

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Total  
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN8: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)													87.1	80.1	76.5	Decreased, 2011-2015	Not available <sup>§</sup>	No change
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)													7.3	6.8	6.3	No linear change	Not available	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)													20.0	17.8	15.6	Decreased, 2011-2015	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

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Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													No linear change	Not available <sup>§</sup>	No change	
						6.5					7.0					
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													Decreased, 2013-2015	Not available	No change	
						34.6					31.3					
QN13: Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	No change	
						20.4		15.8		15.0						
QN16: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													No linear change	Not available	No change	
						5.5		5.4		6.1						

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

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Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN17: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the 12 months before the survey)													No linear change	Not available <sup>§</sup>	No change
						7.0	6.1	6.4							
QN18: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													Decreased, 2011-2015	Not available	Decreased
						24.9	23.5	20.6							
QN19: Percentage of students who were injured in a physical fight (one or more times during the 12 months before the survey; injuries had to be treated by a doctor or nurse)													No linear change	Not available	No change
						3.5	3.1	2.9							
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)													No linear change	Not available	No change
						10.9	10.9								

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

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**Total  
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)													No linear change	Not available <sup>§</sup>	No change
						20.3	21.9	19.5							
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)													No linear change	Not available	No change
						14.8	14.5	13.8							
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	Not available	No change
						25.5	25.7	26.9							
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													Decreased, 2011-2015	Not available	No change
						16.9	14.7	14.0							

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Total  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													No linear change	Not available <sup>§</sup>	Decreased
QN29: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)													Decreased, 2011-2015	Not available	Decreased
QN30: Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)													Decreased, 2011-2015	Not available	Decreased

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Total  
Tobacco Use**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN31: Percentage of students who ever tried cigarette smoking (even one or two puffs)													Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
						40.6	35.5	25.7							
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)													Decreased, 2011-2015	Not available	Decreased
						11.2	7.9	5.4							
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						15.0	11.1	8.2							
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						5.4	3.5	2.2							
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						3.6	2.6	1.6							

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### Virginia High School Survey Trend Analysis Report

**Total  
Tobacco Use**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN34: Percentage of students who smoked more than 10 cigarettes per day (during the 30 days before the survey among students who currently smoked cigarettes on the days they smoked)													Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
						10.7	12.0	5.5							
QN36: Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)													No linear change	Not available	No change
						46.7	44.8	48.5							
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						8.2	8.3	5.5							
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						12.0	11.3	7.4							
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						22.8	20.0	14.1							

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Total  
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
						19.6	16.9	11.7							
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Increased, 2011-2015	Not available	Increased
						79.3	82.4	87.6							
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Increased, 2011-2015	Not available	Increased
						81.9	85.1	89.5							

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Total Alcohol and Other Drug Use												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN41: Percentage of students who ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)												Decreased, 2011-2015	Not available <sup>§</sup>	Decreased	
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)												Decreased, 2011-2015	Not available	Decreased	
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)												Decreased, 2011-2015	Not available	Decreased	
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)												Decreased, 2011-2015	Not available	Decreased	
QN45: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours during the 30 days before the survey)												Decreased, 2013-2015	Not available	Decreased	

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## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

<b>Total</b>															
<b>Alcohol and Other Drug Use</b>															
<b>Health Risk Behavior and Percentages</b>															
													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)													No linear change	Not available <sup>§</sup>	No change
QN47: Percentage of students who ever used marijuana (one or more times during their life)													No linear change	Not available	No change
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)													No linear change	Not available	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													No linear change	Not available	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)													Decreased, 2011-2015	Not available	Decreased

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

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## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

<b>Total</b>																		
<b>Alcohol and Other Drug Use</b>																		
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)													3.4	3.9	1.8	Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)													4.0	4.1	2.5	Decreased, 2011-2015	Not available	Decreased
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)													6.4	6.6	4.0	Decreased, 2011-2015	Not available	Decreased
QN56: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)													2.9	3.7	3.1	No linear change	Not available	No change

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

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Total													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Alcohol and Other Drug Use															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)													No linear change	Not available <sup>§</sup>	No change
QN58: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body one or more times during their life)													Decreased, 2011-2015	Not available	Decreased

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

Total													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>§</sup> )													No linear change	Not available <sup>¶</sup>	No change
						17.2	14.7	15.1							
QNOBESE: Percentage of students who were obese ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>§</sup> )													No linear change	Not available	No change
						11.1	12.0	13.0							
QN69: Percentage of students who described themselves as slightly or very overweight													No linear change	Not available	No change
						28.1	28.8	30.0							
QN70: Percentage of students who were trying to lose weight													No linear change	Not available	No change
						43.8	43.0	44.1							
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													Increased, 2011-2015	Not available	Increased
						21.6	25.6	28.6							

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

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

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

¶Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

<b>Total</b>																
<b>Weight Management and Dietary Behaviors</b>																
<b>Health Risk Behavior and Percentages</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change	
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													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 (during the 7 days before the survey)													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 (during the 7 days before the survey)													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 (during the 7 days before the survey)													No linear change	Not available	No change	

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<b>Total</b>																	
<b>Weight Management and Dietary Behaviors</b>																	
<b>Health Risk Behavior and Percentages</b>																	
													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>		
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>	<b>2015</b>					
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change		
						40.6	42.9	40.7									
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)													No linear change	Not available	Increased		
						34.1	34.0	37.6									
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)													No linear change	Not available	No change		
						57.7	52.2	54.0									
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)													No linear change	Not available	No change		
						17.1	17.9	17.7									

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## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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<b>Total</b>															
<b>Weight Management and Dietary Behaviors</b>															
<b>Health Risk Behavior and Percentages</b>										<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)										6.4	6.7	6.7	No linear change	Not available <sup>§</sup>	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)										58.3	61.3	60.1	No linear change	Not available	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)										24.8	26.9	26.4	No linear change	Not available	No change
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)										12.0	12.9	13.8	No linear change	Not available	No change

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<b>Total</b>																
<b>Weight Management and Dietary Behaviors</b>																
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)											20.6	27.1	30.0	Increased, 2011-2015	Not available <sup>§</sup>	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)											24.3	21.7	17.0	Decreased, 2011-2015	Not available	Decreased
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)											16.9	14.8	10.4	Decreased, 2011-2015	Not available	Decreased
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)											9.7	8.4	5.7	Decreased, 2011-2015	Not available	Decreased

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

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## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

Total																	
Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
													Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015					
QN78: Percentage of students who did not drink milk (during the 7 days before the survey)													24.2	27.7	Increased, 2013-2015	Not available <sup>§</sup>	Increased
QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)													37.0	34.4	No linear change	Not available	No change
QNMILK2: Percentage of students who drank two or more glasses per day of milk (during the 7 days before the survey)													21.9	19.5	No linear change	Not available	No change
QNMILK3: Percentage of students who drank three or more glasses per day of milk (during the 7 days before the survey)													9.9	8.7	No linear change	Not available	No change
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)													13.1	14.1	No linear change	Not available	No change

