Virginia Middle 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			

QN6: Percentage of students who never or rarely wore a bicycle helmet (among students who had ridden a bicycle)

											64.3	58.7	No linear change	Not available[§]	No change

QN7: Percentage of students who never or rarely wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)

											69.7	67.0	No linear change	Not available	No change

QN8: Percentage of students who never or rarely wore a seat belt (when riding in a car)

											5.9	3.3	Decreased, 2013-2015	Not available	Decreased

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car)

											17.7	14.1	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.

Virginia Middle 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**			
QN10: Percentage of students who carried a weapon (such as a gun, knife, or club)															
											31.2	27.3	No linear change	Not available[§]	Decreased
QN11: Percentage of students who were in a physical fight															
											44.4	42.8	No linear change	Not available	No change
QN12: Percentage of students who were injured in a physical fight (injuries had to be treated by a doctor or nurse)															
											4.6	4.9	No linear change	Not available	No change
QN13: Percentage of students who were bullied on school property															
											43.8	42.1	No linear change	Not available	No change
QN14: Percentage of students who were electronically bullied (including through e-mail, chat rooms, instant messaging, web sites, or texting)															
											19.8	18.5	No linear change	Not available	No change

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[†]Based on t-test analysis, $p < 0.05$.
[§]Not enough years of data to calculate.

Virginia Middle 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			

QN15: Percentage of students who seriously thought about killing themselves

| | | | | | | | | | | | 17.5 | 16.5 | No linear change | Not available[§] | No change |

QN16: Percentage of students who made a plan about how they would kill themselves

| | | | | | | | | | | | 11.1 | 9.3 | No linear change | Not available | No change |

QN17: Percentage of students who tried to kill themselves

| | | | | | | | | | | | 6.3 | 5.8 | No linear change | Not available | No change |

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Virginia Middle 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			

QN18: Percentage of students who ever tried cigarette smoking (even one or two puffs)

| | | | | | | | | | | | 13.0 | 7.5 | Decreased, 2013-2015 | Not available[§] | Decreased |

QN19: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

| | | | | | | | | | | | 3.1 | 1.3 | Decreased, 2013-2015 | Not available | Decreased |

QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | 2.5 | 1.6 | Decreased, 2013-2015 | Not available | Decreased |

QNFRCIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)

| | | | | | | | | | | | 0.4 | 0.3 | No linear change | Not available | No change |

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[†]Based on t-test analysis, $p < 0.05$.
[§]Not enough years of data to calculate.

Virginia Middle 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			

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

											0.2	0.3	No linear change	Not available[§]	No change

QNCIGINT: Percentage of students who usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)

											0.1	0.0	Not available	Not available	Not available

QN23: 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)

											2.3	1.8	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.

Virginia Middle 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				

QN28: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											9.3	7.9	No linear change	Not available[§]	No change

QN30: Percentage of students who tried marijuana before age 11 years (for the first time)

| | | | | | | | | | | | 2.6 | 2.3 | No linear change | Not available | No change |

QN34: Percentage of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)

| | | | | | | | | | | | 3.7 | 7.3 | Increased, 2013-2015 | 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.

Virginia Middle 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			

QN39: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | | | | 24.0 | 24.4 | No linear change | Not available[§] | No change |

QN40: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 41.6 | 40.8 | No linear change | Not available | No change |

QN41: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 9.2 | 6.6 | Decreased, 2013-2015 | Not available | Decreased |

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

| | | | | | | | | | | | 53.9 | 56.8 | 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.

Virginia Middle 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**	**2015**			

QN42: 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 | 55.8 | No linear change | Not available§ | No change |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (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)

| | | | | | | | | | | | 8.3 | 7.7 | No linear change | Not available | No change |

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (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)

| | | | | | | | | | | | 33.6 | 32.7 | No linear change | Not available | No change |

QN43: Percentage of students who watched television 3 or more hours per day (on an average school day)

| | | | | | | | | | | | 33.8 | 26.9 | 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.

Virginia Middle 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	2015			

QN44: 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)

											35.8	36.5	No linear change	Not available§	No change

QN45: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)

											92.0	92.2	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)

											38.6	36.7	No linear change	Not available	No change

QN46: Percentage of students who played on at least one sports team (run by their school or community groups during the past 12 months)

											65.2	64.2	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.

Virginia Middle School Survey
Trend Analysis Report

Total Other

														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**			

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

											20.9	19.3	No linear change	Not available[§]	No change

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Virginia Middle 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			

QN52: 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

| | | | | | | | | | | | 47.5 | 41.8 | Decreased, 2013-2015 | Not available§ | Decreased |

QN53: 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

| | | | | | | | | | | | 17.1 | 14.2 | No linear change | Not available | Decreased |

QN54: 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

| | | | | | | | | | | | 24.1 | 18.9 | Decreased, 2013-2015 | Not available | Decreased |

QN55: Percentage of students who think young people who smoke cigarettes definitely or probably have more friends

| | | | | | | | | | | | 25.3 | 20.3 | 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.

Virginia Middle 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**			

QN56: Percentage of students who reported that smoking from a hookah or waterpipe is very or somewhat dangerous to their health

| | | | | | | | | | | | 93.2 | 94.9 | No linear change | Not available§ | No change |

QN57: Percentage of students who reported that smoking flavored cigarettes is very or somewhat dangerous to their health

| | | | | | | | | | | | 94.9 | 96.8 | Increased, 2013-2015 | Not available | Increased |

QN60: Percentage of students who did not drink fruit juice (one or more times during the 7 days before the survey)

| | | | | | | | | | | | 24.8 | 29.9 | Increased, 2013-2015 | Not available | Increased |

QN61: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

| | | | | | | | | | | | 12.1 | 12.1 | 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.

