

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Total Injury and Violence													Linear Change*	Quadratic Change*	Change from 2015-2017 †			
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)													64.3	58.7	59.4	No linear change	Not available [§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)													69.7	67.0	65.1	No linear change	Not available	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)													5.9	3.3	3.1	Decreased, 2013-2017	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)													17.7	14.1	15.1	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Total Injury and Violence														Linear Change*	Quadratic Change*	Change from 2015-2017 †
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN11: Percentage of students who were ever in a physical fight														No linear change	Not available [§]	No change
QN12: Percentage of students who were ever bullied on school property														No linear change	Not available	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)														No linear change	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves														Increased, 2013-2017	Not available	Increased
QN15: Percentage of students who ever made a plan about how they would kill themselves														Increased, 2013-2017	Not available	Increased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2015-2017 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017

QN16: Percentage of students who ever tried to kill themselves

6.3 5.8 8.5 Increased, 2013-2017 Not available[§] Increased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Total Tobacco Use														Linear Change*	Quadratic Change*	Change from 2015-2017 †
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)														No linear change	Not available [§]	No change
QNFRFCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)														No linear change	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														No linear change	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)														No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														No linear change	Not available [§]	Increased
QN29: Percentage of students who tried marijuana for the first time before age 11 years														No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Total														Linear Change*	Quadratic Change*	Change from 2015-2017 †
Weight Management and Dietary Behaviors																
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN38: Percentage of students who described themselves as slightly or very overweight																
											24.0	24.4	24.3	No linear change	Not available [§]	No change
QN39: Percentage of students who were trying to lose weight																
											41.6	40.8	42.3	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																
											9.2	6.6	9.6	No linear change	Not available	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																
											53.9	56.8	52.6	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Total Physical Activity														Linear Change*	Quadratic Change*	Change from 2015-2017 †			
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017						
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														55.8	55.8	53.4	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														8.3	7.7	9.2	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														33.6	32.7	32.0	No linear change	Not available	No change
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)														33.8	26.9	21.2	Decreased, 2013-2017	Not available	Decreased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey

Trend Analysis Report

Total
Physical Activity

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2015-2017 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

35.8 36.5 39.6 Increased, 2013-2017 Not available[§] No change

QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)

65.2 64.2 61.4 No linear change Not available No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Total Other	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																
												20.9	19.3	18.2	Decreased, 2013-2017	Not available [§]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																
												62.0	60.4	No linear change	Not available	No change	
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																
												83.7	83.2	No linear change	Not available	No change	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2015-2017 †			
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015	2017	
	QN55: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey)																	
													3.3	2.0	Decreased, 2015-2017	Not available [§]	Decreased	
	QN58: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")																	
													1.0	1.5	No linear change	Not available	No change	
	QN59: Percentage of students who have ever taken an over-the-counter drug to get high																	
													2.4	2.4	No linear change	Not available	No change	
	QN61: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																	
													24.8	29.9	30.3	Increased, 2013-2017	Not available	No change
	QN62: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																	
													12.1	12.1	12.9	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
QN64: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												27.4	33.9	32.0	Increased, 2013-2017	Not available [§]	No change
QN65: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)																	
													17.6	16.2	No linear change	Not available	No change
QN66: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																	
												6.4	4.8	5.5	No linear change	Not available	No change
QN68: Percentage of students who skipped school without permission (one or more times during the last school year)																	
													9.7	10.2	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
QN72: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																	
													3.5	5.0	No linear change	Not available [§]	No change
QN75: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																	
													38.8	33.4	Decreased, 2015-2017	Not available	Decreased
QN78: Percentage of students who most of the time or always feel safe and secure at school																	
													74.5	70.6	No linear change	Not available	No change
QN79: Percentage of students who most of the time or always feel safe and secure in their neighborhood																	
													81.9	80.2	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