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Trend Analysis Report

Total													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
											38.3	37.7	No linear change	Not available <sup>§</sup>	No change

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## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

<b>Total Physical Activity</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>			
<b>Health Risk Behavior and Percentages</b>																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing 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)													45.6	44.3	45.2	No linear change	Not available <sup>§</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing 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)													15.6	15.2	16.9	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 (doing 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)													24.1	23.8	25.1	No linear change	Not available	No change
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													31.1	28.2	23.9	Decreased, 2011-2015	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

Total Physical Activity	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011				2013
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)															
										29.4	38.0	41.9	Increased, 2011-2015	Not available <sup>§</sup>	Increased
QN83: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)															
										50.1	52.3	50.0	No linear change	Not available	No change
QNDLYPE: Percentage of students who attended physical education classes on all 5 days (in an average week when they were in school)															
										17.7	13.3	13.3	No linear change	Not available	No change
QN84: Percentage of students who played on at least one sports team (run by their school or community groups during the 12 months before the survey)															
										57.7	60.7	55.8	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Total Other	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																
											22.0	24.8	22.4	No linear change	Not available <sup>§</sup>	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNWATER1: Percentage of students who drank one or more glasses per day of water (during the 7 days before the survey)												66.4	70.5	Increased, 2013-2015	Not available <sup>§</sup>	Increased
QNWATER2: Percentage of students who drank two or more glasses per day of water (during the 7 days before the survey)												57.5	60.7	No linear change	Not available	No change
QNWATER3: Percentage of students who drank three or more glasses per day of water (during the 7 days before the survey)												43.4	44.8	No linear change	Not available	No change
QN92: Percentage of students who most of the time or always saw ads or promotions for cigarettes and other tobacco products when they went to a convenience store, supermarket, or gas station												59.0	51.9	Decreased, 2013-2015	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Total  
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015					
QN93: Percentage of students who describe the rule about smoking inside the home where they live as smoking is allowed only at some times or in some places or smoking is always allowed inside their home													17.6	14.2	Decreased, 2013-2015	Not available <sup>§</sup>	Decreased
QN94: Percentage of students who describe the rule about smoking in the vehicle they drive or ride in the most as smoking is sometimes allowed inside the vehicle or smoking is always allowed inside the vehicle													25.4	21.5	Decreased, 2013-2015	Not available	Decreased
QN95: Percentage of students who think young people who smoke cigarettes definitely or probably have more friends													26.9	22.0	Decreased, 2013-2015	Not available	Decreased
QN101: Percentage of students who did not drink a bottle or glass of plain water (including tap, bottled, and unflavored sparkling water, during the 7 days before the survey)													7.2	4.9	Decreased, 2013-2015	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.



## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015
QN106: 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)																
											3.7	3.8	4.3	No linear change	Not available <sup>§</sup>	No change
QN110: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem																
											61.9	66.8	60.8	No linear change	Not available	Decreased
QN113: Percentage of students who most of the time or always feel safe and secure at school																
											78.5	73.8	78.2	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Male  
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN8: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)													88.5	82.3	76.8	Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)													8.7	7.7	7.6	No linear change	Not available	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)													19.6	17.4	14.3	Decreased, 2011-2015	Not available	Decreased
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													7.2	8.2		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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Male  
Injury and Violence**

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)												No linear change	Not available <sup>§</sup>	No change		
						34.9	31.5									
QN13: Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)												Decreased, 2011-2015	Not available	No change		
					31.2	23.7	22.5									
QN16: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)												No linear change	Not available	No change		
					4.7	5.2	5.6									
QN17: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the 12 months before the survey)												No linear change	Not available	No change		
					8.0	7.7	8.0									

\*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													No linear change	Not available <sup>§</sup>	No change
						29.4	30.2	27.3							
QN19: Percentage of students who were injured in a physical fight (one or more times during the 12 months before the survey; injuries had to be treated by a doctor or nurse)													No linear change	Not available	No change
						3.5	3.7	3.6							
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)													No linear change	Not available	No change
							8.1	9.5							
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)													No linear change	Not available	No change
						18.4	19.0	15.9							

\*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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Male  
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)													8.8	9.3	9.0	No linear change	Not available <sup>§</sup>	No change
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													17.3	17.6	17.3	No linear change	Not available	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													12.0	10.4	9.6	No linear change	Not available	No change
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													10.6	11.7	8.1	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN29: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)															
										8.4	9.3	4.6	Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
QN30: Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)															
										3.1	4.3	1.3	Decreased, 2011-2015	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Male  
Tobacco Use**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN31: Percentage of students who ever tried cigarette smoking (even one or two puffs)													Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
						38.8	37.1	27.0							
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)													Decreased, 2011-2015	Not available	Decreased
						11.6	9.5	6.5							
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						14.4	11.6	8.6							
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)													Decreased, 2011-2015	Not available	No change
						6.4	4.2	2.8							
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						4.0	3.4	1.8							

\*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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

Male Tobacco Use													Linear Change*	Quadratic Change*	Change from 2013-2015 †			
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN34: Percentage of students who smoked more than 10 cigarettes per day (during the 30 days before the survey among students who currently smoked cigarettes on the days they smoked)													Decreased, 2011-2015	Not available <sup>§</sup>	Decreased			
													14.3	14.9	4.9			
QN36: Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)													No linear change	Not available	No change			
													44.1	41.1	45.3			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased			
													13.7	12.8	8.7			
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased			
													14.6	13.8	9.2			
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased			
													26.2	23.5	17.0			

\*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.



