

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|------|------|--|--|--|--|----------------------|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | | | |
| QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | 20.0 | 17.8 | 15.6 | 14.2 | 13.0 | | | | | | Decreased, 2011-2019 | Not available [§] | No change |
| QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) | | | | | | | | | | | | | | | 6.5 | 7.0 | 5.6 | 4.5 | | | | | | Decreased, 2013-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 2.6 | 3.8 | 2.1 | No linear change | Not available [§] | Decreased |
| QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 5.5 | 5.4 | 6.1 | 7.1 | 8.6 | Increased, 2011-2019 | Not available | No change |
| QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 7.0 | 6.1 | 6.4 | 6.4 | 7.9 | 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.

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Injury and Violence**

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|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|----------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 24.9 | 23.5 | 20.6 | 19.8 | 19.5 | Decreased, 2011-2019 | Not available [§] | No change |
| QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 10.9 | 10.9 | 10.6 | 7.3 | Decreased, 2013-2019 | Not available | Decreased |
| QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 20.3 | 21.9 | 19.5 | 15.7 | 17.4 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|---------------------------------------|------|------|----------------------|--|--|----------------------------|--|--|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | | |
| QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey) | | | | | | | | | | | | | | | 14.8 | 14.5 | 13.8 | 12.6 | 13.9 | No linear change | | | Not available [§] | | | No change |
| QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) | | | | | | | | | | | | | | | 25.5 | 25.7 | 26.9 | 29.5 | 32.4 | Increased, 2011-2019 | | | Not available | | | Increased |
| QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey) | | | | | | | | | | | | | | | 16.9 | 14.7 | 14.0 | 15.7 | 16.0 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|-------------------------|------|------|----------------------|--|--|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | |
| QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) | | | | | | | | | | | | | | | 13.2 | 15.2 | 11.7 | 12.6 | 11.9 | No linear change | | | Not available [§] | No change |
| QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | 10.5 | 9.8 | 6.7 | 7.2 | 7.0 | Decreased, 2011-2019 | | | Not available | No change |
| QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey) | | | | | | | | | | | | | | | 3.4 | 3.8 | 1.9 | 2.0 | 1.8 | Decreased, 2011-2019 | | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Tobacco Use**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|----------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 8.0 | 7.2 | No linear change | Not available [§] | No change |
| QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 15.0 | 11.1 | 8.2 | 6.5 | 5.5 | Decreased, 2011-2019 | Not available | No change |
| QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 5.4 | 3.5 | 2.2 | 1.7 | 1.3 | Decreased, 2011-2019 | Not available | No change |
| QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 3.6 | 2.6 | 1.6 | 1.2 | 1.1 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Tobacco Use**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|----------------------|--|--|----------------------------|--|--|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | |
| QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 16.8 | 11.8 | 19.9 | Increased, 2015-2019 | | | Not available [§] | | | Increased |
| QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | | 2.7 | 3.1 | 6.3 | Increased, 2015-2019 | | | Not available | | | Increased |
| QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | | 2.0 | 1.9 | 4.2 | Increased, 2015-2019 | | | Not available | | | Increased |
| QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 20.3 | 14.1 | 20.8 | No linear change | | | Not available | | | Increased |

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

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§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Tobacco Use**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|----------------------|---------------------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 11.1 | 8.4 | No linear change | Not available [§] | No change |
| QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 4.2 | 3.8 | No linear change | Not available | No change |
| QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 12.0 | 11.3 | 7.4 | 6.4 | 4.7 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Tobacco Use**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|----------------------------|-----------|----------------------|---------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | |
| QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 16.3 | 22.5 | Increased, 2017-2019 | Not available [§] | Increased | | | |
| QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 10.9 | 8.9 | Decreased, 2017-2019 | Not available | Decreased | | | |
| QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 19.6 | 16.9 | 11.7 | 9.5 | 7.3 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Total
Alcohol and Other Drug Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 18.1 | 18.2 | 14.6 | 14.7 | 15.6 | Decreased, 2011-2019 | Not available [§] | No change |
| QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 30.5 | 27.3 | 23.4 | 24.5 | 25.4 | Decreased, 2011-2019 | Not available | No change |
| QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 12.3 | 12.7 | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

| Total Alcohol and Other Drug Use | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|---------------------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN46: Percentage of students who tried marijuana for the first time before age 13 years | | | | | | | | | | | | | | | Decreased, 2011-2019 | Not available [§] | No change |
| | | | | | | | | | | 8.1 | 7.5 | 6.1 | 5.5 | 5.2 | | | |
| QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | | 18.0 | 17.9 | 16.2 | 16.5 | 17.3 | | | |
| QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | | | | 15.6 | 15.5 | 14.0 | | | |

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

| Total Weight Management and Dietary Behaviors | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|---------------------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§] | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 17.2 | 14.7 | 15.1 | 15.5 | 15.8 | No linear change | Not available [¶] | No change |
| QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§] | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 11.1 | 12.0 | 13.0 | 12.7 | 14.8 | Increased, 2011-2019 | Not available | No change |
| QN67: Percentage of students who described themselves as slightly or very overweight | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 28.1 | 28.8 | 30.0 | 28.8 | 30.2 | No linear change | Not available | No change |
| QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 21.6 | 25.6 | 28.6 | 32.9 | 36.0 | Increased, 2011-2019 | 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, $p < 0.05$.

[§]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

| Total Weight Management and Dietary Behaviors | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|----------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 14.6 | 14.4 | 13.1 | 13.2 | 14.1 | No linear change | Not available [§] | No change |
| QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 6.2 | 7.1 | 7.0 | 7.4 | 7.2 | No linear change | Not available | No change |
| QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 60.2 | 61.3 | 58.8 | 57.8 | 54.5 | Decreased, 2011-2019 | Not available | Decreased |

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

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| Total | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019[†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-----------------------|----------------------------|--|
| Weight Management and Dietary Behaviors | | | | | | | | | | | | | | | | | |
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 30.2 | 31.4 | 29.8 | 29.1 | 26.0 | Decreased, 2011-2019 | Not available [§] | Decreased |
| QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 40.6 | 42.9 | 40.7 | 40.9 | 44.7 | No linear change | Not available | No change |
| QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 20.6 | 27.1 | 30.0 | 32.2 | 32.0 | Increased, 2011-2019 | Not available | No change |

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

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

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| Total Weight Management and Dietary Behaviors | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|----------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 24.3 | 21.7 | 17.0 | 16.4 | 16.7 | Decreased, 2011-2019 | Not available [§] | No change |
| QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 16.9 | 14.8 | 10.4 | 10.1 | 9.8 | Decreased, 2011-2019 | Not available | No change |
| QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 13.1 | 14.1 | 13.6 | 18.4 | Increased, 2013-2019 | Not available | Increased |

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

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

| Total Weight Management and Dietary Behaviors | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|----------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 38.3 | 37.7 | 37.4 | 33.0 | Decreased, 2013-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Physical Activity**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|------|------|----------------------|--|--|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | |
| QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 45.6 | 44.3 | 45.2 | 42.3 | 41.4 | Decreased, 2011-2019 | | | Not available [§] | No change |
| QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 15.6 | 15.2 | 16.9 | 17.0 | 17.3 | No linear change | | | Not available | No change |
| QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 24.1 | 23.8 | 25.1 | 22.4 | 22.0 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

