



2019 Minnesota Student Survey Statewide Race/Ethnicity Tables

October 2019

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In Appreciation

The Minnesota Student Survey (MSS) Interagency Team is indebted to the students, parents, teachers, district assessment coordinators, school and district administrators, principals, and superintendents across the state that agreed to participate in and supported the MSS when it was administered in the first half of 2019. These data are made available as a result of their interest and time, and we are grateful for their efforts.

The planning and implementation of the 2019 Minnesota Student Survey administration resulted from an important collaborative effort among members of the MSS Interagency team, Minnesota Youth Council members, local educators and health professionals, researchers, and community members throughout the state of Minnesota – all of whom encouraged and supported school participation in the MSS.

Members of the MSS Interagency Team include: Lisa Burton, Megan Harms, and Maira Rosas-Lee at the Department of Education; Sharrilyn Helgertz and Ann Kinney at the Department of Health; Phyllis Bengtson, Emma Boley, and Eunkyung Park at the Department of Human Services; and Valerie Clark and Kristine Coulter at the Department of Public Safety.

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Survey Participation

The 2019 Minnesota Student Survey (MSS) was administered in the first half of 2019 to students in grades 5, 8, 9, and 11 statewide. The survey was voluntary at all levels; districts, schools, parents, and students could all choose to opt out. Most public school districts (81%) chose to participate. Across the state, approximately 66% of fifth graders, 68% of eighth graders, 66% of ninth graders, and 54% of eleventh graders participated in the 2019 Minnesota Student Survey. Overall participation across the four grades was approximately 64% of total enrollment.

Results from regular public school, charter schools, and online schools are included in these tables. Results from nonpublic schools, alternative learning centers, and juvenile correctional facilities are released separately.

All schools and districts that participated in the survey followed federal laws regarding parental notification as required by the Protection of Pupil Rights Amendment (PPRA). PPRA requires that schools that participate in the survey notify parents of the survey administration, provide parents the opportunity to review the survey instrument, and allow parents to opt their child out of participating (Juvenile Correctional Facilities are exempt from this requirement).

Mode of Administration

In 2019, all levels of the MSS were administered online. Only Juvenile Correctional Facilities could choose to administer the MSS on paper.

Items on the Tables

The tables in this report include the responses for all survey items. Items are ordered within the tables by an overarching subject area; the order that items appear on the tables is not necessarily in the order that they appeared on the survey.

The table of contents is provided on pages v-vi. The grade 5 survey version was shorter than the grade 8 survey version, which in turn was shorter than the grade 9 and 11 version. The grade 5 and grade 8 versions did not include items appropriate only for older students. Items found on some versions of the survey but not on others are identified on the tables.

New Questions and Year-to-Year Comparisons

While most MSS survey questions stayed the same between 2016 and 2019, other questions were updated with changes to the question or response options. Some entirely new questions were added, and some questions were dropped. New questions are noted on each table. **Caution must be used when making comparisons over time for any questions in which the wording has changed.**

Please note that although these surveys are given repeatedly over time, the student populations change between administrations of the survey.

Validity of Responses

Caution was taken to identify invalid responses and remove them from the survey results. Surveys were removed when responses were highly inconsistent, when there was a pattern of likely exaggeration, when the survey was completed outside of school hours (this did not apply to online students), or when the survey was clearly a test of the online system. In addition, surveys were removed when only the background section of the survey was answered. In total, approximately 4% of cases were removed from the 2019 survey data.

Online Access to MSS Data

Data from the 2019 Minnesota Student Survey (MSS) are available on the Minnesota Department of Education's [Data Reports and Analytics page](#).

(<http://w20.education.state.mn.us/MDEAnalytics/DataTopic.jsp?TOPICID=242>) This web report provides access to all state, county and district-level data and provides options for filtering the data in multiple ways.