Virginia Middle School Survey
Trend Analysis Report

Total Site-Added														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**				
QN62: Percentage of students who did not eat green salad (during the 7 days before the survey)																
											47.7	49.1		No linear change	Not available[§]	No change
QN63: Percentage of students who did not eat potatoes (during the 7 days before the survey)																
											42.6	47.3		Increased, 2013-2015	Not available	Increased
QN64: Percentage of students who did not eat carrots (during the 7 days before the survey)																
											53.3	53.2		No linear change	Not available	No change
QN65: Percentage of students who did not eat other vegetables (during the 7 days before the survey)																
											20.0	19.0		No linear change	Not available	No change

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[†]Based on t-test analysis, $p < 0.05$.
[§]Not enough years of data to calculate.

Virginia Middle 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				

QN66: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or pop, during the 7 days before the survey)

| 27.4 | 33.9 | Increased, 2013-2015 | Not available[§] | Increased |

QN68: 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)

| 6.4 | 4.8 | No linear change | Not available | No change |

QN69: Percentage of students who did not drink milk (during the 7 days before the survey)

| 19.6 | 18.5 | No linear change | Not available | No change |

QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)

| 5.6 | 5.8 | No linear change | Not available | No change |

QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)

| 66.3 | 65.6 | 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.

Virginia Middle 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			
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)															
											36.4	36.8	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)															
											23.8	23.6	No linear change	Not available	No change
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	9.2	No linear change	Not available	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)															
											60.5	60.9	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.

Virginia Middle 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			

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)

| | | | | | | | | | | | 30.3 | 31.1 | 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)

| | | | | | | | | | | | 16.7 | 17.1 | No linear change | Not available | 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)

| | | | | | | | | | | | 20.6 | 16.5 | Decreased, 2013-2015 | 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)

| | | | | | | | | | | | 13.8 | 9.9 | 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.

Virginia Middle 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			

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)

											8.5	5.9	Decreased, 2013-2015	Not available§	Decreased

QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)

											40.9	42.3	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)

											24.2	24.5	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)

											12.1	11.5	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
†Based on t-test analysis, $p < 0.05$.
§Not enough years of data to calculate.

Virginia Middle 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			

QN6: Percentage of students who never or rarely wore a bicycle helmet (among students who had ridden a bicycle)

											2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											66.6	61.7	No linear change	Not available[§]	No change

QN7: Percentage of students who never or rarely wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)

											71.5	69.7	No linear change	Not available	No change

QN8: Percentage of students who never or rarely wore a seat belt (when riding in a car)

											6.3	4.1	Decreased, 2013-2015	Not available	Decreased

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car)

											17.0	12.3	Decreased, 2013-2015	Not available	Decreased

QN10: Percentage of students who carried a weapon (such as a gun, knife, or club)

											44.2	39.9	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.

Virginia Middle 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			

QN11: Percentage of students who were in a physical fight

| | | | | | | | | | | | 56.2 | 58.1 | No linear change | Not available[§] | No change |

QN12: Percentage of students who were injured in a physical fight (injuries had to be treated by a doctor or nurse)

| | | | | | | | | | | | 6.0 | 7.1 | No linear change | Not available | No change |

QN13: Percentage of students who were bullied on school property

| | | | | | | | | | | | 38.0 | 36.3 | No linear change | Not available | No change |

QN14: Percentage of students who were electronically bullied (including through e-mail, chat rooms, instant messaging, web sites, or texting)

| | | | | | | | | | | | 12.8 | 14.4 | No linear change | Not available | No change |

QN15: Percentage of students who seriously thought about killing themselves

| | | | | | | | | | | | 12.6 | 13.0 | No linear change | Not available | No change |

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[†]Based on t-test analysis, $p < 0.05$.
[§]Not enough years of data to calculate.

Virginia Middle 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			
QN16: Percentage of students who made a plan about how they would kill themselves															
											8.0	6.7	No linear change	Not available[§]	No change
QN17: Percentage of students who tried to kill themselves															
											4.2	3.7	No linear change	Not available	No change

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Virginia Middle 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			

QN18: Percentage of students who ever tried cigarette smoking (even one or two puffs)

| | | | | | | | | | | | 13.9 | 8.5 | Decreased, 2013-2015 | Not available[§] | Decreased |

QN19: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

| | | | | | | | | | | | 3.3 | 1.9 | Decreased, 2013-2015 | Not available | Decreased |

QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | 2.7 | 1.5 | Decreased, 2013-2015 | Not available | Decreased |

QNFRCIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)

| | | | | | | | | | | | 0.5 | 0.5 | No linear change | Not available | No change |

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Virginia Middle 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			

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| | | | | | | | | | | | 0.3 | 0.5 | No linear change | Not available[§] | No change |

QNCIGINT: Percentage of students who usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)

| | | | | | | | | | | | 0.1 | 0.0 | Not available | Not available | Not available |

QN23: 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)

| | | | | | | | | | | | 3.1 | 2.6 | 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.

Virginia Middle 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**				
QN28: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																
											10.8	9.6		No linear change	Not available[§]	No change
QN30: Percentage of students who tried marijuana before age 11 years (for the first time)																
											3.3	3.1		No linear change	Not available	No change
QN34: Percentage of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)																
											4.1	8.2		Increased, 2013-2015	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.

Virginia Middle 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**			

QN39: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | | | | 22.1 | 22.9 | No linear change | Not available§ | No change |

QN40: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 35.0 | 33.5 | No linear change | Not available | No change |

QN41: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 7.4 | 5.9 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 58.6 | 60.6 | 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.

Virginia Middle School Survey
Trend Analysis Report

Male
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			

QN42: 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)

| | | | | | | | | | | | 60.5 | 60.6 | No linear change | Not available[§] | No change |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (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)

| | | | | | | | | | | | 7.0 | 6.9 | 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)

| | | | | | | | | | | | 39.1 | 39.9 | No linear change | Not available | No change |

QN43: Percentage of students who watched television 3 or more hours per day (on an average school day)

| | | | | | | | | | | | 33.5 | 28.0 | 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.