**Total
Physical Activity**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|---------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN79: Percentage of students who watched television 3 or more hours per day (on an average school day) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 31.1 | 28.2 | 23.9 | 18.9 | 20.4 | Decreased, 2011-2019 | Not available [§] | No change |
| QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 29.4 | 38.0 | 41.9 | 42.9 | 44.8 | Increased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

| Total Other | Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | |
|----------------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------------|----------------------------|---------------|-----------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | |
| | QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey) | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 75.6 | 76.1 | 76.2 | No linear change | Not available [§] | No change | | |
| | QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 1.7 | 1.8 | 2.0 | No linear change | Not available | No change | | |
| | QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 22.0 | 24.8 | 22.4 | 20.2 | 21.0 | No linear change | Not available | No change |
| | QN88: Percentage of students who got 8 or more hours of sleep (on an average school night) | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 27.6 | 27.0 | 25.4 | No linear change | Not available | No change | | |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

| Total Other | Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|----------------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | | | | 2019 |
| | QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 78.9 | 81.5 | 78.4 | No linear change | Not available [§] | No change |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | |
| QN91: Percentage of students who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle) | | | | | | | | | | | | | | | 41.5 | 42.7 | No linear change | Not available [§] | No change |
| QN92: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 61.8 | 57.9 | Decreased, 2017-2019 | Not available | Decreased |
| QN93: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, and other social media, during the 12 months before the survey) | | | | | | | | | | | | | | | 7.0 | 7.0 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|---------------------------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | |
| QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey) | | | | | | | | | | | | | | | 17.9 | 18.1 | No linear change | Not available [§] | No change |
| QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | 5.4 | 5.5 | No linear change | Not available | No change |
| QN103: Percentage of students who first took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it before the age of 13 years | | | | | | | | | | | | | | | 3.6 | 3.3 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|---------------------------------------|----------------------------|---------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | |
| QN104: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey) | | | | | | | | | | | | | | 2.0 | 2.2 | No linear change | Not available [§] | No change | |
| QN105: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey) | | | | | | | | | | | | | | 1.7 | 1.5 | 1.5 | No linear change | Not available | No change |
| QN107: Percentage of students who currently used ecstasy (also called "MDMA," one or more times during the 30 days before the survey) | | | | | | | | | | | | | | 2.1 | 2.1 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|----------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN109: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available [§] | No change |
| | | | | | | | | | | | 17.5 | 16.8 | 16.6 | | | | |
| QN111: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | | 3.7 | 3.8 | 4.3 | 4.2 | 4.0 | | | |
| QN112: Percentage of students who strongly agree or agree that they feel good about themselves | | | | | | | | | | | | | | | Decreased, 2015-2019 | Not available | Decreased |
| | | | | | | | | | | | 69.9 | 69.0 | 62.6 | | | | |
| QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious) | | | | | | | | | | | | | | | Decreased, 2015-2019 | Not available | Decreased |
| | | | | | | | | | | | 25.4 | 26.3 | 23.0 | | | | |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Site-Added**

| Health Risk Behavior and Percentages | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|---|------------------|----------------------------|-------------------------|
| 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 | | | |
| QN115: Percentage of students who most of the time or always feel safe and secure at school | | | |
| 78.5 73.8 78.2 78.5 72.9 | No linear change | Not available [§] | Decreased |
| QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood | | | |
| 83.4 86.2 83.8 | No linear change | Not available | No change |
| QN118: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey) | | | |
| 2.7 3.1 | No linear change | Not available | No change |
| QN119: Percentage of students who are most likely to attend a 4 year college or a community college after high school | | | |
| 77.2 78.4 75.5 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|------|------|--|--|--|------------------|----------------------|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | | | |
| QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | 19.6 | 17.4 | 14.3 | 13.8 | 11.9 | | | | | | Decreased, 2011-2019 | Not available [§] | No change |
| QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) | | | | | | | | | | | | | | | 7.2 | 8.2 | 6.0 | 5.1 | | | | | | Decreased, 2013-2019 | Not available | No change | |
| QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 4.0 | 5.3 | 2.8 | | | | | | No linear change | Not available | Decreased | | |

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|-------------------------|------|------|----------------------|--|--|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | |
| QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 4.7 | 5.2 | 5.6 | 7.0 | 7.2 | Increased, 2011-2019 | | | Not available [§] | No change |
| QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | 8.0 | 7.7 | 8.0 | 8.0 | 9.0 | No linear change | | | Not available | No change |
| QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | 29.4 | 30.2 | 27.3 | 24.8 | 25.8 | Decreased, 2011-2019 | | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|-------------------------|------|------|--|--|--|------------------|----------------------------|---------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | |
| QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey) | | | | | | | | | | | | | | 8.1 | 9.5 | 9.2 | 6.2 | | | | | No linear change | Not available [§] | Decreased | |
| QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey) | | | | | | | | | | | | | | 18.4 | 19.0 | 15.9 | 13.5 | 15.1 | | | | | Decreased, 2011-2019 | Not available | No change |
| QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey) | | | | | | | | | | | | | | 8.8 | 9.3 | 9.0 | 8.9 | 10.0 | | | | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|---------------------------------------|--|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | |
| QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) | | | | | | | | | | | | | | | Increased, 2011-2019 | Not available [§] | Increased | |
| | | | | | | 17.3 | 17.6 | 17.3 | 20.6 | 24.0 | | | | | | | | |
| QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change | |
| | | | | | | 12.0 | 10.4 | 9.6 | 10.2 | 11.4 | | | | | | | | |
| QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change | |
| | | | | | | 10.6 | 11.7 | 8.1 | 9.4 | 9.2 | | | | | | | | |
| QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | Decreased, 2011-2019 | Not available | No change | |
| | | | | | | 8.4 | 9.3 | 4.6 | 5.4 | 4.7 | | | | | | | | |

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Male
Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 3.1 | 4.3 | 1.3 | 1.4 | 1.4 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Male
Tobacco Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 9.7 | 8.3 | | No linear change | Not available [§] | No change |
| QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 14.4 | 11.6 | 8.6 | 7.3 | 6.1 | Decreased, 2011-2019 | Not available | No change |
| QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 6.4 | 4.2 | 2.8 | 2.2 | 1.9 | Decreased, 2011-2019 | Not available | No change |
| QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 4.0 | 3.4 | 1.8 | 1.6 | 1.5 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Tobacco Use**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|-------------------------|----------------------|--|--|----------------------------|--|--|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | |
| QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | 17.8 | 12.6 | 19.7 | No linear change | | | Not available [§] | | | Increased |
| QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | 3.9 | 3.9 | 6.8 | Increased, 2015-2019 | | | Not available | | | Increased |
| QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | 2.7 | 2.5 | 4.9 | Increased, 2015-2019 | | | Not available | | | Increased |
| QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | 21.2 | 15.3 | 20.7 | No linear change | | | Not available | | | Increased |

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

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

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Tobacco Use**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|----------------------|------------------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 16.8 | 10.8 | | No linear change | Not available [§] | No change |
| QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 7.0 | 5.8 | | No linear change | Not available | No change |
| QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 14.6 | 13.8 | 9.2 | 8.8 | 5.8 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Male
Tobacco Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|-------------------------|----------------------------|-----------|----------------------|---------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | |
| QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 18.6 | 23.2 | Increased, 2017-2019 | Not available [§] | Increased | | | |
| QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 14.1 | 11.1 | No linear change | Not available | Decreased | | | |
| QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 20.5 | 18.4 | 12.9 | 11.6 | 8.5 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

| Male Alcohol and Other Drug Use | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|---------------------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips) | | | | | | | | | | | | | | | No linear change | Not available [§] | No change |
| | | | | | | | | | | 16.9 | 20.4 | 16.4 | 15.8 | 16.4 | | | |
| QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | Decreased, 2011-2019 | Not available | No change |
| | | | | | | | | | | 28.0 | 25.6 | 23.0 | 23.0 | 22.8 | | | |
| QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | | | | | 10.7 | 11.9 | | | |

