a suicide plan	Asian vs Native Hawaiian or Pacific Islander	–1.50	0.1422	No
Made a suicide plan	Asian vs White	0.29	0.7738	No
Made a suicide plan	Asian vs Multiracial	–1.43	0.1608	No
Made a suicide plan	Black vs Hispanic or Latino	–0.90	0.3712	No
Made a suicide plan	Black vs Middle Eastern or North African	–0.57	0.5693	No
Made a suicide plan	Black vs Native Hawaiian or Pacific Islander	–1.70	0.0967	No
Made a suicide plan	Black vs White	–0.82	0.4157	No
Made a suicide plan	Black vs Multiracial	–2.33	0.0250	Yes
Made a suicide plan	Hispanic or Latino vs Middle Eastern or North African	–0.37	0.7162	No
Made a suicide plan	Hispanic or Latino vs Native Hawaiian or Pacific Islander	–1.58	0.1213	No
Made a suicide plan	Hispanic or Latino vs White	0.02	0.9843	No
Made a suicide plan	Hispanic or Latino vs Multiracial	–2.13	0.0390	Yes
Made a suicide plan	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	–1.17	0.2485	No
Made a suicide plan	Middle Eastern or North African vs White	0.35	0.7290	No
Made a suicide plan	Middle Eastern or North African vs Multiracial	–0.45	0.6532	No
Made a suicide plan	Native Hawaiian or Pacific Islander vs White	1.66	0.1042	No
Made a suicide plan	Native Hawaiian or Pacific Islander vs Multiracial	1.11	0.2750	No
Made a suicide plan	White vs Multiracial	–1.61	0.1156	No
Attempted suicide	American Indian or Alaska Native vs Asian	1.14	0.2623	No
Attempted suicide	American Indian or Alaska Native vs Black	0.42	0.6785	No
Attempted suicide	American Indian or Alaska Native vs Hispanic or Latino	0.41	0.6833	No
Attempted suicide	American Indian or Alaska Native vs Middle Eastern or North African	0.96	0.3434	No
Attempted suicide	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	–1.56	0.1254	No
Attempted suicide	American Indian or Alaska Native vs White	0.90	0.3745	No
Attempted suicide	American Indian or Alaska Native vs Multiracial	0.65	0.5210	No
Attempted suicide	Asian vs Black	–3.47	0.0012	Yes
Attempted suicide	Asian vs Hispanic or Latino	–3.68	0.0007	Yes
Attempted suicide	Asian vs Middle Eastern or North African	–0.33	0.7466	No
Attempted suicide	Asian vs Native Hawaiian or Pacific Islander	–2.93	0.0055	Yes

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Attempted suicide	Asian vs White	–1.12	0.2711	No
Attempted suicide	Asian vs Multiracial	–1.90	0.0646	No
Attempted suicide	Black vs Hispanic or Latino	–0.06	0.9531	No
Attempted suicide	Black vs Middle Eastern or North African	1.52	0.1360	No
Attempted suicide	Black vs Native Hawaiian or Pacific Islander	–2.42	0.0199	Yes
Attempted suicide	Black vs White	2.28	0.0279	Yes
Attempted suicide	Black vs Multiracial	0.81	0.4199	No
Attempted suicide	Hispanic or Latino vs Middle Eastern or North African	1.43	0.1609	No
Attempted suicide	Hispanic or Latino vs Native Hawaiian or Pacific Islander	–2.42	0.0198	Yes
Attempted suicide	Hispanic or Latino vs White	2.56	0.0142	Yes
Attempted suicide	Hispanic or Latino vs Multiracial	0.84	0.4060	No
Attempted suicide	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	–2.59	0.0132	Yes
Attempted suicide	Middle Eastern or North African vs White	–0.27	0.7868	No
Attempted suicide	Middle Eastern or North African vs Multiracial	–0.91	0.3691	No
Attempted suicide	Native Hawaiian or Pacific Islander vs White	2.91	0.0059	Yes
Attempted suicide	Native Hawaiian or Pacific Islander vs Multiracial	2.56	0.0142	Yes
Attempted suicide	White vs Multiracial	–0.89	0.3801	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	American Indian or Alaska Native vs Asian	–1.65	0.1070	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	American Indian or Alaska Native vs Black	–3.05	0.0039	Yes
Injured in a suicide attempt that had to be treated by a doctor or nurse	American Indian or Alaska Native vs Hispanic or Latino	–3.84	0.0004	Yes
Injured in a suicide attempt that had to be treated by a doctor or nurse	American Indian or Alaska Native vs Middle Eastern or North African	–1.71	0.0953	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	American Indian or Alaska Native vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Injured in a suicide attempt that had to be treated by a doctor or nurse	American Indian or Alaska Native vs White	–3.15	0.0030	Yes
Injured in a suicide attempt that had to be treated by a doctor or nurse	American Indian or Alaska Native vs Multiracial	–2.28	0.0280	Yes
Injured in a suicide attempt that had to be treated by a doctor or nurse	Asian vs Black	–0.07	0.9461	No