Virginia Middle School Survey
Trend Analysis Report

Male
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			

QN44: 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)

											2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											37.7	36.5	No linear change	Not available[§]	No change

QN45: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)

| | | | | | | | | | | | 92.7 | 93.3 | 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)

| | | | | | | | | | | | 38.5 | 39.1 | No linear change | Not available | No change |

QN46: Percentage of students who played on at least one sports team (run by their school or community groups during the past 12 months)

| | | | | | | | | | | | 68.7 | 66.6 | 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.

Virginia Middle 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			

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

											22.1	19.5	No linear change	Not available[§]	No change

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

27

Virginia Middle 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			

QN52: 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

| | | | | | | | | | | | 47.7 | 39.6 | Decreased, 2013-2015 | Not available[§] | Decreased |

QN53: 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

| | | | | | | | | | | | 16.2 | 13.2 | No linear change | Not available | No change |

QN54: 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

| | | | | | | | | | | | 23.1 | 19.0 | No linear change | Not available | No change |

QN55: Percentage of students who think young people who smoke cigarettes definitely or probably have more friends

| | | | | | | | | | | | 23.7 | 19.1 | 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.

Virginia Middle 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**			
QN56: Percentage of students who reported that smoking from a hookah or waterpipe is very or somewhat dangerous to their health															
											93.4	94.7	No linear change	Not available[§]	No change
QN57: Percentage of students who reported that smoking flavored cigarettes is very or somewhat dangerous to their health															
											94.9	96.9	Increased, 2013-2015	Not available	Increased
QN60: Percentage of students who did not drink fruit juice (one or more times during the 7 days before the survey)															
											23.9	29.1	Increased, 2013-2015	Not available	Increased
QN61: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)															
											12.9	12.9	No linear change	Not available	No change

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Virginia Middle 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**			

QN62: Percentage of students who did not eat green salad (during the 7 days before the survey)

| | | | | | | | | | | | 52.4 | 53.6 | No linear change | Not available[§] | No change |

QN63: Percentage of students who did not eat potatoes (during the 7 days before the survey)

| | | | | | | | | | | | 43.1 | 48.6 | Increased, 2013-2015 | Not available | Increased |

QN64: Percentage of students who did not eat carrots (during the 7 days before the survey)

| | | | | | | | | | | | 52.3 | 52.9 | No linear change | Not available | No change |

QN65: Percentage of students who did not eat other vegetables (during the 7 days before the survey)

| | | | | | | | | | | | 21.9 | 20.9 | 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.

Virginia Middle 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			
QN66: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or pop, during the 7 days before the survey)															
											25.0	30.5	Increased, 2013-2015	Not available[§]	Increased
QN68: 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)															
											6.6	5.1	No linear change	Not available	No change
QN69: Percentage of students who did not drink milk (during the 7 days before the survey)															
											16.2	14.6	No linear change	Not available	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)															
											5.8	6.7	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)															
											67.7	66.6	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.

Virginia Middle 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			

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)

| | | | | | | | | | | | 38.6 | 38.2 | 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)

| | | | | | | | | | | | 26.0 | 24.6 | No linear change | Not available | No change |

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)

| | | | | | | | | | | | 9.3 | 11.3 | No linear change | Not available | 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)

| | | | | | | | | | | | 59.8 | 59.1 | No linear change | Not available | No change |

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.

Virginia Middle 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			
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)															
											31.1	30.7	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)															
											17.4	17.4	No linear change	Not available	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)															
											21.9	18.5	No linear change	Not available	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)															
											14.7	10.5	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.

Virginia Middle 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			

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)

| | | | | | | | | | | | 9.2 | 6.2 | Decreased, 2013-2015 | Not available§ | Decreased |

QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)

| | | | | | | | | | | | 46.1 | 47.5 | 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)

| | | | | | | | | | | | 28.2 | 29.4 | 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)

| | | | | | | | | | | | 15.0 | 13.8 | 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.

Virginia Middle 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			

QN6: Percentage of students who never or rarely wore a bicycle helmet (among students who had ridden a bicycle)

| | | | | | | | | | | | 61.7 | 55.8 | No linear change | Not available[§] | No change |

QN7: Percentage of students who never or rarely wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)

| | | | | | | | | | | | 67.7 | 64.1 | No linear change | Not available | No change |

QN8: Percentage of students who never or rarely wore a seat belt (when riding in a car)

| | | | | | | | | | | | 5.4 | 2.5 | Decreased, 2013-2015 | Not available | Decreased |

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car)

| | | | | | | | | | | | 18.2 | 15.9 | No linear change | Not available | No change |

QN10: Percentage of students who carried a weapon (such as a gun, knife, or club)

| | | | | | | | | | | | 17.5 | 14.1 | 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.

Virginia Middle 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			

QN11: Percentage of students who were in a physical fight

| | | | | | | | | | | | 32.0 | 26.9 | No linear change | Not available[§] | No change |

QN12: Percentage of students who were injured in a physical fight (injuries had to be treated by a doctor or nurse)

| | | | | | | | | | | | 3.0 | 2.6 | No linear change | Not available | No change |

QN13: Percentage of students who were bullied on school property

| | | | | | | | | | | | 49.9 | 47.8 | No linear change | Not available | No change |

QN14: Percentage of students who were electronically bullied (including through e-mail, chat rooms, instant messaging, web sites, or texting)

| | | | | | | | | | | | 27.1 | 22.8 | Decreased, 2013-2015 | Not available | Decreased |

QN15: Percentage of students who seriously thought about killing themselves

| | | | | | | | | | | | 22.7 | 20.2 | 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.

Virginia Middle 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			
QN16: Percentage of students who made a plan about how they would kill themselves															
											14.3	12.2	No linear change	Not available[§]	No change
QN17: Percentage of students who tried to kill themselves															
											8.6	8.0	No linear change	Not available	No change

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Virginia Middle 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**			
QN18: Percentage of students who ever tried cigarette smoking (even one or two puffs)															
											11.9	6.4	Decreased, 2013-2015	Not available[§]	Decreased
QN19: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)															
											2.8	0.7	Decreased, 2013-2015	Not available	Decreased
QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															
											2.0	1.5	No linear change	Not available	No change
QNFRCIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)															
											0.3	0.1	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.