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

| Male Alcohol and Other Drug Use | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|---------------------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN46: Percentage of students who tried marijuana for the first time before age 13 years | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 10.2 | 9.6 | 7.7 | 7.7 | 6.5 | Decreased, 2011-2019 | Not available [§] | No change |
| QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 18.9 | 19.2 | 17.5 | 16.6 | 18.2 | No linear change | Not available | No change |
| QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 16.7 | 16.5 | 13.9 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|------|------|----------------------|--|--|----------------------------|--|--|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | | |
| QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§] | | | | | | | | | | | | | | | 18.0 | 14.6 | 14.6 | 14.3 | 15.3 | No linear change | | | Not available [¶] | | | No change |
| QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§] | | | | | | | | | | | | | | | 11.4 | 14.5 | 14.5 | 14.3 | 17.2 | Increased, 2011-2019 | | | Not available | | | No change |
| QN67: Percentage of students who described themselves as slightly or very overweight | | | | | | | | | | | | | | | 21.4 | 23.2 | 25.1 | 24.2 | 25.2 | No linear change | | | Not available | | | No change |
| QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | 19.1 | 23.1 | 25.2 | 30.6 | 34.5 | Increased, 2011-2019 | | | 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, $p < 0.05$.

[§]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

| Male | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| Weight Management and Dietary Behaviors | | | | | | | | | | | | | | | | | |
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 15.7 | 15.6 | 14.3 | 15.7 | 16.3 | No linear change | Not available [§] | No change |
| QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 6.6 | 7.8 | 7.5 | 9.2 | 9.2 | Increased, 2011-2019 | Not available | No change |
| QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 62.7 | 63.9 | 61.5 | 58.7 | 56.0 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

| Male | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| Weight Management and Dietary Behaviors | | | | | | | | | | | | | | | | | |
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 32.5 | 33.2 | 32.6 | 30.7 | 27.3 | Decreased, 2011-2019 | Not available [§] | No change |
| QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 47.2 | 47.9 | 45.4 | 44.6 | 47.7 | No linear change | Not available | No change |
| QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 18.6 | 23.7 | 27.0 | 28.2 | 29.1 | Increased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 25.8 | 23.7 | 19.5 | 19.1 | 19.4 | Decreased, 2011-2019 | Not available [§] | No change |
| QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 17.5 | 16.9 | 12.8 | 11.8 | 11.3 | Decreased, 2011-2019 | Not available | No change |
| QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 13.3 | 13.3 | 13.2 | 17.9 | Increased, 2013-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Male
Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 41.3 | 42.5 | 42.5 | 38.2 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Physical Activity**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|------|------|--|--|--|--|--|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | | | |
| QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 55.8 | 53.6 | 54.2 | 51.6 | 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 (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 10.6 | 10.6 | 12.5 | 14.0 | 14.0 | | | | | | Increased, 2011-2019 | Not available | No change |
| QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 31.1 | 31.6 | 32.3 | 29.2 | 29.4 | | | | | | No linear change | Not available | No change |

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Physical Activity**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN79: Percentage of students who watched television 3 or more hours per day (on an average school day) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 29.6 | 28.4 | 24.2 | 19.1 | 18.9 | Decreased, 2011-2019 | Not available [§] | No change |
| QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 30.2 | 37.8 | 41.4 | 41.8 | 46.5 | Increased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

| Male Other | Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | |
|---------------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------------|----------------------------|------|------------------|---------------|-----------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | |
| | QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey) | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 74.2 | 73.8 | 73.0 | No linear change | Not available [§] | No change | | | | |
| | QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 2.0 | 2.5 | 2.8 | No linear change | Not available | No change | | | | |
| | QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | 19.9 | 26.4 | 22.4 | 20.7 | 21.9 | No linear change | Not available | No change |
| | QN88: Percentage of students who got 8 or more hours of sleep (on an average school night) | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 30.0 | 30.7 | 29.0 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

| Male Other | Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|---------------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | | | | 2019 |
| | QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 74.5 | 77.1 | 73.5 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male
Site-Added

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|---------------------------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | |
| QN91: Percentage of students who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle) | | | | | | | | | | | | | | | 42.9 | 42.0 | No linear change | Not available [§] | No change |
| QN92: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 56.0 | 50.9 | Decreased, 2017-2019 | Not available | Decreased |
| QN93: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, and other social media, during the 12 months before the survey) | | | | | | | | | | | | | | | 7.4 | 7.8 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male
Site-Added

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|---------------------------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | |
| QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey) | | | | | | | | | | | | | | | 15.6 | 15.6 | No linear change | Not available [§] | No change |
| QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | 5.8 | 4.8 | No linear change | Not available | No change |
| QN103: Percentage of students who first took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it before the age of 13 years | | | | | | | | | | | | | | | 3.5 | 3.0 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Male
Site-Added

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------------|------------------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN104: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 2.6 | 2.6 | No linear change | Not available [§] | No change | |
| QN105: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 2.3 | 2.1 | 2.0 | No linear change | Not available | No change |
| QN107: Percentage of students who currently used ecstasy (also called "MDMA," one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 2.9 | 2.8 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male
Site-Added

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|-------------------------|----------------------|-----|------------------|----------------------------|--|---------------|-----------|--|-----------|--|--|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | | | | |
| QN109: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey) | | | | | | | | | | | | | | | 19.0 | 17.9 | 19.1 | No linear change | | | Not available [§] | | | No change | | | | |
| QN111: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey) | | | | | | | | | | | | | | | 3.7 | 3.9 | 4.2 | 4.6 | 4.5 | No linear change | | | Not available | | | No change | | |
| QN112: Percentage of students who strongly agree or agree that they feel good about themselves | | | | | | | | | | | | | | | 78.4 | 77.8 | 74.0 | Decreased, 2015-2019 | | | Not available | | | Decreased | | | | |
| QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious) | | | | | | | | | | | | | | | 25.6 | 27.7 | 23.8 | No linear change | | | Not available | | | Decreased | | | | |

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

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

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male
Site-Added

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|------------------|----------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN115: Percentage of students who most of the time or always feel safe and secure at school | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 79.1 | 73.2 | 78.9 | 79.0 | 74.8 | No linear change | Not available [§] | No change |
| QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 83.7 | 86.8 | 84.1 | No linear change | Not available | No change | |
| QN118: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 3.9 | 3.9 | No linear change | Not available | No change | |
| QN119: Percentage of students who are most likely to attend a 4 year college or a community college after high school | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 70.3 | 70.9 | 66.1 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|------|------|--|--|--|------------------|------------------|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | | | |
| QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | 20.2 | 18.1 | 17.0 | 14.4 | 14.1 | | | | | | Decreased, 2011-2019 | Not available [§] | No change |
| QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) | | | | | | | | | | | | | | | 5.4 | 5.6 | 4.8 | 3.9 | | | | | | No linear change | Not available | No change | |
| QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 1.0 | 2.1 | 1.4 | | | | | | No linear change | Not available | No change | | |