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§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
												5.6	5.8	6.1	No linear change	Not available [§]	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
												66.3	65.6	62.9	Decreased, 2013-2017	Not available	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
												36.4	36.8	32.7	Decreased, 2013-2017	Not available	Decreased
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
												23.8	23.6	19.5	Decreased, 2013-2017	Not available	Decreased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												20.6	16.5	16.2	Decreased, 2013-2017	Not available [§]	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												13.8	9.9	10.2	Decreased, 2013-2017	Not available	No change
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												8.5	5.9	6.4	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)													No linear change	Not available [§]	No change	
											66.6	61.7	61.7			
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)													No linear change	Not available	No change	
											71.5	69.7	66.0			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)													Decreased, 2013-2017	Not available	No change	
											6.3	4.1	3.5			
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)													Decreased, 2013-2017	Not available	No change	
											17.0	12.3	13.7			
QN11: Percentage of students who were ever in a physical fight													No linear change	Not available	No change	
											56.2	58.1	57.8			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN12: Percentage of students who were ever bullied on school property													No linear change	Not available [§]	No change	
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)													No linear change	Not available	No change	
QN14: Percentage of students who ever seriously thought about killing themselves													Increased, 2013-2017	Not available	No change	
QN15: Percentage of students who ever made a plan about how they would kill themselves													Increased, 2013-2017	Not available	Increased	
QN16: Percentage of students who ever tried to kill themselves													Increased, 2013-2017	Not available	Increased	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Male Tobacco Use														Linear Change*	Quadratic Change*	Change from 2015-2017 †
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)														No linear change	Not available [§]	No change
								2.7			1.5		2.6			
QNFRFCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)														No linear change	Not available	No change
								0.5			0.5		0.4			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														No linear change	Not available	No change
								0.3			0.5		0.2			
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)														No linear change	Not available	No change
											6.9		6.1			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Male														Linear Change*	Quadratic Change*	Change from 2015-2017 †
Alcohol and Other Drug Use																
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														No linear change	Not available [§]	No change
											10.8	9.6	10.7			
QN29: Percentage of students who tried marijuana for the first time before age 11 years														No linear change	Not available	No change
											3.3	3.1	4.1			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Male														Linear Change*	Quadratic Change*	Change from 2015-2017 †
Weight Management and Dietary Behaviors																
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN38: Percentage of students who described themselves as slightly or very overweight											22.1	22.9	21.7	No linear change	Not available [§]	No change
QN39: Percentage of students who were trying to lose weight											35.0	33.5	37.4	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)											7.4	5.9	8.0	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)											58.6	60.6	59.1	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Male																			
Physical Activity																			
Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017						
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														60.5	60.6	57.8	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														7.0	6.9	8.7	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														39.1	39.9	35.9	No linear change	Not available	No change
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)														33.5	28.0	22.3	Decreased, 2013-2017	Not available	Decreased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Male																
Physical Activity																
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)																
											37.7	36.5	40.5	No linear change	Not available [§]	No change
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																
											68.7	66.6	65.3	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Male Other	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																
												22.1	19.5	19.3	No linear change	Not available [§]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																
												63.3	60.3		No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																
												80.0	80.6		No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QN55: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey)													3.5	2.2	Decreased, 2015-2017	Not available [§]	No change	
QN58: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")													1.1	1.9	No linear change	Not available	No change	
QN59: Percentage of students who have ever taken an over-the-counter drug to get high													2.6	2.0	No linear change	Not available	No change	
QN61: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													23.9	29.1	28.2	Increased, 2013-2017	Not available	No change
QN62: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													12.9	12.9	14.6	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Male Site-Added														Linear Change*	Quadratic Change*	Change from 2015-2017 †			
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017						
QN64: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)														25.0	30.5	30.0	Increased, 2013-2017	Not available [§]	No change
QN65: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)														20.2	18.3	No linear change	Not available	No change	
QN66: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)														6.6	5.1	7.2	No linear change	Not available	No change
QN68: Percentage of students who skipped school without permission (one or more times during the last school year)														12.1	12.2	No linear change	Not available	No change	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				
QN72: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)													3.6	5.1	No linear change	Not available [§]	No change
QN75: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)													41.0	32.4	Decreased, 2015-2017	Not available	Decreased
QN78: Percentage of students who most of the time or always feel safe and secure at school													72.5	69.1	No linear change	Not available	No change
QN79: Percentage of students who most of the time or always feel safe and secure in their neighborhood													80.5	79.9	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													No linear change	Not available [§]	No change	
											5.8	6.7	6.8			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													No linear change	Not available	No change	
											67.7	66.6	64.7			
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													Decreased, 2013-2017	Not available	No change	
											38.6	38.2	33.1			
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													Decreased, 2013-2017	Not available	No change	
											26.0	24.6	21.3			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Male Site-Added													Linear Change*	Quadratic Change*	Change from 2015-2017 †			
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													21.9	18.5	18.2	Decreased, 2013-2017	Not available [§]	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													14.7	10.5	11.4	Decreased, 2013-2017	Not available	No change
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													9.2	6.2	7.1	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)													No linear change	Not available [§]	No change	
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)													No linear change	Not available	No change	
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)													Decreased, 2013-2017	Not available	No change	
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)													No linear change	Not available	No change	
QN11: Percentage of students who were ever in a physical fight													No linear change	Not available	Increased	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QN12: Percentage of students who were ever bullied on school property													49.9	47.8	49.4	No linear change	Not available [§]	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)													27.1	22.8	24.9	No linear change	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves													22.7	20.2	27.2	Increased, 2013-2017	Not available	Increased
QN15: Percentage of students who ever made a plan about how they would kill themselves													14.3	12.2	18.2	Increased, 2013-2017	Not available	Increased
QN16: Percentage of students who ever tried to kill themselves													8.6	8.0	11.2	Increased, 2013-2017	Not available	Increased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Female
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)														No linear change	Not available [§]	No change	
						2.0	1.5	2.0									
QNFRFCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)														No linear change	Not available	No change	
						0.3	0.1	0.1									
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														No linear change	Not available	No change	
						0.1	0.1	0.1									
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)														No linear change	Not available	No change	
								4.3	3.4								