Virginia Middle 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			

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| | | | | | | | | | | | 0.1 | 0.1 | No linear change | Not available[§] | No change |

QNCIGINT: Percentage of students who usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)

| | | | | | | | | | | | 0.1 | 0.0 | Not available | Not available | Not available |

QN23: 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)

| | | | | | | | | | | | 1.3 | 0.8 | 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.

Virginia Middle 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			

QN28: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

											2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											7.6	6.0	No linear change	Not available[§]	No change

QN30: Percentage of students who tried marijuana before age 11 years (for the first time)

											2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											1.9	1.4	No linear change	Not available	No change

QN34: Percentage of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)

											2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											3.3	6.5	Increased, 2013-2015	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.

Virginia Middle 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			

QN39: Percentage of students who described themselves as slightly or very overweight

											26.0	26.1	No linear change	Not available[§]	No change

QN40: Percentage of students who were trying to lose weight

											48.6	48.6	No linear change	Not available	No change

QN41: Percentage of students who did not eat breakfast (during the 7 days before the survey)

											11.1	7.5	Decreased, 2013-2015	Not available	Decreased

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

											49.2	53.0	No linear change	Not available	No change

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[†]Based on t-test analysis, $p < 0.05$.
[§]Not enough years of data to calculate.

Virginia Middle 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				

QN42: 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)

											2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											51.0	51.0	No linear change	Not available[§]	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (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)

											2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											9.5	8.6	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)

											2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											28.0	25.2	No linear change	Not available	No change

QN43: Percentage of students who watched television 3 or more hours per day (on an average school day)

											2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											34.1	25.7	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.

Virginia Middle 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			

QN44: 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)

| | | | | | | | | | | | 33.8 | 36.6 | Increased, 2013-2015 | Not available§ | No change |

QN45: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)

| | | | | | | | | | | | 91.3 | 91.1 | 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)

| | | | | | | | | | | | 38.7 | 34.4 | No linear change | Not available | No change |

QN46: Percentage of students who played on at least one sports team (run by their school or community groups during the past 12 months)

| | | | | | | | | | | | 61.5 | 61.5 | No linear change | Not available | No change |

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
†Based on t-test analysis, $p < 0.05$.
§Not enough years of data to calculate.

Virginia Middle 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				

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

											19.6	19.1		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.

Virginia Middle 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**			

QN52: 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

| | | | | | | | | | | | 47.5 | 44.3 | No linear change | Not available[§] | No change |

QN53: 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

| | | | | | | | | | | | 17.9 | 15.3 | No linear change | Not available | No change |

QN54: 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

| | | | | | | | | | | | 25.0 | 18.7 | Decreased, 2013-2015 | Not available | Decreased |

QN55: Percentage of students who think young people who smoke cigarettes definitely or probably have more friends

| | | | | | | | | | | | 26.9 | 21.5 | 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.

Virginia Middle 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			

QN56: Percentage of students who reported that smoking from a hookah or waterpipe is very or somewhat dangerous to their health

| | | | | | | | | | | | 93.0 | 95.2 | No linear change | Not available[§] | No change |

QN57: Percentage of students who reported that smoking flavored cigarettes is very or somewhat dangerous to their health

| | | | | | | | | | | | 95.0 | 96.7 | No linear change | Not available | Increased |

QN60: Percentage of students who did not drink fruit juice (one or more times during the 7 days before the survey)

| | | | | | | | | | | | 25.8 | 30.4 | Increased, 2013-2015 | Not available | Increased |

QN61: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

| | | | | | | | | | | | 11.2 | 11.2 | 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.

Virginia Middle School Survey
Trend Analysis Report

Female
Site-Added

														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**				

QN62: Percentage of students who did not eat green salad (during the 7 days before the survey)

2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
42.8	44.5	No linear change	Not available[§]	No change

QN63: Percentage of students who did not eat potatoes (during the 7 days before the survey)

2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
41.9	46.0	Increased, 2013-2015	Not available	Increased

QN64: Percentage of students who did not eat carrots (during the 7 days before the survey)

2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
54.3	53.8	No linear change	Not available	No change

QN65: Percentage of students who did not eat other vegetables (during the 7 days before the survey)

2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
18.0	17.1	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.

Virginia Middle 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			

QN66: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or pop, during the 7 days before the survey)

| | | | | | | | | | | | 29.9 | 37.3 | Increased, 2013-2015 | Not available[§] | Increased |

QN68: 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)

| | | | | | | | | | | | 6.2 | 4.3 | No linear change | Not available | No change |

QN69: Percentage of students who did not drink milk (during the 7 days before the survey)

| | | | | | | | | | | | 23.1 | 22.6 | No linear change | Not available | No change |

QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)

| | | | | | | | | | | | 5.3 | 4.9 | 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)

| | | | | | | | | | | | 64.9 | 64.8 | 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.

Virginia Middle 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			

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)

| | | | | | | | | | | | 34.0 | 35.4 | 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)

| | | | | | | | | | | | 21.5 | 22.7 | No linear change | Not available | No change |

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)

| | | | | | | | | | | | 6.6 | 6.9 | No linear change | Not available | 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)

| | | | | | | | | | | | 61.3 | 62.5 | No linear change | Not available | No change |

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
†Based on t-test analysis, $p < 0.05$.
§Not enough years of data to calculate.

Virginia Middle 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			
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)															
											29.4	31.2	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)															
											16.1	16.6	No linear change	Not available	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)															
											19.3	14.3	Decreased, 2013-2015	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)															
											13.0	9.2	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.