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Injured in a suicide attempt that had to be treated by a doctor or nurse	Asian vs Hispanic or Latino	0.28	0.7798	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Asian vs Middle Eastern or North African	–0.59	0.5573	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Asian vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Injured in a suicide attempt that had to be treated by a doctor or nurse	Asian vs White	0.75	0.4553	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Asian vs Multiracial	–0.16	0.8723	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Black vs Hispanic or Latino	0.65	0.5220	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Black vs Middle Eastern or North African	–0.66	0.5099	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Black vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Injured in a suicide attempt that had to be treated by a doctor or nurse	Black vs White	1.26	0.2164	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Black vs Multiracial	–0.11	0.9164	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Hispanic or Latino vs Middle Eastern or North African	–0.92	0.3629	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Hispanic or Latino vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Injured in a suicide attempt that had to be treated by a doctor or nurse	Hispanic or Latino vs White	1.15	0.2561	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Hispanic or Latino vs Multiracial	–0.56	0.5771	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Middle Eastern or North African vs Native Hawaiian or Pacific Islander	Suppressed	Suppressed	Suppressed
Injured in a suicide attempt that had to be treated by a doctor or nurse	Middle Eastern or North African vs White	1.12	0.2698	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Middle Eastern or North African vs Multiracial	0.54	0.5950	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Native Hawaiian or Pacific Islander vs White	Suppressed	Suppressed	Suppressed

Measure	Comparison[a]	*t* statistic	*P* value	Statistically significant
Injured in a suicide attempt that had to be treated by a doctor or nurse	Native Hawaiian or Pacific Islander vs Multiracial	Suppressed	Suppressed	Suppressed
Injured in a suicide attempt that had to be treated by a doctor or nurse	White vs Multiracial	–1.17	0.2473	No

[a] Persons of Hispanic origin could be of any race or multiple races but are categorized as Hispanic; all racial groups are categorized as non-Hispanic.
[b] Comparison not reported because one or more comparison groups had an unweighted denominator of <30 respondents and were considered statistically unreliable.

Table 53. Prevalence and 95% confidence intervals (CI) for mental health and suicide risks by school urban–rural classification,[a] Youth Risk Behavior Survey, United States, 2025

Measure	School urban–rural classification	Prevalence (%)	95% CI	Unweighted N
Persistent feelings of sadness or hopelessness	Urban	33	(31–36)	8,624
Persistent feelings of sadness or hopelessness	Rural	34	(31–38)	1,318
Poor mental health	Urban	23	(21–26)	6,981
Poor mental health	Rural	24	(19–29)	1,293
Seriously considered attempting suicide	Urban	14	(13–15)	8,600
Seriously considered attempting suicide	Rural	16	(13–19)	1,315
Made a suicide plan	Urban	12	(11–13)	8,318
Made a suicide plan	Rural	14	(11–18)	1,316
Attempted suicide	Urban	6	(6–7)	8,430
Attempted suicide	Rural	6	(5–8)	1,322
Injured in a suicide attempt that had to be treated by a doctor or nurse	Urban	2	(1–2)	6,601
Injured in a suicide attempt that had to be treated by a doctor or nurse	Rural	2	(1–3)	1,322

[a] Findings on urban–rural differences are only representative of U.S. public high school students. Urban–rural classification data were not available for private school students.