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)													No linear change	Not available [§]	Increased	
QN29: Percentage of students who tried marijuana for the first time before age 11 years													No linear change	Not available	No change	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN38: Percentage of students who described themselves as slightly or very overweight														No linear change	Not available [§]	No change
QN39: Percentage of students who were trying to lose weight														No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)														No linear change	Not available	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)														No linear change	Not available	Decreased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													51.0	51.0	48.8	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													9.5	8.6	9.5	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													28.0	25.2	27.9	No linear change	Not available	No change
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)													34.1	25.7	20.0	Decreased, 2013-2017	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017												
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)														33.8	36.6	38.7	Increased, 2013-2017			Not available [§]			No change		
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)														61.5	61.5	57.5	No linear change			Not available			No change		

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Female Other	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																
												19.6	19.1	16.9	No linear change	Not available [§]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																
												60.6	60.6		No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																
												87.6	86.0		No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QN55: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey)													3.0	1.5	Decreased, 2015-2017	Not available [§]	Decreased	
QN58: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")													0.9	1.2	No linear change	Not available	No change	
QN59: Percentage of students who have ever taken an over-the-counter drug to get high													2.1	2.8	No linear change	Not available	No change	
QN61: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													25.8	30.4	32.5	Increased, 2013-2017	Not available	No change
QN62: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													11.2	11.2	11.0	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017										
QN64: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)														29.9	37.3	34.0	No linear change			Not available [§]			No change
QN65: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)														14.8	13.9	No linear change			Not available			No change	
QN66: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)														6.2	4.3	3.7	Decreased, 2013-2017			Not available			No change
QN68: Percentage of students who skipped school without permission (one or more times during the last school year)														7.2	8.1	No linear change			Not available			No change	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QN72: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)														3.3	5.0	No linear change	Not available [§]	No change
QN75: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)														36.8	34.4	No linear change	Not available	No change
QN78: Percentage of students who most of the time or always feel safe and secure at school														76.5	72.5	Decreased, 2015-2017	Not available	No change
QN79: Percentage of students who most of the time or always feel safe and secure in their neighborhood														83.2	80.7	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													5.3	4.9	5.2	No linear change	Not available [§]	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													64.9	64.8	61.0	No linear change	Not available	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													34.0	35.4	32.3	No linear change	Not available	No change
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													21.5	22.7	17.6	Decreased, 2013-2017	Not available	Decreased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													19.3	14.3	14.1	Decreased, 2013-2017	Not available [§]	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													13.0	9.2	9.0	Decreased, 2013-2017	Not available	No change
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													7.7	5.6	5.8	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)													No linear change	Not available [¶]	No change	
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)													No linear change	Not available	No change	
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)													Decreased, 2013-2017	Not available	Decreased	
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)													No linear change	Not available	No change	
QN11: Percentage of students who were ever in a physical fight													No linear change	Not available	No change	