Virginia Middle School Survey
Trend Analysis Report

Female
Site-Added

														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			

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)

| | | | | | | | | | | | 7.7 | 5.6 | No linear change | Not available[§] | No change |

QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)

| | | | | | | | | | | | 35.6 | 36.9 | 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)

| | | | | | | | | | | | 20.0 | 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)

| | | | | | | | | | | | 9.1 | 9.0 | No linear change | Not available | No change |

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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			

QN6: Percentage of students who never or rarely wore a bicycle helmet (among students who had ridden a bicycle)

											56.2	48.7	No linear change	Not available[¶]	No change

QN7: Percentage of students who never or rarely wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)

											64.4	60.6	No linear change	Not available	No change

QN8: Percentage of students who never or rarely wore a seat belt (when riding in a car)

											3.7	1.9	Decreased, 2013-2015	Not available	Decreased

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car)

											17.6	15.2	No linear change	Not available	No change

QN10: Percentage of students who carried a weapon (such as a gun, knife, or club)

											38.4	31.0	Decreased, 2013-2015	Not available	Decreased

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[§]Based on t-test analysis, $p < 0.05$.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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			

QN11: Percentage of students who were in a physical fight

| | | | | | | | | | | | 35.4 | 37.3 | No linear change | Not available[¶] | No change |

QN12: Percentage of students who were injured in a physical fight (injuries had to be treated by a doctor or nurse)

| | | | | | | | | | | | 3.7 | 4.9 | No linear change | Not available | No change |

QN13: Percentage of students who were bullied on school property

| | | | | | | | | | | | 46.5 | 44.1 | No linear change | Not available | No change |

QN14: Percentage of students who were electronically bullied (including through e-mail, chat rooms, instant messaging, web sites, or texting)

| | | | | | | | | | | | 20.9 | 20.8 | No linear change | Not available | No change |

QN15: Percentage of students who seriously thought about killing themselves

| | | | | | | | | | | | 14.4 | 15.5 | No linear change | Not available | No change |

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[§]Based on t-test analysis, $p < 0.05$.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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			

QN16: Percentage of students who made a plan about how they would kill themselves

| | | | | | | | | | | | 9.5 | 8.5 | No linear change | Not available[¶] | No change |

QN17: Percentage of students who tried to kill themselves

| | | | | | | | | | | | 4.4 | 4.7 | No linear change | Not available | No change |

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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**			

QN18: Percentage of students who ever tried cigarette smoking (even one or two puffs)

| | | | | | | | | | | | 10.1 | 5.8 | Decreased, 2013-2015 | Not available[¶] | Decreased |

QN19: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

| | | | | | | | | | | | 2.2 | 0.5 | Decreased, 2013-2015 | Not available | Decreased |

QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | 2.1 | 1.1 | No linear change | Not available | No change |

QNFRCIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)

| | | | | | | | | | | | 0.3 | 0.0 | Not available | Not available | Not available |

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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			

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| | | | | | | | | | | | 0.2 | 0.0 | Not available | Not available[¶] | Not available |

QNCIGINT: Percentage of students who usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)

| | | | | | | | | | | | 0.0 | 0.0 | Not available | Not available | Not available |

QN23: 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)

| | | | | | | | | | | | 2.1 | 1.8 | No linear change | Not available | No change |

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

56

Virginia Middle School Survey
Trend Analysis Report

White*
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			

QN28: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

| | | | | | | | | | | | 8.1 | 6.2 | No linear change | Not available¶ | No change |

QN30: Percentage of students who tried marijuana before age 11 years (for the first time)

| | | | | | | | | | | | 1.6 | 1.2 | No linear change | Not available | No change |

QN34: Percentage of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)

| | | | | | | | | | | | 3.4 | 5.6 | Increased, 2013-2015 | Not available | Increased |

*Non-Hispanic.
†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
§Based on t-test analysis, p < 0.05.
¶Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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			

QN39: Percentage of students who described themselves as slightly or very overweight

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

QN40: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 38.9 | 37.6 | No linear change | Not available | No change |

QN41: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 7.5 | 6.2 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 58.0 | 60.8 | No linear change | Not available | No change |

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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**			

QN42: 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)

| | | | | | | | | | | | 61.1 | 62.6 | No linear change | Not available[¶] | No change |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (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)

| | | | | | | | | | | | 5.8 | 5.4 | 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)

| | | | | | | | | | | | 36.6 | 35.7 | No linear change | Not available | No change |

QN43: Percentage of students who watched television 3 or more hours per day (on an average school day)

| | | | | | | | | | | | 26.0 | 19.7 | Decreased, 2013-2015 | Not available | Decreased |

---

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[§]Based on t-test analysis, $p < 0.05$.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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			
QN44: 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)															
											32.1	31.6	No linear change	Not available[¶]	No change
QN45: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)															
											92.6	92.7	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)															
											43.4	40.4	No linear change	Not available	No change
QN46: Percentage of students who played on at least one sports team (run by their school or community groups during the past 12 months)															
											70.3	70.6	No linear change	Not available	No change

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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			

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

													Linear Change	Quadratic Change	Change from 2013-2015
											16.7	17.4	No linear change	Not available[¶]	No change

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
Site-Added

														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**				

QN52: 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

| | | | | | | | | | | | 52.0 | 47.4 | No linear change | Not available[¶] | No change |

QN53: 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

| | | | | | | | | | | | 17.1 | 14.4 | No linear change | Not available | No change |

QN54: 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

| | | | | | | | | | | | 25.6 | 18.2 | Decreased, 2013-2015 | Not available | Decreased |

QN55: Percentage of students who think young people who smoke cigarettes definitely or probably have more friends

| | | | | | | | | | | | 17.8 | 13.7 | Decreased, 2013-2015 | Not available | Decreased |

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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			

QN56: Percentage of students who reported that smoking from a hookah or waterpipe is very or somewhat dangerous to their health

| | | | | | | | | | | | 95.1 | 96.8 | No linear change | Not available[¶] | Increased |

QN57: Percentage of students who reported that smoking flavored cigarettes is very or somewhat dangerous to their health

| | | | | | | | | | | | 96.5 | 97.4 | No linear change | Not available | No change |