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TABLE 24A
NUTRITION

American Indian or Alaskan or Native only or in combination

		Grade							
		5th		8th		9th		11th	
		Male	Female	Male	Female	Male	Female	Male	Female
		%	%	%	%	%	%	%	%
During the last 7 days, how many times did you drink 100% fruit juices such as orange, apple or grape juice? (Do not count punch, Kool-Aid, sports drinks or other fruit-flavored drinks)^	I did NOT eat or drink this	20%	21%	21%	25%	22%	29%	24%	28%
	1 to 3 times in the last 7 days	35%	37%	36%	42%	38%	41%	40%	44%
	4 to 6 times in the last 7 days	14%	14%	16%	13%	17%	11%	15%	12%
	1 time per day	12%	12%	11%	9%	9%	9%	10%	8%
	2 times per day	8%	5%	9%	5%	6%	5%	6%	4%
	3 times per day	3%	4%	3%	2%	3%	2%	3%	1%
	4 or more times per day	8%	7%	5%	3%	5%	2%	3%	2%
During the last 7 days, how many times did you eat fruit? (Do not count fruit juice)^	I did NOT eat or drink this	7%	6%	8%	6%	9%	11%	12%	9%
	1 to 3 times in the last 7 days	26%	25%	29%	31%	28%	31%	30%	38%
	4 to 6 times in the last 7 days	17%	18%	22%	23%	21%	22%	25%	21%
	1 time per day	15%	16%	15%	14%	17%	14%	13%	13%
	2 times per day	11%	13%	12%	14%	12%	13%	11%	10%
	3 times per day	8%	7%	8%	5%	5%	5%	3%	6%
	4 or more times per day	16%	15%	7%	7%	8%	5%	6%	4%
During the last 7 days, how many times did you eat green salad, potatoes, carrots or other vegetables? (Do not count French fries, fried potatoes, or potato chips)	I did NOT eat or drink this	18%	11%	14%	10%	16%	12%	13%	10%
	1 to 3 times in the last 7 days	29%	30%	31%	30%	32%	31%	36%	37%
	4 to 6 times in the last 7 days	14%	15%	18%	21%	19%	21%	20%	22%
	1 time per day	15%	17%	18%	18%	15%	18%	17%	16%
	2 times per day	9%	10%	9%	11%	9%	10%	7%	6%
	3 times per day	5%	6%	5%	6%	3%	5%	3%	5%
	4 or more times per day	10%	10%	4%	5%	5%	3%	4%	4%
During the last 7 days, how many times did you eat from a fast food restaurant, including carry-out or delivery?	I did NOT eat or drink this	28%	30%	28%	22%	24%	24%	21%	19%
	1 to 3 times in the last 7 days	52%	51%	58%	63%	60%	62%	61%	62%
	4 to 6 times in the last 7 days	6%	6%	6%	8%	8%	7%	10%	12%
	1 time per day	7%	8%	5%	4%	4%	3%	5%	4%
	2 times per day	2%	2%	1%	1%	2%	2%	1%	1%
	3 times per day	1%	1%	1%	1%	0%	1%	0%	0%
	4 or more times per day	3%	3%	1%	1%	2%	1%	2%	1%
Servings of fruits, fruit juice and vegetables per day during the last 7 days^^	Less than five	74%	74%	81%	84%	83%	85%	86%	87%
	Five or more	26%	26%	19%	16%	17%	15%	14%	13%

^ Change in question wording from 2016.

^^ This is a computed variable based on combinations of responses to the first three questions on this table.

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TABLE 24B
NUTRITION[^]