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN12: Percentage of students who were ever bullied on school property													No linear change	Not available [¶]	No change	
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)													No linear change	Not available	No change	
QN14: Percentage of students who ever seriously thought about killing themselves													Increased, 2013-2017	Not available	No change	
QN15: Percentage of students who ever made a plan about how they would kill themselves													Increased, 2013-2017	Not available	Increased	
QN16: Percentage of students who ever tried to kill themselves													Increased, 2013-2017	Not available	No change	

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													2.1	1.1	1.3	No linear change	Not available [¶]	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													0.3	0.0	0.0	Not available	Not available	Not available
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													0.2	0.0	0.0	Not available	Not available	Not available
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)													4.4	3.9		No linear change	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2015-2017[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

8.1 6.2 8.2 No linear change Not available[¶] No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

1.6 1.2 2.0 No linear change Not available No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2015-2017[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017

QN38: Percentage of students who described themselves as slightly or very overweight

23.1 22.5 23.4 No linear change Not available[¶] No change

QN39: Percentage of students who were trying to lose weight

38.9 37.6 38.9 No linear change Not available No change

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

7.5 6.2 6.8 No linear change Not available No change

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

58.0 60.8 57.6 No linear change Not available No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

White*

Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available [¶]	No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available	No change	
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2013-2017	Not available	Decreased	

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

White*

Physical Activity

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2015-2017[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

32.1 31.6 37.7 Increased, 2013-2017 Not available[¶] Increased

QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)

70.3 70.6 68.4 No linear change Not available No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

White* Other	Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												16.7	17.4	13.3	No linear change	Not available [¶]	Decreased
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												66.1	61.7		No linear change	Not available	No change
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
												89.1	86.9		No linear change	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

White* Site-Added																				
Health Risk Behavior and Percentages													Linear Change [†]		Quadratic Change [†]		Change from 2015-2017 [§]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017							
QN55: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey)													1.5	0.4	Decreased, 2015-2017		Not available [¶]		Decreased	
QN58: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")													0.6	0.7	No linear change		Not available		No change	
QN59: Percentage of students who have ever taken an over-the-counter drug to get high													1.9	1.8	No linear change		Not available		No change	
QN61: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													27.2	32.5	35.3	Increased, 2013-2017		Not available		No change
QN62: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													10.1	10.4	12.4	No linear change		Not available		No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN64: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																
								26.7	34.1	32.0	Increased, 2013-2017		Not available [¶]	No change		
QN65: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)																
											15.4	12.3	No linear change	Not available	No change	
QN66: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																
								5.3	4.0	5.9	No linear change		Not available	No change		
QN68: Percentage of students who skipped school without permission (one or more times during the last school year)																
								7.4	7.8	No linear change		Not available	No change			

