



In the right DIRECTION for Virginia Youth

Results from the 2015 Virginia Youth Survey show that VA high schoolers are improving their health behaviors.



Injury and Violence



Cigarette Use



Drug Use

For the first time, these trends are statistically significant

Over 350,000

High School Students in Virginia



These trends are statistically significant because they have been identified multiple years in-a-row. This shows the behaviors are due to something more than random chance.

Decreases in risky behaviors 2011 - 2015



Injury and Violence



22%

Students who rode with a driver who had been drinking alcohol.*



17%

Students who were in one or more physical fights in the last 12 months.*



Students who Attempted Suicide

2011

11%

2013

10%

2015

7%

Cigarette Use



41%



36%



26%



2011

2013

2015

Students who ever tried a cigarette



45%

Students who currently smoked cigarettes (at least one during the last 30 days).*



Alcohol and Drug Use



Alcohol

Currently drink alcohol (had at least one drink in the last 30 days).*

23%



Drugs

Students who ever used.*

Cocaine 30%

Heroin 47%

Meth^ 38%

Ecstasy 38%

Room for Improvement



Weight Management



Physical Activity



Dietary Behaviors

Remained stable from 2011-2015.

Continued promotion of healthy eating and active lifestyles are needed for greater impact!

*Decrease in behavior is represented by the percent change. Percent change is the relative change between an old value and a new one.

^Methamphetamines

Source: Virginia Department of Health. Virginia Youth Survey. 2011-2015.

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