American Indian or Alaskan Native only or in combination

During the last 7 days, how many times did you drink...		Grade							
		5th		8th		9th		11th	
		Male %	Female %	Male %	Female %	Male %	Female %	Male %	Female %
... a glass of milk?	I did NOT eat or drink this	12%	13%	13%	24%	15%	31%	13%	33%
	1 to 3 times in the last 7 days	17%	22%	17%	26%	20%	23%	26%	26%
	4 to 6 times in the last 7 days	16%	16%	17%	15%	17%	15%	18%	11%
	1 time per day	15%	15%	18%	13%	17%	14%	16%	15%
	2 times per day	15%	15%	17%	12%	15%	9%	14%	9%
	3 times per day	9%	8%	7%	4%	7%	4%	7%	3%
	4 or more times per day	15%	11%	10%	6%	10%	3%	5%	3%
... a can, bottle or glass of pop or soda, such as Coke, Pepsi or Sprite?	I did NOT eat or drink this	28%	35%	20%	26%	20%	32%	25%	30%
	1 to 3 times in the last 7 days	42%	40%	46%	45%	41%	43%	36%	43%
	4 to 6 times in the last 7 days	8%	7%	14%	13%	16%	10%	17%	13%
	1 time per day	12%	9%	9%	8%	11%	7%	10%	7%
	2 times per day	4%	4%	7%	3%	6%	3%	5%	3%
	3 times per day	2%	1%	2%	2%	3%	2%	3%	3%
	4 or more times per day	4%	3%	3%	2%	4%	2%	3%	1%
... a can, bottle or glass of a sports drink, such as Gatorade or Powerade?	I did NOT eat or drink this	42%	51%	36%	53%	39%	54%	39%	56%
	1 to 3 times in the last 7 days	30%	27%	34%	30%	31%	28%	33%	27%
	4 to 6 times in the last 7 days	11%	8%	13%	7%	14%	10%	13%	10%
	1 time per day	8%	8%	8%	5%	8%	4%	8%	4%
	2 times per day	5%	2%	4%	2%	4%	2%	3%	2%
	3 times per day	2%	2%	2%	1%	1%	2%	2%	1%
	4 or more times per day	3%	3%	2%	2%	2%	1%	2%	1%
... a can, bottle or glass of an energy drink, such as Rockstar, Red Bull, Monster or Full Throttle?	I did NOT eat or drink this	80%	86%	68%	78%	66%	78%	65%	77%
	1 to 3 times in the last 7 days	10%	7%	19%	14%	20%	14%	23%	16%
	4 to 6 times in the last 7 days	2%	3%	5%	4%	6%	3%	4%	3%
	1 time per day	4%	2%	4%	2%	4%	3%	4%	2%
	2 times per day	1%	1%	2%	1%	1%	1%	2%	1%
	3 times per day	1%	0%	1%	0%	1%	0%	1%	1%
	4 or more times per day	2%	1%	2%	1%	1%	0%	1%	0%
... a can, bottle or glass of coffee or tea that had sugar, syrups, or honey added to it?	I did NOT eat or drink this	63%	54%	54%	42%	56%	38%	53%	38%
	1 to 3 times in the last 7 days	22%	26%	26%	34%	24%	37%	24%	33%
	4 to 6 times in the last 7 days	4%	6%	7%	11%	8%	12%	8%	13%
	1 time per day	6%	8%	7%	10%	7%	7%	9%	9%
	2 times per day	2%	2%	3%	3%	3%	3%	4%	5%
	3 times per day	1%	1%	1%	1%	1%	1%	1%	1%
	4 or more times per day	2%	3%	2%	1%	1%	1%	1%	1%
... a can, bottle or glass of sweetened fruit drinks, such as Kool-Aid, Capri Sun and lemonade?	I did NOT eat or drink this	40%	38%	43%	45%	44%	47%	49%	54%
	1 to 3 times in the last 7 days	32%	35%	34%	34%	33%	35%	30%	32%
	4 to 6 times in the last 7 days	9%	9%	10%	9%	10%	8%	10%	7%
	1 time per day	9%	9%	6%	6%	6%	5%	6%	3%
	2 times per day	4%	5%	3%	3%	3%	2%	2%	1%
	3 times per day	3%	2%	1%	1%	1%	1%	1%	1%
	4 or more times per day	3%	3%	3%	2%	2%	1%	2%	1%
... a bottle or glass of water?	I did NOT eat or drink this	4%	3%	2%	2%	4%	2%	2%	1%
	1 to 3 times in the last 7 days	8%	7%	7%	7%	9%	8%	6%	8%
	4 to 6 times in the last 7 days	13%	12%	11%	12%	10%	11%	12%	12%
	1 time per day	8%	7%	11%	9%	9%	8%	11%	9%
	2 times per day	11%	10%	12%	15%	14%	15%	13%	13%
	3 times per day	10%	12%	16%	16%	16%	13%	19%	17%
	4 or more times per day	47%	49%	40%	40%	38%	42%	38%	38%

[^] All questions on this table were new in 2019.