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				
QN72: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)													3.0	3.6	No linear change	Not available [¶]	No change
QN75: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)													43.9	37.5	Decreased, 2015-2017	Not available	Decreased
QN78: Percentage of students who most of the time or always feel safe and secure at school													79.4	74.0	No linear change	Not available	No change
QN79: Percentage of students who most of the time or always feel safe and secure in their neighborhood													88.4	87.1	No linear change	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													5.0	5.4	5.8	No linear change	Not available [¶]	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													65.8	66.7	61.9	No linear change	Not available	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													34.8	36.4	30.6	Decreased, 2013-2017	Not available	No change
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													21.0	21.0	16.0	Decreased, 2013-2017	Not available	Decreased

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													18.8	14.7	14.1	Decreased, 2013-2017	Not available [¶]	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													11.9	7.9	8.9	No linear change	Not available	No change
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													6.8	3.9	5.0	No linear change	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)													Decreased, 2013-2017	Not available [¶]	No change	
						83.3	81.4	76.7								
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)													Decreased, 2013-2017	Not available	No change	
						85.5	80.9	76.0								
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)													No linear change	Not available	No change	
						8.9	3.6	5.4								
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)													No linear change	Not available	No change	
						19.1	14.0	14.2								
QN11: Percentage of students who were ever in a physical fight													No linear change	Not available	No change	
						65.2	62.2	61.9								

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN12: Percentage of students who were ever bullied on school property													No linear change	Not available [¶]	No change	
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)													No linear change	Not available	No change	
QN14: Percentage of students who ever seriously thought about killing themselves													No linear change	Not available	No change	
QN15: Percentage of students who ever made a plan about how they would kill themselves													Increased, 2013-2017	Not available	Increased	
QN16: Percentage of students who ever tried to kill themselves													No linear change	Not available	No change	

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													No linear change	Not available [¶]	No change	
								2.8			1.5	3.4				
QNFRICIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													No linear change	Not available	No change	
								0.6			0.3	0.6				
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													No linear change	Not available	No change	
								0.2			0.3	0.3				
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)													No linear change	Not available	Decreased	
											9.1	4.9				

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2015-2017[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

11.0 11.6 12.1 No linear change Not available[¶] No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

3.8 4.7 3.7 No linear change Not available No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2015-2017[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017

QN38: Percentage of students who described themselves as slightly or very overweight

23.8 26.6 22.4 No linear change Not available[¶] No change

QN39: Percentage of students who were trying to lose weight

44.6 45.7 43.6 No linear change Not available No change

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

10.3 8.4 10.9 No linear change Not available No change

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

49.5 50.5 45.0 No linear change Not available No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Black*

Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available [¶]	No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available	No change	
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2013-2017	Not available	Decreased	

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Black*

Physical Activity

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2015-2017[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

44.6 47.0 45.1 No linear change Not available[¶] No change

QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)

60.1 59.0 57.3 No linear change Not available No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																
												28.6	23.9	27.4	No linear change	Not available [¶]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																
												55.8	60.0		No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																
												74.1	78.2		No linear change	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN55: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey)																
												5.6	3.2	No linear change	Not available [¶]	Decreased
QN58: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")																
												1.1	2.3	No linear change	Not available	No change
QN59: Percentage of students who have ever taken an over-the-counter drug to get high																
												2.8	3.6	No linear change	Not available	No change
QN61: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																
											21.1	22.8	21.8	No linear change	Not available	No change
QN62: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																
											17.7	18.4	17.5	No linear change	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QN64: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													26.0	28.8	29.8	No linear change	Not available [¶]	No change
QN65: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)													25.3	26.3		No linear change	Not available	No change
QN66: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)													8.2	6.4	6.6	No linear change	Not available	No change
QN68: Percentage of students who skipped school without permission (one or more times during the last school year)													13.3	10.2		No linear change	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				
QN72: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)													3.0	6.4	No linear change	Not available [¶]	No change
QN75: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)													33.3	30.4	No linear change	Not available	No change
QN78: Percentage of students who most of the time or always feel safe and secure at school													63.4	62.3	No linear change	Not available	No change
QN79: Percentage of students who most of the time or always feel safe and secure in their neighborhood													71.5	69.8	No linear change	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													7.3	7.1	8.4	No linear change	Not available [¶]	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													64.0	62.8	62.4	No linear change	Not available	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													37.7	41.3	35.6	No linear change	Not available	No change
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													28.5	32.3	24.7	No linear change	Not available	Decreased