QN60: Percentage of students who did not drink fruit juice (one or more times during the 7 days before the survey)

| | | | | | | | | | | | 27.2 | 32.5 | Increased, 2013-2015 | Not available | Increased |

QN61: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

| | | | | | | | | | | | 10.1 | 10.4 | No linear change | Not available | No change |

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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**				

QN62: Percentage of students who did not eat green salad (during the 7 days before the survey)

| | | | | | | | | | | | 45.3 | 47.3 | No linear change | Not available[¶] | No change |

QN63: Percentage of students who did not eat potatoes (during the 7 days before the survey)

| | | | | | | | | | | | 39.6 | 45.2 | Increased, 2013-2015 | Not available | Increased |

QN64: Percentage of students who did not eat carrots (during the 7 days before the survey)

| | | | | | | | | | | | 48.8 | 48.0 | No linear change | Not available | No change |

QN65: Percentage of students who did not eat other vegetables (during the 7 days before the survey)

| | | | | | | | | | | | 18.1 | 16.7 | No linear change | Not available | No change |

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[§]Based on t-test analysis, $p < 0.05$.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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			

QN66: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or pop, during the 7 days before the survey)

											26.7	34.1	Increased, 2013-2015	Not available¶	Increased

QN68: 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)

											5.3	4.0	No linear change	Not available	No change

QN69: Percentage of students who did not drink milk (during the 7 days before the survey)

											15.1	14.5	No linear change	Not available	No change

QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)

											5.0	5.4	No linear change	Not available	No change

QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)

											65.8	66.7	No linear change	Not available	No change

*Non-Hispanic.
†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
§Based on t-test analysis, $p < 0.05$.
¶Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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			

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)

											34.8	36.4	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)

											21.0	21.0	No linear change	Not available	No change

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)

											6.7	8.2	No linear change	Not available	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)

											63.1	63.6	No linear change	Not available	No change

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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**				

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)

2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
30.5	31.7	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)

2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
15.1	16.6	No linear change	Not available	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)

2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
18.8	14.7	No linear change	Not available	No change

QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)

2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
11.9	7.9	Decreased, 2013-2015	Not available	Decreased

*Non-Hispanic.
†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
§Based on t-test analysis, $p < 0.05$.
¶Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

White*
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			

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)

											6.8	3.9	Decreased, 2013-2015	Not available[¶]	Decreased

QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)

											44.6	47.2	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)

											25.8	27.1	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)

											12.6	12.0	No linear change	Not available	No change

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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			

QN6: Percentage of students who never or rarely wore a bicycle helmet (among students who had ridden a bicycle)

											83.3	81.4	No linear change	Not available[¶]	No change

QN7: Percentage of students who never or rarely wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)

											85.5	80.9	No linear change	Not available	No change

QN8: Percentage of students who never or rarely wore a seat belt (when riding in a car)

											8.9	3.6	Decreased, 2013-2015	Not available	Decreased

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car)

											19.1	14.0	Decreased, 2013-2015	Not available	Decreased

QN10: Percentage of students who carried a weapon (such as a gun, knife, or club)

											18.9	21.9	No linear change	Not available	No change

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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			

QN11: Percentage of students who were in a physical fight

| | | | | | | | | | | | 65.2 | 62.2 | No linear change | Not available[¶] | No change |

QN12: Percentage of students who were injured in a physical fight (injuries had to be treated by a doctor or nurse)

| | | | | | | | | | | | 5.3 | 7.0 | No linear change | Not available | No change |

QN13: Percentage of students who were bullied on school property

| | | | | | | | | | | | 37.6 | 43.0 | No linear change | Not available | No change |

QN14: Percentage of students who were electronically bullied (including through e-mail, chat rooms, instant messaging, web sites, or texting)

| | | | | | | | | | | | 14.3 | 17.3 | No linear change | Not available | No change |

QN15: Percentage of students who seriously thought about killing themselves

| | | | | | | | | | | | 21.0 | 17.8 | No linear change | Not available | No change |

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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			
QN16: Percentage of students who made a plan about how they would kill themselves															
											11.5	10.1	No linear change	Not available[¶]	No change
QN17: Percentage of students who tried to kill themselves															
											7.8	7.8	No linear change	Not available	No change

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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

QN18: Percentage of students who ever tried cigarette smoking (even one or two puffs)

											18.5	11.3	Decreased, 2013-2015	Not available[¶]	Decreased

QN19: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

											4.6	1.6	Decreased, 2013-2015	Not available	Decreased

QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

											2.8	1.5	No linear change	Not available	No change

QNFRCIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)

											0.6	0.3	No linear change	Not available	No change

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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**			

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| | | | | | | | | | | | 0.2 | 0.3 | No linear change | Not available[¶] | No change |

QNCIGINT: Percentage of students who usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)

| | | | | | | | | | | | 0.1 | 0.0 | Not available | Not available | Not available |

QN23: 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)

| | | | | | | | | | | | 1.9 | 1.6 | No linear change | Not available | No change |

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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				

QN28: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

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

QN30: Percentage of students who tried marijuana before age 11 years (for the first time)

											3.8	4.7		No linear change	Not available	No change

QN34: Percentage of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)

											4.4	9.9		Increased, 2013-2015	Not available	Increased

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[§]Based on t-test analysis, $p < 0.05$.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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			

QN39: Percentage of students who described themselves as slightly or very overweight

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

QN40: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 44.6 | 45.7 | No linear change | Not available | No change |

QN41: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 10.3 | 8.4 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 49.5 | 50.5 | No linear change | Not available | No change |

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
Physical Activity

														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**				

QN42: 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)

											2013	2015		Linear Change	Quadratic Change	Change from 2013-2015
											49.9	50.3		No linear change	Not available[¶]	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (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)

12.7	12.6	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)

32.0	34.5	No linear change	Not available	No change

QN43: Percentage of students who watched television 3 or more hours per day (on an average school day)

53.5	45.9	No linear change	Not available	No change

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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			

QN44: 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)