2019 Minnesota Student Survey

**TABLE 25
VEHICLE SAFETY[^]**

American Indian or Alaskan Native only or in combination

		Grade							
		5th		8th		9th		11th	
		Male	Female	Male	Female	Male	Female	Male	Female
		%	%	%	%	%	%	%	%
When driving a car, truck or SUV, how often do you send or read text messages or emails?*	I don't drive a car, truck or SUV					69%	76%	33%	33%
	I never do this					20%	17%	29%	28%
	Rarely					5%	4%	17%	21%
	Sometimes					3%	2%	11%	12%
	Often					1%	1%	7%	5%
	Always					1%	0%	3%	1%
When driving a car, truck or SUV, how often do you make or answer a phone call?*	I don't drive a car, truck or SUV					69%	76%	32%	32%
	I never do this					16%	14%	18%	21%
	Rarely					7%	5%	20%	19%
	Sometimes					4%	3%	14%	15%
	Often					1%	1%	9%	10%
	Always					2%	1%	7%	3%
How often do you wear a seat belt when you are driving or riding in a car, truck or SUV?***	I don't ride in a car, truck or SUV	3%	2%	1%	0%	27%	23%	14%	9%
	I never do this	3%	1%	2%	1%	2%	0%	2%	1%
	Rarely	3%	2%	4%	4%	4%	2%	2%	2%
	Sometimes	6%	6%	8%	9%	4%	5%	5%	3%
	Often	16%	12%	21%	24%	12%	14%	10%	12%
	Always	70%	77%	64%	62%	52%	55%	67%	72%

* 5th and 8th grade surveys did not ask this question.

** On the 5th and 8th grade surveys, this question was worded "How often do you wear a seat belt when you are riding in a car, truck or SUV?"

[^] All questions on this table had wording changes from 2016.

2019 Minnesota Student Survey

TABLE 26A
SELF DESCRIPTION[^]

American Indian or Alaskan Native only or in combination

In general, how does each of the following statements describe you?		Grade							
		5th		8th		9th		11th	
		Male %	Female %	Male %	Female %	Male %	Female %	Male %	Female %
I feel in control of my life and future.*	Not at all or rarely	17%	19%	6%	15%	9%	13%	10%	11%
	Somewhat or sometimes	35%	36%	23%	36%	27%	43%	29%	42%
	Very or often	35%	30%	46%	31%	39%	30%	36%	34%
	Extremely or almost always	14%	14%	25%	17%	25%	14%	25%	13%
I feel good about myself.	Not at all or rarely	7%	15%	6%	26%	10%	26%	10%	17%
	Somewhat or sometimes	18%	27%	26%	38%	27%	41%	28%	47%
	Very or often	35%	27%	41%	22%	38%	23%	38%	27%
	Extremely or almost always	40%	31%	27%	13%	25%	10%	24%	10%
I feel good about my future.	Not at all or rarely	9%	10%	7%	17%	10%	17%	10%	13%
	Somewhat or sometimes	17%	24%	23%	33%	28%	35%	28%	40%
	Very or often	34%	31%	41%	29%	36%	32%	37%	30%
	Extremely or almost always	40%	36%	29%	21%	26%	16%	24%	16%
I deal with disappointment without getting too upset.	Not at all or rarely	16%	18%	12%	22%	13%	20%	11%	18%
	Somewhat or sometimes	36%	36%	30%	39%	32%	46%	32%	45%
	Very or often	30%	30%	41%	27%	37%	24%	36%	28%
	Extremely or almost always	18%	15%	17%	13%	19%	10%	21%	9%
I find good ways to deal with things that are hard in my life.	Not at all or rarely	13%	15%	9%	23%	11%	23%	11%	14%
	Somewhat or sometimes	26%	32%	31%	40%	31%	45%	32%	46%
	Very or often	40%	34%	42%	27%	37%	24%	35%	31%
	Extremely or almost always	21%	19%	18%	11%	21%	8%	23%	8%
I am thinking about what my purpose is in life.**	Not at all or rarely	9%	8%	11%	16%	15%	12%	9%	8%
	Somewhat or sometimes	27%	29%	27%	29%	26%	30%	26%	30%
	Very or often	35%	33%	34%	29%	32%	33%	34%	35%
	Extremely or almost always	29%	30%	28%	27%	28%	25%	31%	26%

* On the 5th grade survey, this item was worded "I can shape and influence what happens in my life and future."

** On the 5th grade survey, this item was worded "I think about what I want to do in my life when I grow up."

[^] These items are adapted from the Developmental Assets Profile (DAP) under a license agreement with Search Institute, Minneapolis, MN.