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|-------------------------|------|------|----------------------|--|--|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | |
| QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 6.2 | 5.2 | 6.6 | 7.1 | 10.1 | Increased, 2011-2019 | | | Not available [§] | Increased |
| QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | 5.5 | 4.1 | 4.6 | 4.7 | 6.7 | No linear change | | | Not available | Increased |
| QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | 20.2 | 16.1 | 13.5 | 14.3 | 12.8 | Decreased, 2011-2019 | | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|-------------------------|------|------|--|--|--|--|----------------------|----------------------------|---------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | | | |
| QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey) | | | | | | | | | | | | | | | 13.5 | 12.3 | 11.7 | 8.5 | | | | | | Decreased, 2013-2019 | Not available [§] | No change | |
| QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey) | | | | | | | | | | | | | | | 22.3 | 24.8 | 23.3 | 17.9 | 19.8 | | | | | | Decreased, 2011-2019 | Not available | No change |
| QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey) | | | | | | | | | | | | | | | 21.0 | 19.5 | 18.8 | 16.3 | 18.1 | | | | | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|------|------|--|--|--|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | |
| QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) | | | | | | | | | | | | | | | 33.9 | 33.8 | 37.1 | 38.9 | 41.7 | | | | Increased, 2011-2019 | Not available [§] | No change |
| QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey) | | | | | | | | | | | | | | | 21.9 | 19.2 | 18.6 | 21.1 | 21.0 | | | | No linear change | Not available | No change |
| QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) | | | | | | | | | | | | | | | 16.0 | 18.6 | 15.4 | 15.8 | 14.9 | | | | No linear change | Not available | No change |
| QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | 12.4 | 10.2 | 8.7 | 9.0 | 9.4 | | | | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Female
Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 3.7 | 3.2 | 2.4 | 2.6 | 2.2 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Tobacco Use**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 6.0 | 5.9 | No linear change | Not available [§] | No change |
| QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 15.5 | 10.4 | 7.9 | 5.5 | 4.8 | Decreased, 2011-2019 | Not available | No change |
| QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 4.4 | 2.7 | 1.7 | 1.1 | 0.7 | Decreased, 2011-2019 | Not available | No change |
| QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 3.1 | 1.7 | 1.4 | 0.8 | 0.6 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Tobacco Use**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|-------------------------|----------------------|--|--|----------------------------|--|--|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | |
| QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 15.5 | 10.8 | 20.2 | Increased, 2015-2019 | | | Not available [§] | | | Increased |
| QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | | 1.4 | 2.1 | 5.7 | Increased, 2015-2019 | | | Not available | | | Increased |
| QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | | 1.1 | 1.2 | 3.5 | Increased, 2015-2019 | | | Not available | | | Increased |
| QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 19.3 | 12.9 | 21.0 | No linear change | | | Not available | | | Increased |

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

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

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Tobacco Use**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|-------------------|------------------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 4.8 | 6.0 | | No linear change | Not available [§] | No change |
| QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 1.1 | 1.7 | | No linear change | Not available | No change |
| QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | 9.0 | 8.2 | 5.5 | 3.8 | 3.5 | | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Female
Tobacco Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 13.8 | 21.8 | | Increased, 2017-2019 | Not available [§] | Increased |
| QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 7.4 | 6.6 | | No linear change | Not available | No change |
| QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | 18.3 | 14.8 | 10.2 | 7.2 | 6.0 | | | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Female
Alcohol and Other Drug Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 19.0 | 15.4 | 12.4 | 13.4 | 14.7 | Decreased, 2011-2019 | Not available [§] | No change |
| QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 33.0 | 28.9 | 23.8 | 26.0 | 28.3 | No linear change | Not available | No change |
| QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 13.9 | 13.4 | | No linear change | Not available | No change |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

| Female Alcohol and Other Drug Use | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|----------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN46: Percentage of students who tried marijuana for the first time before age 13 years | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 6.0 | 5.0 | 4.4 | 2.9 | 3.8 | Decreased, 2011-2019 | Not available [§] | No change |
| QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 16.9 | 16.4 | 14.9 | 16.2 | 16.4 | No linear change | Not available | No change |
| QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 14.4 | 14.3 | 14.1 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|------|------|----------------------|--|--|----------------------------|--|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | |
| QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§] | | | | | | | | | | | | | | | 16.5 | 14.8 | 15.7 | 16.6 | 16.4 | No linear change | | | Not available [¶] | | No change |
| QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§] | | | | | | | | | | | | | | | 10.7 | 9.4 | 11.4 | 11.1 | 12.3 | No linear change | | | Not available | | No change |
| QN67: Percentage of students who described themselves as slightly or very overweight | | | | | | | | | | | | | | | 35.0 | 34.9 | 35.1 | 33.4 | 35.5 | No linear change | | | Not available | | No change |
| QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | 24.2 | 28.2 | 32.3 | 35.2 | 37.3 | Increased, 2011-2019 | | | 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, $p < 0.05$.

[§]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

| Female | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019[†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-----------------------|----------------------------|--|
| Weight Management and Dietary Behaviors | | | | | | | | | | | | | | | | | |
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 13.2 | 12.9 | 11.9 | 10.2 | 11.7 | No linear change | Not available [§] | No change |
| QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 5.9 | 6.3 | 6.4 | 5.4 | 5.0 | No linear change | Not available | No change |
| QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 57.5 | 58.8 | 55.7 | 56.8 | 53.1 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 27.5 | 29.7 | 26.5 | 27.5 | 24.7 | No linear change | Not available [§] | No change |
| QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 33.7 | 37.7 | 35.5 | 36.9 | 41.5 | Increased, 2011-2019 | Not available | No change |
| QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 22.8 | 30.5 | 33.3 | 36.6 | 35.0 | Increased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

| Female | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------|----------------------------|-------------------------|
| Weight Management and Dietary Behaviors | | | | | | | | | | | | | | | | | |
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | 22.9 | 19.7 | 14.2 | 13.7 | 13.7 | | Decreased, 2011-2019 | Not available [§] | No change |
| QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | 16.5 | 12.6 | 7.7 | 8.4 | 8.1 | | Decreased, 2011-2019 | Not available | No change |
| QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | 12.9 | 14.9 | 14.0 | 18.9 | | Increased, 2013-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

| Female | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| Weight Management and Dietary Behaviors | | | | | | | | | | | | | | | | | |
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 35.4 | 32.7 | 32.1 | 27.4 | Decreased, 2013-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Physical Activity**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|------|------|--|--|--|------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | |
| QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 35.3 | 34.9 | 35.6 | 32.6 | 31.9 | | | | No linear change | Not available [§] | No change |
| QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 20.3 | 19.9 | 21.6 | 20.1 | 20.9 | | | | 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 (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 17.1 | 15.9 | 17.6 | 15.2 | 14.1 | | | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Female
Physical Activity

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN79: Percentage of students who watched television 3 or more hours per day (on an average school day) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 32.7 | 28.1 | 23.5 | 18.6 | 21.9 | Decreased, 2011-2019 | Not available [§] | No change |
| QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 28.6 | 38.5 | 42.3 | 44.1 | 42.9 | Increased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Female
Other

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 77.1 | 78.7 | 79.6 | No linear change | Not available [§] | No change |
| QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 1.5 | 1.0 | 1.2 | No linear change | Not available | No change |
| QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma | | | | | | | | | | | | | | | | | |
| | | | | | | | | 24.1 | 23.1 | 22.3 | 19.6 | 20.3 | | | Decreased, 2011-2019 | Not available | No change |
| QN88: Percentage of students who got 8 or more hours of sleep (on an average school night) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 25.1 | 23.2 | 21.8 | Decreased, 2015-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

| Female Other | Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|-----------------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------------|----------------------------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| | QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 83.6 | 86.2 | 83.7 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|---------------------------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | |
| QN91: Percentage of students who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle) | | | | | | | | | | | | | | | 39.3 | 43.6 | No linear change | Not available [§] | No change |
| QN92: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 68.1 | 65.4 | No linear change | Not available | No change |
| QN93: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, and other social media, during the 12 months before the survey) | | | | | | | | | | | | | | | 6.2 | 6.3 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|---------------------------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | |
| QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey) | | | | | | | | | | | | | | | 19.8 | 21.2 | No linear change | Not available [§] | No change |
| QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | 4.9 | 6.2 | No linear change | Not available | No change |
| QN103: Percentage of students who first took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it before the age of 13 years | | | | | | | | | | | | | | | 3.6 | 3.6 | No linear change | Not available | No change |