2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Male  
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
						20.5	18.4	12.9							
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Increased, 2011-2015	Not available	Increased
						76.1	79.7	85.1							
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Increased, 2011-2015	Not available	Increased
						81.1	84.3	88.6							

\*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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

<b>Male</b>																
<b>Alcohol and Other Drug Use</b>																
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN41: Percentage of students who ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)											56.6	54.0	49.6	Decreased, 2011-2015	Not available <sup>§</sup>	No change
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)											16.9	20.4	16.4	No linear change	Not available	Decreased
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)											28.0	25.6	23.0	Decreased, 2011-2015	Not available	No change
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)											15.3	15.1	12.1	No linear change	Not available	Decreased
QN45: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours during the 30 days before the survey)											5.5	2.8		Decreased, 2013-2015	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

<b>Male</b>																
<b>Alcohol and Other Drug Use</b>																
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2013-2015 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)											28.4	37.4	41.0	Increased, 2011-2015	Not available <sup>§</sup>	No change
QN47: Percentage of students who ever used marijuana (one or more times during their life)											33.1	33.4	30.6	No linear change	Not available	No change
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)											10.2	9.6	7.7	No linear change	Not available	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)											18.9	19.2	17.5	No linear change	Not available	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)											6.6	6.6	5.1	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

<b>Male</b>																
<b>Alcohol and Other Drug Use</b>																
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)											4.2	4.8	2.4	Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)											3.9	5.0	3.3	No linear change	Not available	Decreased
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)											7.3	7.9	4.9	Decreased, 2011-2015	Not available	Decreased
QN56: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)											3.3	4.7	3.6	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)													No linear change	Not available <sup>§</sup>	No change
						15.2	16.3	16.9							
QN58: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body one or more times during their life)													Decreased, 2011-2015	Not available	Decreased
						3.2	4.9	2.0							

\*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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

Male													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>§</sup> )													Decreased, 2011-2015	Not available <sup>¶</sup>	No change
						18.0	14.6	14.6							
QNOBESE: Percentage of students who were obese ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>§</sup> )													No linear change	Not available	No change
						11.4	14.5	14.5							
QN69: Percentage of students who described themselves as slightly or very overweight													No linear change	Not available	No change
						21.4	23.2	25.1							
QN70: Percentage of students who were trying to lose weight													No linear change	Not available	No change
						30.8	30.2	32.7							
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													Increased, 2011-2015	Not available	No change
						19.1	23.1	25.2							

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

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

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

¶Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

<b>Male</b>																
<b>Weight Management and Dietary Behaviors</b>																
<b>Health Risk Behavior and Percentages</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change	
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													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 (during the 7 days before the survey)													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 (during the 7 days before the survey)													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 (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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Male													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change
						47.2	47.9	45.4							
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)													No linear change	Not available	No change
						32.3	32.9	35.7							
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)													No linear change	Not available	No change
						57.2	50.4	52.5							
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)													No linear change	Not available	No change
						18.3	19.5	19.4							

\*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.



## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

<b>Male</b>																		
<b>Weight Management and Dietary Behaviors</b>																		
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													8.0	8.0	7.8	No linear change	Not available <sup>§</sup>	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													57.5	61.1	60.7	No linear change	Not available	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													24.8	28.2	27.7	No linear change	Not available	No change
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													12.5	14.1	15.8	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Male																					
Weight Management and Dietary Behaviors																					
Health Risk Behavior and Percentages																					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	Linear Change*	Quadratic Change*	Change from 2013-2015 †						
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)													18.6	23.7	27.0	Increased, 2011-2015		Not available <sup>§</sup>		No change	
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													25.8	23.7	19.5	Decreased, 2011-2015		Not available		Decreased	
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													17.5	16.9	12.8	Decreased, 2011-2015		Not available		Decreased	
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													9.3	9.0	7.6	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Male															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN78: Percentage of students who did not drink milk (during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change
													18.6	20.8	
QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)													No linear change	Not available	No change
													42.4	43.1	
QNMILK2: Percentage of students who drank two or more glasses per day of milk (during the 7 days before the survey)													No linear change	Not available	No change
													26.5	25.3	
QNMILK3: Percentage of students who drank three or more glasses per day of milk (during the 7 days before the survey)													No linear change	Not available	No change
													12.8	11.4	
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)													No linear change	Not available	No change
													13.3	13.3	

\*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
											41.3	42.5	No linear change	Not available <sup>§</sup>	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

<b>Male</b>															
<b>Physical Activity</b>															
<b>Health Risk Behavior and Percentages</b>										<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing 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	53.6	54.2	No linear change	Not available <sup>§</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing 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)										10.6	10.6	12.5	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 (doing 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)										31.1	31.6	32.3	No linear change	Not available	No change
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)										29.6	28.4	24.2	Decreased, 2011-2015	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

<b>Male</b>																
<b>Physical Activity</b>																
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2013-2015 †</b>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)											30.2	37.8	41.4	Increased, 2011-2015	Not available <sup>§</sup>	No change
QN83: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)											55.8	57.3	55.3	No linear change	Not available	No change
QNDLYPE: Percentage of students who attended physical education classes on all 5 days (in an average week when they were in school)											21.3	14.8	14.7	No linear change	Not available	No change
QN84: Percentage of students who played on at least one sports team (run by their school or community groups during the 12 months before the survey)											62.9	65.8	60.0	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Male Other	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																
											19.9	26.4	22.4	No linear change	Not available <sup>§</sup>	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015					
QNWATER1: Percentage of students who drank one or more glasses per day of water (during the 7 days before the survey)													65.1	71.5	Increased, 2013-2015	Not available <sup>§</sup>	Increased
QNWATER2: Percentage of students who drank two or more glasses per day of water (during the 7 days before the survey)													56.2	61.5	Increased, 2013-2015	Not available	Increased
QNWATER3: Percentage of students who drank three or more glasses per day of water (during the 7 days before the survey)													42.8	45.6	No linear change	Not available	No change
QN92: Percentage of students who most of the time or always saw ads or promotions for cigarettes and other tobacco products when they went to a convenience store, supermarket, or gas station													57.8	51.6	Decreased, 2013-2015	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.



## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015					
QN93: Percentage of students who describe the rule about smoking inside the home where they live as smoking is allowed only at some times or in some places or smoking is always allowed inside their home													16.8	13.6	Decreased, 2013-2015	Not available <sup>§</sup>	Decreased
QN94: Percentage of students who describe the rule about smoking in the vehicle they drive or ride in the most as smoking is sometimes allowed inside the vehicle or smoking is always allowed inside the vehicle													24.9	20.2	Decreased, 2013-2015	Not available	Decreased
QN95: Percentage of students who think young people who smoke cigarettes definitely or probably have more friends													29.6	23.2	Decreased, 2013-2015	Not available	Decreased
QN101: Percentage of students who did not drink a bottle or glass of plain water (including tap, bottled, and unflavored sparkling water, during the 7 days before the survey)													8.4	4.9	Decreased, 2013-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN106: 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)													No linear change	Not available <sup>§</sup>	No change
QN110: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem													No linear change	Not available	No change
QN113: Percentage of students who most of the time or always feel safe and secure at school													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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Female  
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN8: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)													Decreased, 2011-2015	Not available <sup>§</sup>	No change
						85.6	77.7	76.0							
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)													No linear change	Not available	No change
						5.8	5.4	4.8							
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)													Decreased, 2011-2015	Not available	No change
						20.2	18.1	17.0							
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													No linear change	Not available	No change
							5.4	5.6							