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

QN45: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)

| | | | | | | | | | | | 88.4 | 88.0 | 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)

| | | | | | | | | | | | 32.4 | 34.1 | No linear change | Not available | No change |

QN46: Percentage of students who played on at least one sports team (run by their school or community groups during the past 12 months)

| | | | | | | | | | | | 60.1 | 59.0 | No linear change | Not available | No change |

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[§]Based on t-test analysis, $p < 0.05$.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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				

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

											2013	2015		Linear Change	Quadratic Change	Change from 2013-2015
											28.6	23.9		Decreased, 2013-2015	Not available[¶]	Decreased

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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			

QN52: 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

| | | | | | | | | | | | 44.6 | 42.4 | No linear change | Not available[¶] | No change |

QN53: 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

| | | | | | | | | | | | 21.1 | 17.7 | No linear change | Not available | No change |

QN54: 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

| | | | | | | | | | | | 26.1 | 25.8 | No linear change | Not available | No change |

QN55: Percentage of students who think young people who smoke cigarettes definitely or probably have more friends

| | | | | | | | | | | | 37.2 | 30.1 | No linear change | Not available | No change |

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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			
QN56: Percentage of students who reported that smoking from a hookah or waterpipe is very or somewhat dangerous to their health															
											91.0	90.4	No linear change	Not available[¶]	No change
QN57: Percentage of students who reported that smoking flavored cigarettes is very or somewhat dangerous to their health															
											92.8	95.8	No linear change	Not available	No change
QN60: Percentage of students who did not drink fruit juice (one or more times during the 7 days before the survey)															
											21.1	22.8	No linear change	Not available	No change
QN61: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)															
											17.7	18.4	No linear change	Not available	No change

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[§]Based on t-test analysis, $p < 0.05$.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
Site-Added

														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**				
QN62: Percentage of students who did not eat green salad (during the 7 days before the survey)																
											53.9	54.2		No linear change	Not available[¶]	No change
QN63: Percentage of students who did not eat potatoes (during the 7 days before the survey)																
											48.4	52.8		No linear change	Not available	No change
QN64: Percentage of students who did not eat carrots (during the 7 days before the survey)																
											65.6	64.6		No linear change	Not available	No change
QN65: Percentage of students who did not eat other vegetables (during the 7 days before the survey)																
											24.8	23.8		No linear change	Not available	No change

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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**			
QN66: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or pop, during the 7 days before the survey)															
											26.0	28.8	No linear change	Not available[¶]	No change
QN68: 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)															
											8.2	6.4	No linear change	Not available	No change
QN69: Percentage of students who did not drink milk (during the 7 days before the survey)															
											32.7	28.7	No linear change	Not available	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)															
											7.3	7.1	No linear change	Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)															
											64.0	62.8	No linear change	Not available	No change

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[§]Based on t-test analysis, $p < 0.05$.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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**			
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)															
											37.7	41.3	No linear change	Not available[¶]	No change
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)															
											28.5	32.3	No linear change	Not available	No change
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)															
											10.2	9.8	No linear change	Not available	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)															
											54.0	54.1	No linear change	Not available	No change

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[§]Based on t-test analysis, $p < 0.05$.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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			
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)															
											26.7	29.1	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)															
											17.6	18.1	No linear change	Not available	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)															
											25.6	25.4	No linear change	Not available	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)															
											19.0	18.7	No linear change	Not available	No change

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[§]Based on t-test analysis, $p < 0.05$.
[¶]Not enough years of data to calculate.

Virginia Middle School Survey
Trend Analysis Report

Black*
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			

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)

											13.0	12.8	No linear change	Not available[¶]	No change

QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)

											27.9	30.4	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)

											17.3	16.0	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	8.4	No linear change	Not available	No change

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Virginia Middle 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			

QN6: Percentage of students who never or rarely wore a bicycle helmet (among students who had ridden a bicycle)

| | | | | | | | | | | | 71.7 | 71.5 | No linear change | Not available[§] | No change |

QN7: Percentage of students who never or rarely wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)

| | | | | | | | | | | | 70.5 | 70.1 | No linear change | Not available | No change |

QN8: Percentage of students who never or rarely wore a seat belt (when riding in a car)

| | | | | | | | | | | | 6.5 | 6.5 | No linear change | Not available | No change |

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car)

| | | | | | | | | | | | 18.8 | 13.8 | No linear change | Not available | Decreased |

QN10: Percentage of students who carried a weapon (such as a gun, knife, or club)

| | | | | | | | | | | | 27.6 | 25.3 | No linear change | Not available | No change |

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Virginia Middle 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			

QN11: Percentage of students who were in a physical fight

| | | | | | | | | | | | 43.3 | 41.2 | No linear change | Not available§ | No change |

QN12: Percentage of students who were injured in a physical fight (injuries had to be treated by a doctor or nurse)

| | | | | | | | | | | | 6.6 | 3.8 | No linear change | Not available | No change |

QN13: Percentage of students who were bullied on school property

| | | | | | | | | | | | 42.2 | 37.4 | No linear change | Not available | No change |

QN14: Percentage of students who were electronically bullied (including through e-mail, chat rooms, instant messaging, web sites, or texting)

| | | | | | | | | | | | 23.7 | 14.5 | Decreased, 2013-2015 | Not available | Decreased |

QN15: Percentage of students who seriously thought about killing themselves

| | | | | | | | | | | | 20.9 | 15.2 | 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.

Virginia Middle School Survey
Trend Analysis Report

Hispanic/Latino
Injury and Violence

													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**			

QN16: Percentage of students who made a plan about how they would kill themselves

											2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											13.9	10.0	No linear change	Not available[§]	No change

QN17: Percentage of students who tried to kill themselves

											2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											9.7	7.7	No linear change	Not available	No change

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[†]Based on t-test analysis, $p < 0.05$.
[§]Not enough years of data to calculate.