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Female
Site-Added

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN104: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 1.2 | 1.8 | | No linear change | Not available [§] | No change |
| QN105: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 0.9 | 0.7 | 1.0 | No linear change | Not available | No change |
| QN107: Percentage of students who currently used ecstasy (also called "MDMA," one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 1.2 | 1.1 | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|----------------------------|--|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | |
| QN109: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available [§] | No change | |
| | | | | | | | | | | | 16.1 | 15.7 | 14.1 | | | | | |
| QN111: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change | |
| | | | | | | | | | | | 3.6 | 3.5 | 4.3 | 3.7 | 3.4 | | | |
| QN112: Percentage of students who strongly agree or agree that they feel good about themselves | | | | | | | | | | | | | | | Decreased, 2015-2019 | Not available | Decreased | |
| | | | | | | | | | | | 61.1 | 59.6 | 50.7 | | | | | |
| QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious) | | | | | | | | | | | | | | | No linear change | Not available | No change | |
| | | | | | | | | | | | 25.3 | 25.1 | 22.4 | | | | | |

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

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

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|---------------------------------------|------------------|------|------------------|---------------|-----------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | |
| QN115: Percentage of students who most of the time or always feel safe and secure at school | | | | | | | | | | | | | | | 78.2 | 74.7 | 77.5 | 78.2 | 70.8 | No linear change | | | Not available [§] | Decreased |
| QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood | | | | | | | | | | | | | | | 83.1 | 85.5 | 83.4 | No linear change | | | Not available | No change | | |
| QN118: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey) | | | | | | | | | | | | | | | 1.3 | 2.2 | No linear change | | | Not available | No change | | | |
| QN119: Percentage of students who are most likely to attend a 4 year college or a community college after high school | | | | | | | | | | | | | | | 84.4 | 86.7 | 85.5 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

White*
Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | Decreased, 2011-2019 | Not available [¶] | No change |
| | | | | | | | | | 20.3 | 15.5 | 14.3 | 13.0 | 13.0 | | | | |
| QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | | | 6.0 | 7.3 | 5.1 | 4.5 | | | |
| QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | Decreased |
| | | | | | | | | | | | | 2.5 | 3.9 | 1.7 | | | |

*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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 4.3 | 4.3 | 4.8 | 7.3 | 6.8 | Increased, 2011-2019 | Not available [¶] | No change |
| QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 5.2 | 4.7 | 5.2 | 5.7 | 7.2 | No linear change | Not available | No change |
| QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 22.9 | 19.7 | 18.1 | 15.7 | 17.3 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|------|----------------------|------------------|--|----------------------------|---------------|--|-----------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | | |
| QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey) | | | | | | | | | | | | | | | 9.4 | 9.3 | 9.2 | 6.3 | Decreased, 2013-2019 | | | Not available [¶] | | | Decreased | |
| QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey) | | | | | | | | | | | | | | | 21.2 | 23.7 | 22.9 | 18.7 | 19.0 | No linear change | | | Not available | | | No change |
| QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey) | | | | | | | | | | | | | | | 16.3 | 15.8 | 16.5 | 14.9 | 14.7 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [‡] | Change from 2017-2019 [§] | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|--|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | |
| QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) | | | | | | | | | | | | | | | Increased, 2011-2019 | Not available [¶] | No change | |
| | | | | | | 24.2 | 25.2 | 25.3 | 30.6 | 31.0 | | | | | | | | |
| QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change | |
| | | | | | | 16.5 | 14.8 | 14.1 | 15.9 | 14.4 | | | | | | | | |
| QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change | |
| | | | | | | 12.2 | 14.5 | 11.8 | 12.9 | 10.8 | | | | | | | | |
| QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | Decreased, 2011-2019 | Not available | Decreased | |
| | | | | | | 8.4 | 8.2 | 5.1 | 6.4 | 4.5 | | | | | | | | |

*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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2017-2019[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)

2.1 3.2 1.2 1.6 0.9 Decreased, 2011-2019 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Tobacco Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [‡] | Change from 2017-2019 [§] |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 8.3 | 7.1 | No linear change | Not available [¶] | No change |
| QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 16.7 | 11.5 | 9.5 | 8.2 | 6.4 | Decreased, 2011-2019 | Not available | No change |
| QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 5.9 | 3.8 | 2.7 | 2.2 | 1.3 | Decreased, 2011-2019 | Not available | No change |
| QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 3.4 | 3.1 | 1.8 | 1.7 | 1.2 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Tobacco Use**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|----------------------|--|--|----------------------------|--|--|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | |
| QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 17.0 | 14.8 | 23.4 | Increased, 2015-2019 | | | Not available [¶] | | | Increased |
| QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | | 2.7 | 3.7 | 7.3 | Increased, 2015-2019 | | | Not available | | | Increased |
| QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | | 1.6 | 2.4 | 4.6 | Increased, 2015-2019 | | | Not available | | | Increased |
| QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 20.5 | 17.6 | 24.3 | No linear change | | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Tobacco Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [‡] | Change from 2017-2019 [§] | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 10.7 | 7.8 | | No linear change | Not available [¶] | No change |
| QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 5.8 | 4.6 | | No linear change | Not available | No change |
| QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | 12.6 | 9.5 | 6.5 | 6.6 | 4.1 | | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*
Tobacco Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|----------------------------|-----------|----------------------|---------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | |
| QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 19.6 | 25.5 | Increased, 2017-2019 | Not available [¶] | Increased | | | |
| QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 13.2 | 9.9 | Decreased, 2017-2019 | Not available | Decreased | | | |
| QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 21.2 | 16.0 | 11.5 | 11.1 | 7.7 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 18.7 | 16.7 | 13.1 | 15.1 | 15.2 | Decreased, 2011-2019 | Not available [¶] | No change |
| QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 35.0 | 30.6 | 26.5 | 29.3 | 30.2 | Decreased, 2011-2019 | Not available | No change |
| QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 15.4 | 16.3 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*

Alcohol and Other Drug Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN46: Percentage of students who tried marijuana for the first time before age 13 years | | | | | | | | | | | | | | | | | |
| | | | | | | | | | 6.8 | 5.3 | 4.7 | 4.0 | 3.7 | | Decreased, 2011-2019 | Not available [¶] | No change |
| QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | 18.3 | 15.9 | 13.7 | 15.8 | 16.4 | | No linear change | Not available | No change |
| QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 15.7 | 16.6 | 14.4 | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [†] | | | | | | | | | | | | | | | | | |
| | | | | | | | | 13.9 | | 13.5 | 12.3 | 13.6 | 15.2 | | No linear change | Not available | No change |
| QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [†] | | | | | | | | | | | | | | | | | |
| | | | | | | | | 8.7 | | 10.5 | 12.0 | 11.5 | 12.5 | | Increased, 2011-2019 | Not available | No change |
| QN67: Percentage of students who described themselves as slightly or very overweight | | | | | | | | | | | | | | | | | |
| | | | | | | | | 26.6 | | 30.3 | 30.0 | 28.0 | 27.9 | | No linear change | Not available | No change |
| QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | 21.8 | | 27.7 | 33.2 | 36.0 | 41.0 | | Increased, 2011-2019 | 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, $p < 0.05$.

*Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

**Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [‡] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 11.2 | 13.4 | 11.9 | 12.5 | 12.0 | No linear change | Not available [¶] | No change |
| QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 5.5 | 7.1 | 7.0 | 7.2 | 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 (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 60.0 | 60.9 | 57.5 | 56.2 | 54.2 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|------|------|----------------------|--|--|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | |
| QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | 29.5 | 29.3 | 27.2 | 26.8 | 24.3 | Decreased, 2011-2019 | | | Not available [¶] | No change |
| QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | 33.9 | 38.5 | 36.3 | 37.0 | 41.4 | Increased, 2011-2019 | | | Not available | No change |
| QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | 21.9 | 27.8 | 31.2 | 31.4 | 31.4 | Increased, 2011-2019 | | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | 24.4 | 23.1 | 17.9 | 17.7 | 17.9 | | Decreased, 2011-2019 | Not available [¶] | No change |
| QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | 17.0 | 15.3 | 10.5 | 9.8 | 10.3 | | Decreased, 2011-2019 | Not available | No change |
| QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 11.1 | 11.3 | 12.0 | 17.2 | | Increased, 2013-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2017-2019[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

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

43.0 42.7 42.2 34.8 Decreased, 2013-2019 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Physical Activity

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|------|------|------------------|--|--|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | |
| QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 48.6 | 48.4 | 51.5 | 47.3 | 46.2 | No linear change | | | Not available [¶] | No change |
| QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 13.7 | 12.6 | 13.1 | 13.8 | 13.6 | 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 (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 26.2 | 26.5 | 29.4 | 24.9 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2017-2019[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

22.7 22.4 17.9 16.1 17.6 Decreased, 2011-2019 Not available[¶] No change

QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

25.8 35.4 38.9 39.0 43.4 Increased, 2011-2019 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

| White* Other | Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|-----------------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| | QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 81.7 | 83.1 | 82.3 | | No linear change | Not available [¶] | No change |
| | QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 1.1 | 1.2 | 0.9 | | No linear change | Not available | No change |
| | QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 20.6 | 22.7 | 20.5 | 17.1 | 17.4 | | Decreased, 2011-2019 | Not available | No change |
| | QN88: Percentage of students who got 8 or more hours of sleep (on an average school night) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 30.1 | 28.1 | 25.4 | | Decreased, 2015-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*
Other

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2017-2019[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

83.7 85.3 84.4 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | |
| QN91: Percentage of students who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle) | | | | | | | | | | | | | | | 41.5 | 45.0 | No linear change | Not available [¶] | No change |
| QN92: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 63.3 | 60.6 | No linear change | Not available | No change |
| QN93: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, and other social media, during the 12 months before the survey) | | | | | | | | | | | | | | | 6.6 | 6.6 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | |
| QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey) | | | | | | | | | | | | | | | 21.4 | 21.7 | No linear change | Not available [¶] | No change |
| QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | 4.7 | 4.8 | No linear change | Not available | No change |
| QN103: Percentage of students who first took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it before the age of 13 years | | | | | | | | | | | | | | | 2.0 | 2.7 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN104: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 1.5 | 2.0 | | No linear change | Not available [¶] | No change |
| QN105: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 0.7 | 0.9 | 1.0 | | No linear change | Not available | No change |
| QN107: Percentage of students who currently used ecstasy (also called "MDMA," one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 1.8 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Site-Added

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN109: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available [¶] | No change |
| | | | | | | | | | 18.9 | 16.3 | 17.8 | | | | | | |
| QN111: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | 2.5 | 2.7 | 3.1 | 3.1 | 2.6 | | | | |
| QN112: Percentage of students who strongly agree or agree that they feel good about themselves | | | | | | | | | | | | | | | Decreased, 2015-2019 | Not available | No change |
| | | | | | | | | | 68.6 | 66.8 | 62.8 | | | | | | |
| QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious) | | | | | | | | | | | | | | | Decreased, 2015-2019 | Not available | No change |
| | | | | | | | | | 28.4 | 27.0 | 25.0 | | | | | | |

*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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [‡] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN115: Percentage of students who most of the time or always feel safe and secure at school | | | | | | | | | | | | | | | Decreased, 2011-2019 | Not available [¶] | Decreased |
| | | | | | | | | | | 86.3 | 78.6 | 82.8 | 82.9 | 76.0 | | | |
| QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | | | 89.0 | 89.6 | 89.2 | | | | |
| QN118: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | | | | 1.9 | 2.2 | | | | |
| QN119: Percentage of students who are most likely to attend a 4 year college or a community college after high school | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | | | | 77.6 | 79.9 | 77.0 | | | |

*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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------------|-------------------------------|---------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 15.8 | 20.5 | 16.1 | 15.4 | 12.0 | Decreased, 2011-2019 | Not available [¶] | No change |
| QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 6.0 | 4.7 | 6.0 | 1.6 | Decreased, 2013-2019 | Not available | Decreased |
| QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 2.4 | 3.6 | 1.7 | No linear change | Not available | Decreased | |

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 7.4 | 4.9 | 7.7 | 6.8 | 7.5 | No linear change | Not available [¶] | No change |
| QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 8.0 | 6.1 | 7.0 | 7.6 | 8.4 | No linear change | Not available | No change |
| QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 26.6 | 30.4 | 24.3 | 27.4 | 23.2 | No linear change | Not available | No change |

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Injury and Violence**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|------|------|--|--|------------------|----------------------------|---------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | |
| QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey) | | | | | | | | | | | | | | | 11.1 | 11.8 | 11.3 | 7.9 | | | | No linear change | Not available [¶] | No change | |
| QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey) | | | | | | | | | | | | | | | 16.1 | 16.3 | 12.7 | 10.9 | 12.7 | | | | No linear change | Not available | No change |
| QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey) | | | | | | | | | | | | | | | 11.2 | 9.0 | 7.7 | 8.5 | 10.9 | | | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [‡] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) | | | | | | | | | | | | | | | No linear change | Not available [¶] | Increased |
| | | | | | | | | | 24.4 | 21.7 | 23.6 | 24.7 | 29.7 | | | | |
| QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | 14.2 | 12.7 | 11.6 | 12.5 | 16.5 | | | | |
| QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | 11.6 | 14.2 | 9.4 | 10.5 | 11.6 | | | | |
| QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | 10.7 | 10.6 | 8.4 | 7.7 | 9.9 | | | | |

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 4.7 | 4.0 | 3.1 | 2.6 | 1.2 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Tobacco Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [‡] | Change from 2017-2019 [§] |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 7.9 | 6.4 | No linear change | Not available [¶] | No change |
| QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 8.9 | 9.7 | 3.7 | 3.6 | 3.1 | Decreased, 2011-2019 | Not available | No change |
| QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 3.3 | 3.1 | 1.1 | 0.7 | 0.8 | Decreased, 2011-2019 | Not available | No change |
| QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 2.7 | 2.2 | 0.7 | 0.2 | 0.4 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Tobacco Use**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|------------------|--|--|----------------------------|--|--|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | |
| QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 16.3 | 6.6 | 12.2 | No linear change | | | Not available [¶] | | | Increased |
| QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | | 2.5 | 1.1 | 3.0 | No linear change | | | Not available | | | No change |
| QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | | 1.9 | 0.8 | 1.6 | No linear change | | | Not available | | | No change |
| QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 18.0 | 8.5 | 13.0 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Tobacco Use**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|----------------------------|-----------|----------------------|---------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | |
| QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 1.7 | 2.1 | No linear change | Not available [¶] | No change | | | |
| QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 9.1 | 15.0 | 6.9 | 6.8 | 5.1 | Decreased, 2011-2019 | Not available | No change |
| QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 11.9 | 16.3 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Tobacco Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 8.2 | 7.2 | | No linear change | Not available [¶] | No change |
| QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 13.6 | 18.5 | 8.8 | 8.0 | 6.2 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black*