2019 Minnesota Student Survey

TABLE 26B
SELF DESCRIPTION[^]

American Indian or Alaskan Native only or in combination

In general, how does each of the following statements describe you?		Grade							
		5th		8th		9th		11th	
		Male %	Female %	Male %	Female %	Male %	Female %	Male %	Female %
I say no to things that are dangerous or unhealthy.	Not at all or rarely	12%	11%	9%	10%	11%	11%	9%	9%
	Somewhat or sometimes	20%	15%	24%	28%	25%	32%	30%	31%
	Very or often	24%	22%	30%	26%	31%	25%	31%	34%
	Extremely or almost always	44%	51%	37%	36%	33%	31%	30%	27%
I build friendships with other people.	Not at all or rarely	10%	11%	7%	13%	6%	13%	8%	11%
	Somewhat or sometimes	26%	29%	26%	36%	29%	38%	31%	37%
	Very or often	37%	33%	46%	34%	40%	33%	38%	33%
	Extremely or almost always	28%	27%	22%	17%	25%	16%	23%	18%
I express my feelings in proper ways.	Not at all or rarely	17%	16%	16%	23%	19%	22%	13%	17%
	Somewhat or sometimes	30%	33%	34%	39%	30%	43%	33%	43%
	Very or often	32%	34%	36%	27%	34%	27%	36%	30%
	Extremely or almost always	21%	17%	14%	10%	16%	8%	19%	10%
I plan ahead and make good choices.	Not at all or rarely	8%	7%	10%	16%	10%	16%	9%	9%
	Somewhat or sometimes	28%	27%	36%	36%	36%	38%	36%	40%
	Very or often	38%	37%	37%	32%	35%	32%	38%	36%
	Extremely or almost always	26%	29%	18%	16%	19%	14%	17%	15%
I stay away from bad influences.	Not at all or rarely	8%	9%	11%	17%	12%	16%	12%	12%
	Somewhat or sometimes	20%	19%	27%	30%	28%	33%	30%	32%
	Very or often	30%	28%	33%	27%	30%	27%	30%	34%
	Extremely or almost always	42%	44%	29%	26%	30%	24%	28%	23%
I resolve conflicts without anyone getting hurt.	Not at all or rarely	10%	7%	9%	11%	8%	9%	8%	7%
	Somewhat or sometimes	26%	23%	29%	30%	33%	36%	27%	33%
	Very or often	34%	30%	41%	37%	36%	33%	40%	40%
	Extremely or almost always	31%	40%	21%	22%	23%	23%	25%	21%

[^] These items are adapted from the Developmental Assets Profile (DAP) under a license agreement with Search Institute, Minneapolis, MN.

2019 Minnesota Student Survey

**TABLE 26C
SELF DESCRIPTION[^]**

American Indian or Alaskan Native only or in combination

<i>In general, how does each of the following statements describe you?</i>		Grade							
		5th		8th		9th		11th	
		Male %	Female %	Male %	Female %	Male %	Female %	Male %	Female %
I accept people who are different from me.	Not at all or rarely	4%	3%	2%	2%	4%	2%	4%	1%
	Somewhat or sometimes	11%	8%	13%	7%	13%	10%	14%	7%
	Very or often	29%	22%	38%	28%	39%	30%	38%	29%
	Extremely or almost always	55%	68%	46%	63%	45%	58%	44%	63%
I am sensitive to the needs and feelings of others.	Not at all or rarely	14%	9%	13%	8%	12%	7%	13%	5%
	Somewhat or sometimes	24%	20%	28%	23%	30%	26%	27%	22%
	Very or often	33%	33%	36%	36%	32%	33%	34%	39%
	Extremely or almost always	29%	37%	23%	34%	27%	33%	26%	33%
I feel valued and appreciated by others.	Not at all or rarely	11%	13%	9%	21%	13%	20%	11%	13%
	Somewhat or sometimes	24%	28%	31%	38%	27%	40%	32%	46%
	Very or often	36%	33%	39%	28%	39%	26%	36%	29%
	Extremely or almost always	30%	26%	21%	13%	21%	13%	21%	12%
I am included in family tasks and decisions.	Not at all or rarely	7%	7%	6%	13%	9%	13%	9%	14%
	Somewhat or sometimes	21%	21%	24%	31%	24%	34%	28%	32%
	Very or often	35%	36%	43%	34%	39%	33%	38%	32%
	Extremely or almost always	37%	35%	26%	21%	28%	20%	24%	23%
I am given useful roles and responsibilities.	Not at all or rarely	7%	6%	6%	9%	7%	11%	9%	7%
	Somewhat or sometimes	20%	22%	24%	30%	27%	32%	27%	28%
	Very or often	39%	36%	44%	38%	39%	35%	42%	41%
	Extremely or almost always	34%	36%	26%	23%	26%	22%	22%	24%

[^] These items are adapted from the Developmental Assets Profile (DAP) under a license agreement with Search Institute, Minneapolis, MN.