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2015-2017 [§]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													25.6	25.4	22.4	No linear change	Not available [¶]	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													19.0	18.7	15.2	No linear change	Not available	No change
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													13.0	12.8	11.9	No linear change	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)													No linear change	Not available [§]	No change	
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)													No linear change	Not available	No change	
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)													No linear change	Not available	No change	
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)													No linear change	Not available	No change	
QN11: Percentage of students who were ever in a physical fight													No linear change	Not available	No change	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey

Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN12: Percentage of students who were ever bullied on school property													No linear change	Not available [§]	No change	
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)													No linear change	Not available	No change	
QN14: Percentage of students who ever seriously thought about killing themselves													No linear change	Not available	Increased	
QN15: Percentage of students who ever made a plan about how they would kill themselves													No linear change	Not available	No change	
QN16: Percentage of students who ever tried to kill themselves													No linear change	Not available	No change	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017						
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)														2.9	2.6	4.9	Increased, 2013-2017	Not available [§]	No change
QNFRFCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)														0.5	1.2	0.3	No linear change	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														0.3	1.2	0.3	No linear change	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)														7.4	6.7		No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)													No linear change	Not available [§]	No change	
QN29: Percentage of students who tried marijuana for the first time before age 11 years													No linear change	Not available	No change	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN38: Percentage of students who described themselves as slightly or very overweight													No linear change	Not available [§]	No change	
QN39: Percentage of students who were trying to lose weight													No linear change	Not available	No change	
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)													No linear change	Not available	Increased	
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													No linear change	Not available	No change	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Hispanic Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													45.9	44.7	41.7	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													10.5	9.4	15.3	Increased, 2013-2017	Not available	Increased
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													26.8	27.2	24.5	No linear change	Not available	No change
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)													34.1	28.5	27.8	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)													No linear change	Not available [§]	No change	
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)													Decreased, 2013-2017	Not available	No change	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																
												24.0	17.7	23.8	No linear change	Not available [§]	Increased
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																
												59.9	57.0		No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																
												75.8	74.5		No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey

Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QN55: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey)													6.3	4.1	No linear change	Not available [§]	No change	
QN58: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")													2.9	2.4	No linear change	Not available	No change	
QN59: Percentage of students who have ever taken an over-the-counter drug to get high													3.3	2.3	No linear change	Not available	No change	
QN61: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													20.5	29.1	26.1	No linear change	Not available	No change
QN62: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													10.1	11.8	10.7	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				
QN64: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)														No linear change	Not available [§]	No change	
							25.3	28.1	30.1								
QN65: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)														No linear change	Not available	No change	
											18.4	15.8					
QN66: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)														No linear change	Not available	No change	
							7.4	6.6	5.9								
QN68: Percentage of students who skipped school without permission (one or more times during the last school year)														No linear change	Not available	No change	
							14.0	17.8									

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				
QN72: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)													4.4	8.0	Increased, 2015-2017	Not available [§]	Increased
QN75: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)													32.7	26.2	No linear change	Not available	No change
QN78: Percentage of students who most of the time or always feel safe and secure at school													68.9	65.3	No linear change	Not available	No change
QN79: Percentage of students who most of the time or always feel safe and secure in their neighborhood													73.7	72.1	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													No linear change	Not available [§]	No change	
								4.6	4.8	4.3						
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													No linear change	Not available	No change	
								68.5	60.9	65.1						
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													No linear change	Not available	No change	
								38.3	32.7	34.9						
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													No linear change	Not available	No change	
								27.8	22.4	24.0						

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey

Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													No linear change	Not available [§]	No change	
								23.3			15.6	17.9				
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													No linear change	Not available	No change	
								15.1			8.6	10.1				
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													No linear change	Not available	No change	
								8.9			5.4	5.5				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.