\*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																
											34.1	31.0	No linear change	Not available <sup>§</sup>	No change	
QN13: Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)																
											9.5	7.3	6.7	Decreased, 2011-2015	Not available	No change
QN16: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																
											6.2	5.2	6.6	No linear change	Not available	No change
QN17: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the 12 months before the survey)																
											5.5	4.1	4.6	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Female Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													Decreased, 2011-2015	Not available <sup>§</sup>	No change
						20.2	16.1	13.5							
QN19: Percentage of students who were injured in a physical fight (one or more times during the 12 months before the survey; injuries had to be treated by a doctor or nurse)													Decreased, 2011-2015	Not available	No change
						3.5	2.2	1.9							
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)													No linear change	Not available	No change
								13.5		12.3					
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)													No linear change	Not available	No change
						22.3	24.8	23.3							

\*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)													No linear change	Not available <sup>§</sup>	No change
						21.0	19.5	18.8							
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	Not available	Increased
						33.9	33.8	37.1							
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													No linear change	Not available	No change
						21.9	19.2	18.6							
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													No linear change	Not available	Decreased
						16.0	18.6	15.4							

\*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN29: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)															
										12.4	10.2	8.7	Decreased, 2011-2015	Not available <sup>§</sup>	No change
QN30: Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)															
										3.7	3.2	2.4	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Female  
Tobacco Use**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN31: Percentage of students who ever tried cigarette smoking (even one or two puffs)													Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
						42.4	33.7	24.2							
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)													Decreased, 2011-2015	Not available	Decreased
						10.5	6.1	4.2							
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						15.5	10.4	7.9							
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)													Decreased, 2011-2015	Not available	No change
						4.4	2.7	1.7							
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
						3.1	1.7	1.4							

\*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.



## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Female  
Tobacco Use**

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN34: Percentage of students who smoked more than 10 cigarettes per day (during the 30 days before the survey among students who currently smoked cigarettes on the days they smoked)												No linear change	Not available <sup>§</sup>	No change	
						6.7	8.4	6.1							
QN36: Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)												No linear change	Not available	No change	
						49.5	48.9	52.2							
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)												No linear change	Not available	Decreased	
						2.3	3.1	2.0							
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)												Decreased, 2011-2015	Not available	Decreased	
						9.0	8.2	5.5							
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)												Decreased, 2011-2015	Not available	Decreased	
						18.9	15.9	11.0							

\*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
						18.3	14.8	10.2							
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Increased, 2011-2015	Not available	Increased
						82.7	85.3	90.1							
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Increased, 2011-2015	Not available	Increased
						82.8	86.1	90.4							

\*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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Female

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN41: Percentage of students who ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)												Decreased, 2011-2015	Not available <sup>§</sup>	No change	
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)												Decreased, 2011-2015	Not available	Decreased	
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)												Decreased, 2011-2015	Not available	Decreased	
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)												Decreased, 2011-2015	Not available	Decreased	
QN45: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours during the 30 days before the survey)												Decreased, 2013-2015	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Female

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)													No linear change	Not available <sup>§</sup>	No change
QN47: Percentage of students who ever used marijuana (one or more times during their life)													No linear change	Not available	No change
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)													No linear change	Not available	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													No linear change	Not available	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)													Decreased, 2011-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)													No linear change	Not available <sup>§</sup>	Decreased
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)													Decreased, 2011-2015	Not available	Decreased
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)													Decreased, 2011-2015	Not available	Decreased
QN56: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)													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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)													No linear change	Not available <sup>§</sup>	No change
										15.9	15.4	14.0			
QN58: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body one or more times during their life)													No linear change	Not available	No change
										1.5	1.9	1.1			

\*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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Female

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>§</sup> )													No linear change	Not available <sup>¶</sup>	No change	
						16.5	14.8	15.7								
QNOBESE: Percentage of students who were obese ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>§</sup> )													No linear change	Not available	No change	
						10.7	9.4	11.4								
QN69: Percentage of students who described themselves as slightly or very overweight													No linear change	Not available	No change	
						35.0	34.9	35.1								
QN70: Percentage of students who were trying to lose weight													No linear change	Not available	No change	
						57.4	56.5	56.2								
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													Increased, 2011-2015	Not available	Increased	
						24.2	28.2	32.3								

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

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

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

¶Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Female

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													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 (during the 7 days before the survey)													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 (during the 7 days before the survey)													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 (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.



2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)												No linear change	Not available <sup>§</sup>	No change	
						33.7	37.7	35.5							
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)												No linear change	Not available	Increased	
						36.0	35.1	39.5							
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)												No linear change	Not available	No change	
						58.5	54.2	55.6							
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)												No linear change	Not available	No change	
						15.9	16.2	15.9							

\*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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Female

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													4.8	5.3	5.6	No linear change	Not available <sup>§</sup>	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													58.9	61.3	59.7	No linear change	Not available	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													24.9	25.6	24.9	No linear change	Not available	No change
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													11.4	11.5	11.8	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Female

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015					
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												Increased, 2011-2015	Not available <sup>§</sup>	No change			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												22.8	30.5	33.3			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2011-2015	Not available	Decreased			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												22.9	19.7	14.2			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2011-2015	Not available	Decreased			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												16.5	12.6	7.7			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2011-2015	Not available	Decreased			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												10.2	7.7	3.7			

\*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN78: Percentage of students who did not drink milk (during the 7 days before the survey)															
											29.8	35.1	Increased, 2013-2015	Not available <sup>§</sup>	Increased
QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)															
											31.4	25.1	Decreased, 2013-2015	Not available	Decreased
QNMILK2: Percentage of students who drank two or more glasses per day of milk (during the 7 days before the survey)															
											17.2	13.4	Decreased, 2013-2015	Not available	Decreased
QNMILK3: Percentage of students who drank three or more glasses per day of milk (during the 7 days before the survey)															
											6.9	5.8	No linear change	Not available	No change
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
											12.9	14.9	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
											35.4	32.7	No linear change	Not available <sup>§</sup>	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Female  
Physical Activity**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing 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 <sup>§</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing 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 (doing 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
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2011-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Female  
Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)													Increased, 2011-2015	Not available <sup>§</sup>	No change
										28.6	38.5	42.3			
QN83: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)													No linear change	Not available	No change
										44.4	47.1	44.3			
QNDLYPE: Percentage of students who attended physical education classes on all 5 days (in an average week when they were in school)													No linear change	Not available	No change
										14.0	11.9	11.8			
QN84: Percentage of students who played on at least one sports team (run by their school or community groups during the 12 months before the survey)													No linear change	Not available	No change
										52.3	55.3	51.3			

\*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Female  
Other

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2013-2015 †

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

QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma

24.1 23.1 22.3

No linear change

Not available<sup>§</sup>

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.



## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNWATER1: Percentage of students who drank one or more glasses per day of water (during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change
QNWATER2: Percentage of students who drank two or more glasses per day of water (during the 7 days before the survey)													No linear change	Not available	No change
QNWATER3: Percentage of students who drank three or more glasses per day of water (during the 7 days before the survey)													No linear change	Not available	No change
QN92: Percentage of students who most of the time or always saw ads or promotions for cigarettes and other tobacco products when they went to a convenience store, supermarket, or gas station													Decreased, 2013-2015	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015					
QN93: Percentage of students who describe the rule about smoking inside the home where they live as smoking is allowed only at some times or in some places or smoking is always allowed inside their home													18.1	14.8	Decreased, 2013-2015	Not available <sup>§</sup>	Decreased
QN94: Percentage of students who describe the rule about smoking in the vehicle they drive or ride in the most as smoking is sometimes allowed inside the vehicle or smoking is always allowed inside the vehicle													25.9	22.6	No linear change	Not available	No change
QN95: Percentage of students who think young people who smoke cigarettes definitely or probably have more friends													23.9	20.8	Decreased, 2013-2015	Not available	No change
QN101: Percentage of students who did not drink a bottle or glass of plain water (including tap, bottled, and unflavored sparkling water, during the 7 days before the survey)													5.6	4.8	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN106: 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)													No linear change	Not available <sup>§</sup>	No change
QN110: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem													No linear change	Not available	Decreased
QN113: Percentage of students who most of the time or always feel safe and secure at school													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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**White\***  
**Injury and Violence**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN8: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)													85.2	77.0	70.0	Decreased, 2011-2015	Not available <sup>¶</sup>	Decreased
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)													5.7	5.4	4.6	No linear change	Not available	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)													20.3	15.5	14.3	Decreased, 2011-2015	Not available	No change
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													6.0	7.3		No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**White\***  
**Injury and Violence**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																
											37.1	33.0	Decreased, 2013-2015	Not available <sup>¶</sup>	No change	
QN13: Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)																
											22.7	18.1	18.5	No linear change	Not available	No change
QN16: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																
											4.3	4.3	4.8	No linear change	Not available	No change
QN17: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the 12 months before the survey)																
											5.2	4.7	5.2	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													Decreased, 2011-2015	Not available <sup>¶</sup>	No change
										22.9	19.7	18.1			
QN19: Percentage of students who were injured in a physical fight (one or more times during the 12 months before the survey; injuries had to be treated by a doctor or nurse)													No linear change	Not available	No change
										3.0	2.4	2.2			
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)													No linear change	Not available	No change
											9.4	9.3			
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)													No linear change	Not available	No change
										21.2	23.7	22.9			

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**White\***  
**Injury and Violence**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)													No linear change	Not available <sup>¶</sup>	No change
						16.3	15.8	16.5							
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	Not available	No change
						24.2	25.2	25.3							
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													No linear change	Not available	No change
						16.5	14.8	14.1							
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													No linear change	Not available	Decreased
						12.2	14.5	11.8							

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN29: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)															
										8.4	8.2	5.1	Decreased, 2011-2015	Not available <sup>¶</sup>	Decreased
QN30: Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)															
										2.1	3.2	1.2	No linear change	Not available	Decreased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.



## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**White\*  
Tobacco Use**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN31: Percentage of students who ever tried cigarette smoking (even one or two puffs)													Decreased, 2011-2015	Not available <sup>¶</sup>	Decreased
						37.8	33.9	25.3							
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)													Decreased, 2011-2015	Not available	No change
						10.6	7.4	5.5							
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	No change
						16.7	11.5	9.5							
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)													Decreased, 2011-2015	Not available	No change
						5.9	3.8	2.7							
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						3.4	3.1	1.8							

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**White\*  
Tobacco Use**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN34: Percentage of students who smoked more than 10 cigarettes per day (during the 30 days before the survey among students who currently smoked cigarettes on the days they smoked)													No linear change	Not available <sup>¶</sup>	Decreased
						8.5	13.7	5.6							
QN36: Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)													No linear change	Not available	No change
						49.7	44.2	44.6							
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						11.3	10.2	7.2							
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						12.6	9.5	6.5							
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						26.1	20.7	15.0							

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

White\*  
Tobacco Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available <sup>¶</sup>	Decreased
						21.2	16.0	11.5							
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Increased, 2011-2015	Not available	Increased
						75.9	81.2	85.8							
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Increased, 2011-2015	Not available	Increased
						79.9	85.3	88.9							

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**White\***

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN41: Percentage of students who ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)													Decreased, 2011-2015	Not available <sup>¶</sup>	Decreased
						62.7	58.4	51.7							
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)													Decreased, 2011-2015	Not available	Decreased
						18.7	16.7	13.1							
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	No change
						35.0	30.6	26.5							
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						20.1	17.0	13.1							
QN45: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours during the 30 days before the survey)													Decreased, 2013-2015	Not available	Decreased
							5.0	2.2							

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

White\*

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)													No linear change	Not available <sup>¶</sup>	No change
QN47: Percentage of students who ever used marijuana (one or more times during their life)													No linear change	Not available	No change
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)													No linear change	Not available	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													Decreased, 2011-2015	Not available	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)													No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

White\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)													No linear change	Not available <sup>¶</sup>	Decreased
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)													Decreased, 2011-2015	Not available	Decreased
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)													Decreased, 2011-2015	Not available	Decreased
QN56: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)													No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

White\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)													No linear change	Not available <sup>¶</sup>	No change
QN58: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body one or more times during their life)													No linear change	Not available	Decreased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

White\*

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>‡</sup> )													No linear change	Not available**	No change
						13.9	13.5	12.3							
QNOBESE: Percentage of students who were obese ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>‡</sup> )													No linear change	Not available	No change
						8.7	10.5	12.0							
QN69: Percentage of students who described themselves as slightly or very overweight													No linear change	Not available	No change
						26.6	30.3	30.0							
QN70: Percentage of students who were trying to lose weight													No linear change	Not available	No change
						41.7	42.8	41.7							
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													Increased, 2011-2015	Not available	Increased
						21.8	27.7	33.2							

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>‡</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

\*\*Not enough years of data to calculate.



## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**White\***

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													No linear change	Not available <sup>¶</sup>	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													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 (during the 7 days before the survey)													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 (during the 7 days before the survey)													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 (during the 7 days before the survey)													No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

White\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)												No linear change	Not available <sup>¶</sup>	No change	
						33.9	38.5	36.3							
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)												Increased, 2011-2015	Not available	Increased	
						26.3	30.4	34.0							
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)												No linear change	Not available	No change	
						51.5	49.2	47.2							
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)												No linear change	Not available	No change	
						13.3	15.1	14.6							

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

White\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available <sup>¶</sup>	No change
										4.6	5.1	5.2			
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
										64.3	64.6	66.1			
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
										26.0	27.6	27.5			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
										11.5	12.2	13.0			

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

White\*

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015					
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												Increased, 2011-2015	Not available <sup>¶</sup>	No change			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												21.9	27.8	31.2			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2011-2015	Not available	Decreased			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												24.4	23.1	17.9			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2011-2015	Not available	Decreased			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												17.0	15.3	10.5			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2011-2015	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 (not including diet soda or diet pop, during the 7 days before the survey)												9.9	7.8	5.6			

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

White\*

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN78: Percentage of students who did not drink milk (during the 7 days before the survey)												19.8	23.0	Increased, 2013-2015	Not available <sup>¶</sup>	Increased
QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)												40.8	38.6	No linear change	Not available	No change
QNMILK2: Percentage of students who drank two or more glasses per day of milk (during the 7 days before the survey)												23.8	23.1	No linear change	Not available	No change
QNMILK3: Percentage of students who drank three or more glasses per day of milk (during the 7 days before the survey)												10.5	9.5	No linear change	Not available	No change
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)												11.1	11.3	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

White\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
											43.0	42.7	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**White\***

**Physical Activity**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing 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)													48.6	48.4	51.5	No linear change	Not available <sup>¶</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing 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)													13.7	12.6	13.1	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 (doing 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)													26.2	26.5	29.4	No linear change	Not available	No change
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													22.7	22.4	17.9	Decreased, 2011-2015	Not available	Decreased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

White\*

Physical Activity

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)													Increased, 2011-2015	Not available <sup>¶</sup>	No change
QN83: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)													No linear change	Not available	No change
QNDLYPE: Percentage of students who attended physical education classes on all 5 days (in an average week when they were in school)													No linear change	Not available	No change
QN84: Percentage of students who played on at least one sports team (run by their school or community groups during the 12 months before the survey)													No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.



2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

White\*  
Other

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																		
													20.6	22.7	20.5	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**White\*  
Site-Added**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015					
QNWATER1: Percentage of students who drank one or more glasses per day of water (during the 7 days before the survey)													70.5	75.4	Increased, 2013-2015	Not available <sup>¶</sup>	Increased
QNWATER2: Percentage of students who drank two or more glasses per day of water (during the 7 days before the survey)													60.1	65.6	Increased, 2013-2015	Not available	Increased
QNWATER3: Percentage of students who drank three or more glasses per day of water (during the 7 days before the survey)													43.5	48.1	Increased, 2013-2015	Not available	Increased
QN92: Percentage of students who most of the time or always saw ads or promotions for cigarettes and other tobacco products when they went to a convenience store, supermarket, or gas station													64.5	55.7	Decreased, 2013-2015	Not available	Decreased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**White\*  
Site-Added**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN93: Percentage of students who describe the rule about smoking inside the home where they live as smoking is allowed only at some times or in some places or smoking is always allowed inside their home													No linear change	Not available <sup>¶</sup>	Decreased
QN94: Percentage of students who describe the rule about smoking in the vehicle they drive or ride in the most as smoking is sometimes allowed inside the vehicle or smoking is always allowed inside the vehicle													No linear change	Not available	No change
QN95: Percentage of students who think young people who smoke cigarettes definitely or probably have more friends													No linear change	Not available	No change
QN101: Percentage of students who did not drink a bottle or glass of plain water (including tap, bottled, and unflavored sparkling water, during the 7 days before the survey)													Decreased, 2013-2015	Not available	Decreased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN106: 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)													No linear change	Not available <sup>¶</sup>	No change
QN110: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem													No linear change	Not available	Decreased
QN113: Percentage of students who most of the time or always feel safe and secure at school													No linear change	Not available	Increased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Black\***  
**Injury and Violence**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN8: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)													93.5	90.1	89.8	No linear change	Not available <sup>¶</sup>	No change
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)													8.8	7.4	8.9	No linear change	Not available	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)													15.8	20.5	16.1	No linear change	Not available	Decreased
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													6.0	4.7		No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Black\***  
**Injury and Violence**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													No linear change	Not available <sup>¶</sup>	No change
											26.8	26.3			
QN13: Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)													No linear change	Not available	No change
											14.6	11.5	9.0		
QN16: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													No linear change	Not available	Increased
											7.4	4.9	7.7		
QN17: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the 12 months before the survey)													No linear change	Not available	No change
											8.0	6.1	7.0		

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													No linear change	Not available <sup>¶</sup>	Decreased
QN19: Percentage of students who were injured in a physical fight (one or more times during the 12 months before the survey; injuries had to be treated by a doctor or nurse)													No linear change	Not available	No change
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)													No linear change	Not available	No change
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)													No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Black\*  
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)													No linear change	Not available <sup>¶</sup>	No change
						11.2		9.0		7.7					
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	Not available	No change
						24.4		21.7		23.6					
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													No linear change	Not available	No change
						14.2		12.7		11.6					
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													No linear change	Not available	Decreased
						11.6		14.2		9.4					

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.



2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN29: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)													No linear change	Not available <sup>¶</sup>	No change
QN30: Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)													No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Black\*  
Tobacco Use**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN31: Percentage of students who ever tried cigarette smoking (even one or two puffs)													44.5	37.9	21.7	Decreased, 2011-2015	Not available <sup>¶</sup>	Decreased
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)													11.1	8.3	4.1	Decreased, 2011-2015	Not available	Decreased
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													8.9	9.7	3.7	No linear change	Not available	Decreased
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)													3.3	3.1	1.1	No linear change	Not available	Decreased
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													2.7	2.2	0.7	No linear change	Not available	Decreased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Black\*  
Tobacco Use**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													1.2	4.7	2.8	No linear change	Not available <sup>¶</sup>	Decreased
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													9.1	15.0	6.9	No linear change	Not available	Decreased
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													13.7	19.7	10.0	No linear change	Not available	Decreased
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													13.6	18.5	8.8	No linear change	Not available	Decreased
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													87.6	82.8	92.3	No linear change	Not available	Increased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*  
Tobacco Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													No linear change	Not available <sup>¶</sup>	Increased
										87.7	83.6	92.7			

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Black\***

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN41: Percentage of students who ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)													No linear change	Not available <sup>¶</sup>	No change
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)													No linear change	Not available	Decreased
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)													No linear change	Not available	Decreased
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)													No linear change	Not available	No change
QN45: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours during the 30 days before the survey)													No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)													No linear change	Not available <sup>¶</sup>	No change
										42.8	43.7				
QN47: Percentage of students who ever used marijuana (one or more times during their life)													No linear change	Not available	No change
										32.7	40.0	36.5			
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)													No linear change	Not available	No change
										7.9	11.4	9.0			
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													No linear change	Not available	No change
										15.5	22.0	20.1			
QN50: Percentage of students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)													No linear change	Not available	No change
										6.4	5.2	3.2			

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)													No linear change	Not available <sup>¶</sup>	No change
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)													No linear change	Not available	No change
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)													No linear change	Not available	No change
QN56: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)													No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)													No linear change	Not available <sup>¶</sup>	No change
										8.1	16.5	13.3	No linear change	Not available <sup>¶</sup>	No change
QN58: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body one or more times during their life)													No linear change	Not available	Decreased
										2.8	3.7	2.0	No linear change	Not available	Decreased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.



## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Black\*

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>‡</sup> )													No linear change	Not available**	No change
						23.9	16.4	18.8							
QNOBESE: Percentage of students who were obese ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>‡</sup> )													No linear change	Not available	No change
						16.8	17.6	15.1							
QN69: Percentage of students who described themselves as slightly or very overweight													No linear change	Not available	No change
						29.6	25.2	27.9							
QN70: Percentage of students who were trying to lose weight													No linear change	Not available	No change
						48.8	40.3	44.1							
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													No linear change	Not available	No change
						19.4	20.7	20.8							

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>‡</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

\*\*Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													No linear change	Not available <sup>¶</sup>	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													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 (during the 7 days before the survey)													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 (during the 7 days before the survey)													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 (during the 7 days before the survey)													No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Black\***

**Weight Management and Dietary Behaviors**

Health Risk Behavior and Percentages												Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)												No linear change	Not available <sup>¶</sup>	No change	
						54.8	53.6	50.0							
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)												No linear change	Not available	No change	
						49.2	42.7	44.6							
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)												No linear change	Not available	No change	
						76.2	67.0	71.9							
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)												No linear change	Not available	No change	
						24.3	23.3	22.3							

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Black\***

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available <sup>¶</sup>	No change
						8.0		10.7		9.5					
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
						42.4		51.3		49.2					
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
						17.7		19.8		22.2					
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
						9.2		10.9		13.4					

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Black\***

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available <sup>¶</sup>	No change	
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available	Decreased	
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available	Decreased	
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available	Decreased	

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN78: Percentage of students who did not drink milk (during the 7 days before the survey)												No linear change	Not available <sup>¶</sup>	No change	
											38.4	40.5			
QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)												No linear change	Not available	No change	
											23.9	21.9			
QNMILK2: Percentage of students who drank two or more glasses per day of milk (during the 7 days before the survey)												No linear change	Not available	No change	
											14.9	11.8			
QNMILK3: Percentage of students who drank three or more glasses per day of milk (during the 7 days before the survey)												No linear change	Not available	No change	
											7.6	5.9			
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)												No linear change	Not available	No change	
											13.8	16.8			

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													No linear change	Not available <sup>¶</sup>	No change

29.8 27.7

No linear change

Not available<sup>¶</sup>

No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Black\***

**Physical Activity**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing 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)													45.3	41.5	39.6	No linear change	Not available <sup>¶</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing 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)													19.3	18.5	24.2	No linear change	Not available	Increased
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing 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)													24.3	22.9	21.0	No linear change	Not available	No change
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													49.3	45.4	38.3	Decreased, 2011-2015	Not available	Decreased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.



2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*  
Physical Activity

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)													Increased, 2011-2015	Not available <sup>¶</sup>	No change
QN83: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)													No linear change	Not available	No change
QNDLYPE: Percentage of students who attended physical education classes on all 5 days (in an average week when they were in school)													No linear change	Not available	No change
QN84: Percentage of students who played on at least one sports team (run by their school or community groups during the 12 months before the survey)													No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*  
Other

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																		
													28.8	28.1	25.7	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Black\*  
Site-Added**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015					
QNWATER1: Percentage of students who drank one or more glasses per day of water (during the 7 days before the survey)													No linear change	Not available <sup>¶</sup>	No change		
													57.5	61.7			
QNWATER2: Percentage of students who drank two or more glasses per day of water (during the 7 days before the survey)													No linear change	Not available	No change		
													49.7	51.8			
QNWATER3: Percentage of students who drank three or more glasses per day of water (during the 7 days before the survey)													No linear change	Not available	No change		
													40.3	35.9			
QN92: Percentage of students who most of the time or always saw ads or promotions for cigarettes and other tobacco products when they went to a convenience store, supermarket, or gas station													Decreased, 2013-2015	Not available	Decreased		
													58.6	52.7			

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN93: Percentage of students who describe the rule about smoking inside the home where they live as smoking is allowed only at some times or in some places or smoking is always allowed inside their home															
											22.0	15.7	Decreased, 2013-2015	Not available <sup>¶</sup>	Decreased
QN94: Percentage of students who describe the rule about smoking in the vehicle they drive or ride in the most as smoking is sometimes allowed inside the vehicle or smoking is always allowed inside the vehicle															
											27.4	20.5	Decreased, 2013-2015	Not available	Decreased
QN95: Percentage of students who think young people who smoke cigarettes definitely or probably have more friends															
											40.2	31.5	Decreased, 2013-2015	Not available	Decreased
QN101: Percentage of students who did not drink a bottle or glass of plain water (including tap, bottled, and unflavored sparkling water, during the 7 days before the survey)															
											9.1	7.0	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2013-2015 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN106: 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)													Increased, 2011-2015	Not available <sup>¶</sup>	No change
QN110: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem													No linear change	Not available	No change
QN113: Percentage of students who most of the time or always feel safe and secure at school													No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Hispanic/Latino Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN8: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)													No linear change	Not available <sup>§</sup>	No change
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)													No linear change	Not available	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)													No linear change	Not available	Decreased
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle 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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Hispanic/Latino Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											43.1	33.2	Decreased, 2013-2015	Not available <sup>§</sup>	No change
QN13: Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)															
										22.4	15.1	12.4	Decreased, 2011-2015	Not available	No change
QN16: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)															
										8.5	8.3	7.0	No linear change	Not available	No change
QN17: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the 12 months before the survey)															
										13.2	9.5	8.6	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													Decreased, 2011-2015	Not available <sup>§</sup>	No change
						30.2	26.2	21.2							
QN19: Percentage of students who were injured in a physical fight (one or more times during the 12 months before the survey; injuries had to be treated by a doctor or nurse)													No linear change	Not available	No change
						5.6	4.6	3.8							
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)													No linear change	Not available	No change
								12.9		13.5					
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)													No linear change	Not available	No change
						20.9	20.3	16.6							

\*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.



## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Hispanic/Latino Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)													No linear change	Not available <sup>§</sup>	Decreased
						14.3	17.2	10.8							
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	Not available	No change
						32.2	32.8	32.1							
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													Decreased, 2011-2015	Not available	No change
						22.3	16.5	14.6							
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													Decreased, 2011-2015	Not available	Decreased
						18.4	16.9	12.1							

\*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN29: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)															
										20.2	17.5	8.0	Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
QN30: Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)															
										7.6	7.5	2.3	Decreased, 2011-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino  
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN31: Percentage of students who ever tried cigarette smoking (even one or two puffs)													Decreased, 2011-2015	Not available <sup>§</sup>	Decreased
						49.5	44.8	32.5							
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)													Decreased, 2011-2015	Not available	Decreased
						16.4	11.1	5.2							
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						22.2	17.1	11.0							
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
						7.1	4.6	1.4							
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													Decreased, 2011-2015	Not available	No change
						6.4	2.6	1.4							

\*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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Hispanic/Latino Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													No linear change	Not available <sup>§</sup>	No change
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													No linear change	Not available	No change
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	Decreased
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Decreased, 2011-2015	Not available	No change
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Increased, 2011-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino  
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)															
										76.7	81.5	87.2	Increased, 2011-2015	Not available <sup>§</sup>	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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Hispanic/Latino

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN41: Percentage of students who ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)												No linear change	Not available <sup>§</sup>	No change	
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)												Decreased, 2011-2015	Not available	Decreased	
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)												No linear change	Not available	No change	
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)												Decreased, 2011-2015	Not available	No change	
QN45: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours during the 30 days before the survey)												Decreased, 2013-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)													No linear change	Not available <sup>§</sup>	No change
QN47: Percentage of students who ever used marijuana (one or more times during their life)													No linear change	Not available	Decreased
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)													Decreased, 2011-2015	Not available	Decreased
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													No linear change	Not available	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)													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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)												No linear change	Not available <sup>§</sup>	No change	
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)												No linear change	Not available	No change	
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)												No linear change	Not available	Decreased	
QN56: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)												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.



2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)													No linear change	Not available <sup>§</sup>	No change
										19.4	14.1	16.4			
QN58: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body one or more times during their life)													No linear change	Not available	Decreased
										4.6	5.3	3.1			

\*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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Hispanic/Latino

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>§</sup> )													No linear change	Not available <sup>¶</sup>	No change
						21.8	20.7	21.0							
QNOBESE: Percentage of students who were obese ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>§</sup> )													No linear change	Not available	No change
						13.0	10.8	14.9							
QN69: Percentage of students who described themselves as slightly or very overweight													No linear change	Not available	No change
						32.3	32.0	35.9							
QN70: Percentage of students who were trying to lose weight													No linear change	Not available	No change
						51.2	51.7	53.6							
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													No linear change	Not available	No change
						22.4	23.3	22.4							

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

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

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

¶Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													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 (during the 7 days before the survey)													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 (during the 7 days before the survey)													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 (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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change
						44.1	44.2	39.9							
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)													No linear change	Not available	No change
						39.5	37.2	39.0							
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)													No linear change	Not available	No change
						54.9	50.0	51.3							
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)													No linear change	Not available	No change
						26.3	22.9	23.9							

\*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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Hispanic/Latino

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change
						13.5		8.2		9.5					
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
						53.0		57.9		53.2					
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
						27.8		27.9		26.0					
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
						16.5		14.1		15.8					

\*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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Hispanic/Latino

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													Decreased, 2011-2015	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 (not including diet soda or diet pop, during the 7 days before the survey)													Decreased, 2011-2015	Not available	Decreased
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													Decreased, 2011-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN78: Percentage of students who did not drink milk (during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change
						21.0	23.7								
QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)													No linear change	Not available	No change
						38.4	32.8								
QNMILK2: Percentage of students who drank two or more glasses per day of milk (during the 7 days before the survey)													Decreased, 2013-2015	Not available	Decreased
						23.6	15.7								
QNMILK3: Percentage of students who drank three or more glasses per day of milk (during the 7 days before the survey)													No linear change	Not available	No change
						11.3	8.9								
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)													No linear change	Not available	No change
						19.9	18.6								

\*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
											30.0	33.3	No linear change	Not available <sup>§</sup>	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.



## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

**Hispanic/Latino  
Physical Activity**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing 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 <sup>§</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing 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 (doing 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
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2011-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino  
Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)													No linear change	Not available <sup>§</sup>	Increased
QN83: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)													No linear change	Not available	No change
QNDLYPE: Percentage of students who attended physical education classes on all 5 days (in an average week when they were in school)													No linear change	Not available	No change
QN84: Percentage of students who played on at least one sports team (run by their school or community groups during the 12 months 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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino  
Other

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma															
										19.8	27.9	22.3	No linear change	Not available <sup>§</sup>	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino  
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNWATER1: Percentage of students who drank one or more glasses per day of water (during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	No change
QNWATER2: Percentage of students who drank two or more glasses per day of water (during the 7 days before the survey)													No linear change	Not available	No change
QNWATER3: Percentage of students who drank three or more glasses per day of water (during the 7 days before the survey)													No linear change	Not available	No change
QN92: Percentage of students who most of the time or always saw ads or promotions for cigarettes and other tobacco products when they went to a convenience store, supermarket, or gas station													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.

## 2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia High School Survey Trend Analysis Report

#### Hispanic/Latino Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN93: Percentage of students who describe the rule about smoking inside the home where they live as smoking is allowed only at some times or in some places or smoking is always allowed inside their home													No linear change	Not available <sup>§</sup>	No change
													11.7	9.9	
QN94: Percentage of students who describe the rule about smoking in the vehicle they drive or ride in the most as smoking is sometimes allowed inside the vehicle or smoking is always allowed inside the vehicle													No linear change	Not available	No change
													19.9	17.1	
QN95: Percentage of students who think young people who smoke cigarettes definitely or probably have more friends													Decreased, 2013-2015	Not available	Decreased
													39.2	29.7	
QN101: Percentage of students who did not drink a bottle or glass of plain water (including tap, bottled, and unflavored sparkling water, during the 7 days before the survey)													Decreased, 2013-2015	Not available	Decreased
													10.6	5.3	

\*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey  
Trend Analysis Report

Hispanic/Latino  
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN106: 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)													Decreased, 2011-2015	Not available <sup>§</sup>	No change
						11.1	6.5	5.4							
QN110: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem													No linear change	Not available	No change
						51.3	55.8	56.2							
QN113: Percentage of students who most of the time or always feel safe and secure at school													No linear change	Not available	Increased
						70.4	65.7	77.6							

\*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.