2019 Minnesota Student Survey

**TABLE 27A
EMOTIONAL WELL-BEING AND DISTRESS***

American Indian or Alaskan Native only or in combination

		Grade					
		8th		9th		11th	
		Male	Female	Male	Female	Male	Female
<i>Over the last two weeks, how often have you been bothered by...?</i>		%	%	%	%	%	%
...little interest or pleasure in doing things?	Not at all	51%	34%	49%	32%	45%	24%
	Several days	29%	33%	28%	35%	30%	41%
	More than half the days	11%	16%	12%	17%	13%	18%
	Nearly every day	9%	17%	11%	16%	12%	16%
...feeling down, depressed or hopeless?	Not at all	60%	36%	57%	30%	55%	30%
	Several days	22%	25%	21%	31%	28%	33%
	More than half the days	10%	15%	11%	17%	9%	19%
	Nearly every day	8%	24%	10%	23%	8%	18%
...feeling nervous, anxious or on edge?^	Not at all	50%	26%	50%	18%	45%	20%
	Several days	29%	30%	27%	32%	31%	31%
	More than half the days	10%	16%	12%	19%	12%	19%
	Nearly every day	11%	27%	12%	30%	12%	29%
...not being able to stop or control worrying?^	Not at all	64%	34%	59%	28%	58%	29%
	Several days	19%	27%	21%	30%	24%	28%
	More than half the days	7%	15%	10%	14%	10%	18%
	Nearly every day	10%	24%	10%	28%	9%	24%

* 5th grade survey did not ask these questions.

^ New question in 2019.

2019 Minnesota Student Survey

**TABLE 27B
EMOTIONAL WELL-BEING AND DISTRESS***

American Indian or Alaskan Native only or in combination

<i>Thinking back the last 30 days, how much do you agree or disagree with the following statements?</i>		Grade	
		5th	
		Male	Female
		%	%
I worry a lot.	Strongly agree	13%	25%
	Agree	22%	25%
	Neither agree nor disagree	31%	25%
	Disagree	17%	13%
	Strongly disagree	17%	12%
I sometimes feel sad without knowing why.[^]	Strongly agree	15%	28%
	Agree	25%	30%
	Neither agree nor disagree	20%	15%
	Disagree	16%	13%
	Strongly disagree	25%	14%

* Only 5th grade survey asked these questions.

[^] Change in question wording from 2016

2019 Minnesota Student Survey

**TABLE 30B
GAMBLING BEHAVIOR***

<i>INCLUDES ONLY THOSE WHO HAVE PARTICIPATED IN ANY GAMBLING ACTIVITIES DURING THE LAST 12 MONTHS</i>		Grade					
		8th		9th		11th	
		Male	Female	Male	Female	Male	Female
		%	%	%	%	%	%
...hidden your gambling/betting from your parents, other family members or teachers?	Never	88%	93%	89%	90%	87%	93%
	Sometimes	7%	4%	7%	5%	4%	3%
	Many times	2%	1%	2%	1%	4%	3%
	All of the time	3%	3%	2%	3%	4%	1%
...felt that you might have a problem with gambling/betting?	Never	94%	96%	92%	93%	89%	92%
	Sometimes	3%	3%	5%	5%	6%	5%
	Many times	1%	1%	3%	0%	2%	3%
	All of the time	2%	0%	1%	1%	3%	0%
...skipped hanging out with friends who do not gamble/bet to hang out with friends who do gamble/bet?	Never	94%	97%	92%	94%	94%	96%
	Sometimes	4%	3%	4%	3%	3%	3%
	Many times	1%	1%	3%	1%	2%	1%
	All of the time	1%	0%	1%	2%	2%	0%

* 5th grade survey did not ask these questions.