Alcohol and Other Drug Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [‡] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 12.5 | 19.3 | 14.9 | 12.5 | 15.8 | No linear change | Not available [¶] | No change |
| QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 20.7 | 23.7 | 17.5 | 17.8 | 16.1 | No linear change | Not available | No change |
| QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 6.6 | 4.4 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*

Alcohol and Other Drug Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN46: Percentage of students who tried marijuana for the first time before age 13 years | | | | | | | | | | | | | | | No linear change | Not available [¶] | No change |
| | | | | | | | | 7.9 | 11.4 | 9.0 | 7.6 | 8.0 | | | | | |
| QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | 15.5 | 22.0 | 20.1 | 18.0 | 18.8 | | | | | |
| QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | | 11.9 | 12.2 | 9.9 | | | | | |

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|------|------|------------------|--|--|---------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | |
| QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [†] | | | | | | | | | | | | | | 23.9 | 16.4 | 18.8 | 19.5 | 18.0 | No linear change | | | Not available | No change |
| QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [†] | | | | | | | | | | | | | | 16.8 | 17.6 | 15.1 | 16.9 | 19.3 | No linear change | | | Not available | No change |
| QN67: Percentage of students who described themselves as slightly or very overweight | | | | | | | | | | | | | | 29.6 | 25.2 | 27.9 | 26.9 | 29.4 | No linear change | | | Not available | No change |
| QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey) | | | | | | | | | | | | | | 19.4 | 20.7 | 20.8 | 25.4 | 26.1 | 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, $p < 0.05$.

*Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

**Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2017-2019[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

20.6 18.1 16.9 18.7 20.4 No linear change Not available[¶] No change

QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

7.5 8.0 6.5 9.6 8.4 No linear change Not available No change

QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

61.8 59.4 58.7 58.4 54.2 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available [¶] | No change |
| | | | | | | | | | | 30.8 | 32.8 | 33.3 | 32.4 | 27.5 | | | |
| QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | | 54.8 | 53.6 | 50.0 | 50.4 | 56.0 | | | |
| QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | Increased, 2011-2019 | Not available | No change |
| | | | | | | | | | | 17.7 | 21.9 | 25.0 | 33.9 | 31.7 | | | |

*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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2017-2019[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

24.1 24.2 18.3 15.9 17.0 Decreased, 2011-2019 Not available[¶] No change

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

15.7 17.9 12.3 11.9 10.8 Decreased, 2011-2019 Not available No change

QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)

13.8 16.8 16.4 20.5 Increased, 2013-2019 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 29.8 | 27.7 | 27.5 | 26.8 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Physical Activity**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|------|------|----------------------|--|--|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | |
| QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 45.3 | 41.5 | 39.6 | 40.2 | 35.9 | Decreased, 2011-2019 | | | Not available [¶] | No change |
| QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 19.3 | 18.5 | 24.2 | 20.5 | 23.6 | 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 (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | 24.3 | 22.9 | 21.0 | 22.6 | 20.9 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Physical Activity

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN79: Percentage of students who watched television 3 or more hours per day (on an average school day) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 49.3 | 45.4 | 38.3 | 27.0 | 25.9 | Decreased, 2011-2019 | Not available [¶] | No change |
| QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 30.9 | 44.0 | 45.3 | 49.5 | 43.2 | Increased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

| Black* Other | Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | | | | |
|-----------------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|------|------------------|------------------|---------------|-----------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | |
| | QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey) | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 65.2 | 66.6 | 66.3 | No linear change | Not available [¶] | No change | | | | | |
| | QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 2.5 | 2.7 | 3.0 | No linear change | Not available | No change | | | | | |
| | QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | 28.8 | 28.1 | 25.7 | 27.3 | 28.5 | No linear change | Not available | No change | |
| | QN88: Percentage of students who got 8 or more hours of sleep (on an average school night) | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | 23.5 | 24.6 | 23.6 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

| Black* Other | Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|-----------------|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| | QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 73.8 | 75.1 | 68.7 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | |
| QN91: Percentage of students who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle) | | | | | | | | | | | | | | | 37.7 | 38.7 | No linear change | Not available [¶] | No change |
| QN92: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | 62.6 | 52.0 | Decreased, 2017-2019 | Not available | Decreased |
| QN93: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, and other social media, during the 12 months before the survey) | | | | | | | | | | | | | | | 7.2 | 7.6 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | |
| QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey) | | | | | | | | | | | | | | | 11.2 | 13.9 | No linear change | Not available [¶] | No change |
| QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | 6.6 | 6.9 | No linear change | Not available | No change |
| QN103: Percentage of students who first took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it before the age of 13 years | | | | | | | | | | | | | | | 5.5 | 4.3 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Site-Added

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN104: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 2.0 | 1.5 | | No linear change | Not available [¶] | No change |
| QN105: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 2.5 | 1.4 | 1.4 | No linear change | Not available | No change |
| QN107: Percentage of students who currently used ecstasy (also called "MDMA," one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 1.6 | 2.0 | | No linear change | Not available | No change |

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN109: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available [¶] | No change |
| | | | | | | | | | 18.7 | 19.7 | 18.7 | | | | | | |
| QN111: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey) | | | | | | | | | | | | | | | Increased, 2011-2019 | Not available | No change |
| | | | | | | | | | 2.7 | 4.5 | 6.3 | 6.8 | 4.8 | | | | |
| QN112: Percentage of students who strongly agree or agree that they feel good about themselves | | | | | | | | | | | | | | | Decreased, 2015-2019 | Not available | Decreased |
| | | | | | | | | | 77.2 | 78.7 | 68.1 | | | | | | |
| QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | | 22.6 | 25.2 | 21.6 | | | | | | |

*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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Site-Added**

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2017-2019 [§] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN115: Percentage of students who most of the time or always feel safe and secure at school | | | | | | | | | | | | | | | No linear change | Not available [¶] | Decreased |
| QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood | | | | | | | | | | | | | | | No linear change | Not available | No change |
| QN118: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| QN119: Percentage of students who are most likely to attend a 4 year college or a community college after high school | | | | | | | | | | | | | | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 23.5 | 26.5 | 20.4 | 18.1 | 14.6 | Decreased, 2011-2019 | Not available [§] | No change |
| QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 12.1 | 6.8 | 6.4 | 8.0 | No linear change | Not available | No change |
| QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 3.6 | 4.7 | 3.2 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 8.5 | 8.3 | 7.0 | 7.1 | 13.7 | No linear change | Not available [§] | Increased |
| QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 13.2 | 9.5 | 8.6 | 6.3 | 9.0 | No linear change | Not available | No change |
| QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 30.2 | 26.2 | 21.2 | 22.3 | 21.4 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|------|------------------|----------------------|--|----------------------------|---------------|--|-----------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | | |
| QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey) | | | | | | | | | | | | | | | 12.9 | 13.5 | 14.3 | 8.6 | No linear change | | | Not available [§] | | | No change | |
| QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey) | | | | | | | | | | | | | | | 20.9 | 20.3 | 16.6 | 12.0 | 17.4 | Decreased, 2011-2019 | | | Not available | | | Increased |
| QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey) | | | | | | | | | | | | | | | 14.3 | 17.2 | 10.8 | 9.6 | 14.5 | No linear change | | | Not available | | | Increased |

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 32.2 | 32.8 | 32.1 | 32.4 | 39.5 | Increased, 2011-2019 | Not available [§] | Increased |
| QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 22.3 | 16.5 | 14.6 | 17.5 | 18.1 | No linear change | Not available | No change |
| QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 18.4 | 16.9 | 12.1 | 14.5 | 13.2 | No linear change | Not available | No change |
| QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 20.2 | 17.5 | 8.0 | 9.4 | 8.8 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Injury and Violence