Virginia Middle 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			

QN18: Percentage of students who ever tried cigarette smoking (even one or two puffs)

											16.5	9.5	Decreased, 2013-2015	Not available[§]	Decreased

QN19: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)

											4.3	2.5	No linear change	Not available	No change

QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

											2.9	2.6	No linear change	Not available	No change

QNFRCIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)

											0.5	1.2	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.

Virginia Middle 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**			

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| | | | | | | | | | | | 0.3 | 1.2 | No linear change | Not available[§] | No change |

QNCIGINT: Percentage of students who usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)

| | | | | | | | | | | | 0.5 | 0.0 | Not available | Not available | Not available |

QN23: 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)

| | | | | | | | | | | | 2.8 | 3.5 | No linear change | Not available | No change |

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Virginia Middle 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**			
QN28: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															
											11.7	11.1	No linear change	Not available[§]	No change
QN30: Percentage of students who tried marijuana before age 11 years (for the first time)															
											4.2	3.5	No linear change	Not available	No change
QN34: Percentage of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)															
											4.7	10.0	Increased, 2013-2015	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.

Virginia Middle 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			

QN39: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | | | | 30.2 | 33.9 | No linear change | Not available§ | No change |

QN40: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 50.0 | 50.1 | No linear change | Not available | No change |

QN41: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 13.2 | 8.2 | Decreased, 2013-2015 | Not available | Decreased |

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

| | | | | | | | | | | | 46.6 | 46.5 | No linear change | Not available | No change |

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.

Virginia Middle 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

QN42: 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)

		45.9	44.7	No linear change	Not available[§]	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (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)

		10.5	9.4	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)

		26.8	27.2	No linear change	Not available	No change

QN43: Percentage of students who watched television 3 or more hours per day (on an average school day)

		34.1	28.5	No linear change	Not available	No change

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Virginia Middle 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

QN44: 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)

											39.0	42.9	No linear change	Not available§	No change

QN45: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)

											93.4	95.0	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)

											32.4	36.8	No linear change	Not available	No change

QN46: Percentage of students who played on at least one sports team (run by their school or community groups during the past 12 months)

											58.8	55.7	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
†Based on t-test analysis, $p < 0.05$.
§Not enough years of data to calculate.

Virginia Middle 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			

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

											2013	2015	Linear Change	Quadratic Change	Change from 2013-2015
											24.0	17.7	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.

Virginia Middle 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			

QN52: 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

| | | | | | | | | | | | 42.9 | 33.6 | Decreased, 2013-2015 | Not available[§] | Decreased |

QN53: 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

| | | | | | | | | | | | 10.9 | 11.6 | No linear change | Not available | No change |

QN54: 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

| | | | | | | | | | | | 17.9 | 15.4 | No linear change | Not available | No change |

QN55: Percentage of students who think young people who smoke cigarettes definitely or probably have more friends

| | | | | | | | | | | | 37.8 | 30.0 | 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.

Virginia Middle 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			

QN56: Percentage of students who reported that smoking from a hookah or waterpipe is very or somewhat dangerous to their health

| | | | | | | | | | | | 90.2 | 93.3 | No linear change | Not available§ | No change |

QN57: Percentage of students who reported that smoking flavored cigarettes is very or somewhat dangerous to their health

| | | | | | | | | | | | 92.5 | 95.4 | No linear change | Not available | No change |

QN60: Percentage of students who did not drink fruit juice (one or more times during the 7 days before the survey)

| | | | | | | | | | | | 20.5 | 29.1 | Increased, 2013-2015 | Not available | Increased |

QN61: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

| | | | | | | | | | | | 10.1 | 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.

Virginia Middle 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**				

QN62: Percentage of students who did not eat green salad (during the 7 days before the survey)

											45.2	50.5		No linear change	Not available§	No change

QN63: Percentage of students who did not eat potatoes (during the 7 days before the survey)

											42.0	45.4		No linear change	Not available	No change

QN64: Percentage of students who did not eat carrots (during the 7 days before the survey)

											51.0	57.4		No linear change	Not available	No change

QN65: Percentage of students who did not eat other vegetables (during the 7 days before the survey)

											21.6	25.1		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.

Virginia Middle 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						

QN66: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or pop, during the 7 days before the survey)

											2013	2015		Linear Change	Quadratic Change	Change from 2013-2015
											25.3	28.1		No linear change	Not available§	No change

QN68: 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)

											2013	2015		Linear Change	Quadratic Change	Change from 2013-2015
											7.4	6.6		No linear change	Not available	No change

QN69: Percentage of students who did not drink milk (during the 7 days before the survey)

											2013	2015		Linear Change	Quadratic Change	Change from 2013-2015
											15.4	20.4		No linear change	Not available	No change

QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)

											2013	2015		Linear Change	Quadratic Change	Change from 2013-2015
											4.6	4.8		No linear change	Not available	No change

QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)

											2013	2015		Linear Change	Quadratic Change	Change from 2013-2015
											68.5	60.9		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.

Virginia Middle 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			

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)

| | | | | | | | | | | | 38.3 | 32.7 | 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)

| | | | | | | | | | | | 27.8 | 22.4 | No linear change | Not available | No change |

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)

| | | | | | | | | | | | 9.8 | 14.1 | No linear change | Not available | 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)

| | | | | | | | | | | | 60.1 | 55.9 | 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.

Virginia Middle 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			

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)

| | | | | | | | | | | | 33.5 | 28.1 | 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)

| | | | | | | | | | | | 20.7 | 18.1 | No linear change | Not available | 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)

| | | | | | | | | | | | 23.3 | 15.6 | Decreased, 2013-2015 | 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)

| | | | | | | | | | | | 15.1 | 8.6 | 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.

Virginia Middle 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			

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)

| | | | | | | | | | | | 8.9 | 5.4 | No linear change | Not available[§] | No change |

QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)

| | | | | | | | | | | | 41.6 | 34.3 | 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)

| | | | | | | | | | | | 26.0 | 20.0 | 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)

| | | | | | | | | | | | 12.7 | 11.3 | No linear change | Not available | No change |

[*]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.