Table 54. Pairwise comparisons of mental health and suicide risks by school urban–rural classification,[a] Youth Risk Behavior Survey, United States, 2025

Measure	Comparison	*t* statistic	*P* value	Statistically significant
Persistent feelings of sadness or hopelessness	Rural vs Urban	0.49	0.6269	No
Poor mental health	Rural vs Urban	0.25	0.8064	No
Seriously considered attempting suicide	Rural vs Urban	1.20	0.2355	No
Made a suicide plan	Rural vs Urban	1.24	0.2227	No
Attempted suicide	Rural vs Urban	–0.12	0.9068	No
Injured in a suicide attempt that had to be treated by a doctor or nurse	Rural vs Urban	0.06	0.9508	No

[a] Findings on urban–rural differences are only representative of U.S. public high school students. Urban–rural classification data were not available for private school students.

Table 55. Prevalence and 95% confidence intervals (CI) for mental health and suicide risks, Youth Risk Behavior Survey, United States, 2023–2025

Measure	2023 % (95% CI)	2023 N	2025 % (95% CI)	2025 N	*t* statistic	*P* value	Direction[a]
Persistent feelings of sadness or hopelessness	40 (38–42)	19,863	33 (31–35)	10,483	–4.42	<0.0001	Improved
Poor mental health	29 (27–30)	15,705	23 (21–25)	8,802	–3.92	0.0002	Improved
Seriously considered attempting suicide	20 (19–22)	19,667	14 (13–16)	10,454	–5.65	<0.0001	Improved
Made a suicide plan	16 (14–19)	18,366	12 (11–14)	10,175	–3.25	0.0015	Improved
Attempted suicide	9 (8–11)	19,336	6 (6–7)	10,295	–4.73	<0.0001	Improved
Injured in a suicide attempt that had to be treated by a doctor or nurse	2 (2–3)	14,635	1 (1–2)	8,410	–1.85	0.0670	No Change

[a] Reflects the change from 2023 to 2025.

Table 56. Prevalence and 95% confidence intervals (CI) for mental health and suicide risks, Youth Risk Behavior Survey, United States, 2015–2025

Measure	2015 N	2015 % (95% CI)	2017 N	2017 % (95% CI)	2019 N	2019 % (95% CI)	2021 N	2021 % (95% CI)	2023 N	2023 % (95% CI)	2025 N	2025 % (95% CI)	*P* value	Linear trend[a]
Persistent feelings of sadness or hopelessness	15,455	30 (28–32)	14,527	31 (30–33)	13,421	37 (35–38)	16,961	42 (41–44)	19,863	40 (38–42)	10,483	33 (31–35)	<0.0001	Worsened
Poor mental health	–	–	–	–	–	–	12,795	29 (28–31)	15,705	29 (27–30)	8,802	23 (21–25)	Not available	Not available
Seriously considered attempting suicide	15,434	18 (17–19)	14,553	17 (16–18)	13,437	19 (18–20)	16,927	22 (21–23)	19,667	20 (19–22)	10,454	14 (13–16)	0.2765	No linear trend
Made a suicide plan	15,141	15 (13–16)	14,541	14 (12–15)	13,422	16 (15–17)	16,321	18 (16–19)	18,366	16 (14–19)	10,175	12 (11–14)	0.2248	No linear trend
Attempted suicide	12,567	9 (8–10)	10,686	7 (6–8)	10,520	9 (8–10)	15,573	10 (9–11)	19,336	9 (8–11)	10,295	6 (6–7)	0.9586	No linear trend
Injured in a suicide attempt that had to be treated by a doctor or nurse	12,331	3 (2–3)	10,620	2 (2–3)	8,749	3 (2–3)	12,083	3 (3–3)	14,635	2 (2–3)	8,410	1 (1–2)	0.0483	Improved

[a] Linear trend adjusted for sex, grade, and race and ethnicity. Trend analyses were only conducted when data were available from 2015 to 2025.

FOR MORE INFORMATION

Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion

Division of Adolescent and School Health

Youth Risk Behavior Surveillance System (YRBSS)

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