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019† |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|-------------------|------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 7.6 | 7.5 | 2.3 | 2.7 | 3.7 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Tobacco Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 7.8 | 8.9 | | No linear change | Not available [§] | No change |
| QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 22.2 | 17.1 | 11.0 | 6.4 | 6.7 | Decreased, 2011-2019 | Not available | No change |
| QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 7.1 | 4.6 | 1.4 | 1.8 | 2.0 | Decreased, 2011-2019 | Not available | No change |
| QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 6.4 | 2.6 | 1.4 | 1.8 | 1.7 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Tobacco Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 18.4 | 10.7 | 22.3 | No linear change | Not available [§] | Increased |
| QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 2.8 | 2.9 | 7.7 | Increased, 2015-2019 | Not available | Increased |
| QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 2.4 | 2.5 | 5.5 | Increased, 2015-2019 | Not available | No change |
| QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 24.2 | 13.2 | 23.8 | No linear change | Not available | Increased |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Tobacco Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|----------------------|------------------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 3.4 | 4.2 | No linear change | Not available [§] | No change |
| QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 12.7 | 12.2 | 10.0 | 6.6 | 6.1 | Decreased, 2011-2019 | Not available | No change |
| QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 14.4 | 25.1 | Increased, 2017-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Tobacco Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 9.3 | 9.9 | No linear change | Not available [§] | No change |
| QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 26.2 | 20.9 | 14.6 | 8.9 | 8.8 | Decreased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 30.4 | 23.8 | 17.4 | 16.5 | 16.7 | Decreased, 2011-2019 | Not available [§] | No change |
| QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 27.0 | 24.9 | 24.0 | 23.2 | 26.3 | No linear change | Not available | No change |
| QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 13.2 | 13.5 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN46: Percentage of students who tried marijuana for the first time before age 13 years | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 12.9 | 10.5 | 6.8 | 7.5 | 5.4 | Decreased, 2011-2019 | Not available [§] | No change |
| QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 23.4 | 22.0 | 19.1 | 18.7 | 20.3 | No linear change | Not available | No change |
| QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 19.2 | 15.1 | 18.8 | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | | | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|------|------|--|--|--|--|--|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | | | | | | | | | | |
| QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§] | | | | | | | | | | | | | | | 21.8 | 20.7 | 21.0 | 16.7 | 16.2 | | | | | | No linear change | Not available [¶] | No change |
| QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§] | | | | | | | | | | | | | | | 13.0 | 10.8 | 14.9 | 14.5 | 20.0 | | | | | | Increased, 2011-2019 | Not available | Increased |
| QN67: Percentage of students who described themselves as slightly or very overweight | | | | | | | | | | | | | | | 32.3 | 32.0 | 35.9 | 33.2 | 36.3 | | | | | | No linear change | Not available | No change |
| QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | 22.4 | 23.3 | 22.4 | 28.6 | 33.0 | | | | | | Increased, 2011-2019 | 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, $p < 0.05$.

[§]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 15.3 | 13.9 | 13.0 | 12.3 | 13.4 | No linear change | Not available [§] | No change |
| QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 7.2 | 7.2 | 6.9 | 7.2 | 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 (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 60.0 | 64.8 | 59.5 | 59.8 | 52.8 | No linear change | Not available | Decreased |

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|------------------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 35.0 | 32.9 | 30.0 | 31.7 | 25.4 | No linear change | Not available [§] | Decreased |
| QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 44.1 | 44.2 | 39.9 | 39.5 | 43.9 | No linear change | Not available | No change |
| QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 19.2 | 27.2 | 28.0 | 27.4 | 30.1 | Increased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|----------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 24.5 | 18.0 | 14.1 | 18.8 | 14.6 | Decreased, 2011-2019 | Not available [§] | No change |
| QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 16.0 | 12.7 | 8.5 | 11.0 | 7.2 | Decreased, 2011-2019 | Not available | Decreased |
| QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 19.9 | 18.6 | 15.3 | 20.0 | | No linear change | Not available | Increased |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2017-2019 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

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

30.0 33.3 35.1 32.3 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Physical Activity

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019† |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|-------------------|------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available§ | No change |
| QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | No change |
| QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | | | No linear change | Not available | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Physical Activity

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019† | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|----------------------|------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN79: Percentage of students who watched television 3 or more hours per day (on an average school day) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 38.4 | 28.6 | 25.8 | 20.1 | 21.6 | Decreased, 2011-2019 | Not available§ | No change |
| QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 39.0 | 34.7 | 43.6 | 44.2 | 48.3 | Increased, 2011-2019 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Other

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------------|-------------------------|--|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey) | | | | | | | | | | | | | | No linear change | Not available [§] | No change | |
| | | | | | | | | | | | 70.2 | 68.0 | 71.8 | | | | |
| QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) | | | | | | | | | | | | | | No linear change | Not available | No change | |
| | | | | | | | | | | | 2.4 | 3.1 | 3.5 | | | | |
| QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma | | | | | | | | | | | | | | No linear change | Not available | No change | |
| | | | | | | | | 19.8 | 27.9 | 22.3 | 21.0 | 20.1 | | | | | |
| QN88: Percentage of students who got 8 or more hours of sleep (on an average school night) | | | | | | | | | | | | | | No linear change | Not available | No change | |
| | | | | | | | | | | | 26.4 | 29.6 | 25.4 | | | | |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Other

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2017-2019 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

67.5 72.4 69.8 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Site-Added

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------------|-------------------------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN91: Percentage of students who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 43.5 | 43.8 | | No linear change | Not available [§] | No change |
| QN92: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 57.4 | 58.0 | | No linear change | Not available | No change |
| QN93: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, and other social media, during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 7.0 | 7.5 | | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

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| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | |
|--|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 16.9 | 17.3 | | No linear change | Not available [§] | No change |
| QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 7.3 | 6.8 | | No linear change | Not available | No change |
| QN103: Percentage of students who first took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it before the age of 13 years | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 5.3 | 4.3 | | 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.

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Virginia High School Survey
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Hispanic
Site-Added

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN104: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 3.1 | 3.7 | | No linear change | Not available [§] | No change |
| QN105: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 4.3 | 2.7 | 2.4 | No linear change | Not available | No change |
| QN107: Percentage of students who currently used ecstasy (also called "MDMA," one or more times during the 30 days before the survey) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 3.0 | 3.4 | | No linear change | Not available | No change |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
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| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 † | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | |
| QN109: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey) | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 12.5 | 16.9 | 12.5 | | No linear change | Not available [§] | No change | |
| QN111: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey) | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 11.1 | 6.5 | 5.4 | 5.3 | 6.7 | No linear change | Not available | No change |
| QN112: Percentage of students who strongly agree or agree that they feel good about themselves | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 68.7 | 65.1 | 58.8 | Decreased, 2015-2019 | Not available | Decreased | |
| QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious) | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 21.6 | 25.5 | 17.9 | 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Site-Added

| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2017-2019 [†] | |
|---|------|------|------|------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|-----------|
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | | |
| QN115: Percentage of students who most of the time or always feel safe and secure at school | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 70.4 | 65.7 | 77.6 | 71.4 | 71.8 | No linear change | Not available [§] | No change |
| QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 74.7 | 80.1 | 77.4 | No linear change | Not available | No change |
| QN118: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey) | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | 3.7 | 4.9 | No linear change | Not available | No change |
| QN119: Percentage of students who are most likely to attend a 4 year college or a community college after high school | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | 72.7 | 68.4 | 68.3 | 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.