Total Injury an	ıd Viole	ence		Н	ealth Ri	isk Beha	avior an	nd Perc	entages						Linear Change*	Quadratic Change <sup>*</sup>	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		202. 202
QN6: P bicycle)		ge of stu	ıdents w	ho rarel	y or nev	er wore	a bicyc	le helm	et (amoi	ng stude	ents who	o had ri	lden a				
											64.3	58.7	59.4	60.3	No linear change	Not available <sup>§</sup>	No change
QN7: P students							a helmo	et when	rollerbl	ading o	r skateb	oarding	(amon	g	,		
						ŕ					69.7	67.0	65.1	65.4	No linear change	Not available	No change
QN9: P	ercentag	ge of stu	ıdents w	ho ever	rode wi	th a driv	er who	had bee	n drinki	ing alco	hol (in	a car)			,		
											17.7	14.1	15.1	16.6	No linear change	Not available	No change

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

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

## **Virginia Middle School Survey Trend Analysis Report**

Total

				Н	ealth R	isk Beha	avior an	d Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN11:	Percenta	age of st	udents	who we	re ever i	n a phys	ical figh	nt			44.4	42.8	46.0	45.8	No linear change	Not available <sup>§</sup>	No change
QN12:	Percenta	age of si	udents	who we	re ever b	oullied o	n schoo	l proper	ty		43.8	42.1	43.0	39.6	Decreased, 2013-2019	Not available	No change
QN13: Instagra						electroni	cally bu	llied (co	ounting	being b	ullied th	nrough t	exting,	21.0	No linear change	Not available	No change
QN14:	Percenta	age of st	udents	who eve	r seriou	sly thou	ght abou	ıt killinş	g thems	elves	17.5	16.5	21.4	21.7	Increased, 2013-2019	Not available	No change

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

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

				Н	ealth Ri	isk Beha	avior ar	nd Perc	entages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN15:	Percenta	ige of st	udents v	who eve	r made :	a plan al	bout hov	w they v	would ki	ll thems	selves 11.1	9.3	14.5	14.3	Increased, 2013-2019	Not available <sup>§</sup>	No change

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

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

Гotal Гobacco	Use																
				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN18: puffs)	Percent	age of s	tudents	who trie	ed cigare	ette smol	king for	the firs	t time be	efore ag	e 11 yea	ars (eve	n one oi	r two			
													4.9	4.9	No linear change	Not available§	No change
QN19: survey)	Percent	age of s	tudents	who cur	rently s	moked c	eigarette	s (on at	least 1 d	lay duri	ng the 3	30 days	before t	he			
											2.5	1.6	2.4	1.9	No linear change	Not available	No change
QNFRC days bet				lents wh	o currer	ntly smo	ked ciga	arettes fi	requentl	y (on 20	) or mor	e days	during t	he 30			
,		~ · - <b>y</b> ,									0.4	0.3	0.3	0.2	No linear change	Not available	No change
QNDAY before the			age of st	udents v	who curi	rently sn	noked c	igarettes	s daily (	on all 30	0 days d	uring th	ne 30 da	ys			
											0.2	0.3	0.2	0.1	No linear change	Not available	No change

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

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

obacco	Use			Н	ealth Ri	isk Beha	avior ar	nd Perc	entages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN21: 1	Percenta	age of st	udents v	who eve	r used a	n electro	onic vap	or prod	uct			;	12.5	14.9	No linear change	Not available <sup>§</sup>	No change
	Percenta he surve		udents v	who cur	rently us	sed an e	lectronic	c vapor	product	(on at l	east 1 d	ay durii	ng the 30	0 days 6.1	No linear change	Not available	No change
QNFRE during tl					o currer	ntly used	l electro	nic vapo	or produ	icts free	uently (	on 20 c	or more	days			
												0.8	0.8	0.9	No linear change	Not available	No change
QNDAY the 30 da				udents v	who curi	rently us	sed elect	ronic va	apor pro	ducts d	aily (on	all 30 c	lays dur	ing			
												0.4	0.6	0.5	No linear change	Not available	No change

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

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

otal Obacco l	Use			Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	-		2017-2019
QN23: I (such as survey, a	a conve	enience	store, su	ıpermarl	ket, disc	ount sto	re, gas s	station,							1		
													3.4	1.1	No linear change	Not available <sup>§</sup>	No change
QN24: I dissolval vapor pr	ble toba	cco pro	ducts [s	uch as C	Copenha	gen, Gr	izzly, Sk	coal, or	Camel S					nic			_
													2.2	2.2	No linear change	Not available	No change
QN25: I					rently si	moked c	igars (c	igars, ci	garillos	, or little	e cigars,	on at le	ast 1 da	у			
													1.9	1.9	No linear change	Not available	No change

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

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

				Н	ealth R	isk Beh	avior an	d Perc	entages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN27:	Percent	age of st	tudents	who dra	nk alcol	nol for tl	ne first t	ime bef	ore age	11 year	s (other	than a f	ew sips	)			
											9.3	7.9	10.3	12.0	Increased, 2013-2019	Not available <sup>§</sup>	No change
QN29:	Percent	age of st	tudents	who trie	d mariji	ıana for	the first	time be	efore ago	e 11 yea	ars						;
					J					·	2.6	2.3	3.2	2.8	No linear change	Not available	No change
differe	Percentantly than odone, and	how a d	loctor to														
nyaroc													4.9	10.0	Increased, 2017-2019	Not available	Increased
nyaroc																	
	Percenta	age of st	tudents	who eve	er used c	ocaine (	any forr	n of coo	caine, in	cluding	powde	r, crack,	or freel	oase)			

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

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

				Н	ealth Ri	sk Beh	avior ar	d Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>-</del>		
QN38:	Percenta	ige of st	udents	who des	cribed tl	hemselv	es as sli	ghtly or	very ov	verweig	ht						
											24.0	24.4	24.3	26.4	No linear change	Not available§	No change
QN39:	Percenta	age of st	udents	who we	e trying	to lose	weight										
											41.6	40.8	42.3	44.4	No linear change	Not available	No change
QN40:	Percenta	age of st	udents	who did	not eat	breakfa	st (durin	g the 7	days be	fore the	survey	)					
											9.2	6.6	9.6	10.4	Increased, 2013-2019	Not available	No change
QNBK7	DAY:	Percenta	ige of st	udents v	who ate	breakfas	st on all	7 days	(during	the 7 da	ays befo	ore the s	urvey)				
											53.9	56.8	52.6	43.9	Decreased, 2013-2019	Not available	Decreased

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

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

	Activity			Н	ealth Ri	sk Beha	avior ar	nd Perc	entages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	)		
kind of	Percenta physical fore the	activity															
·		•									55.8	55.8	53.4	51.1	Decreased, 2013-2019	Not available <sup>§</sup>	No change
1 day (in	DAY: F n any kir he 7 day	nd of ph	ysical a	ctivity tl											Increased, 2013-2019	Not available	Increased
	DAY: F	activity															
kind of j days bef	fore the	, ,															

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

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

				Н	ealth Ri	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-201
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
				•							-	-		-			
QN42: I	Percenta	age of s	tudents v	who wat	ched tel	levision	3 or mo	ore hours	s per da	y (on an	averag	e schoo	l day)				
QN42: I	Percenta	age of s	tudents v	who wat	ched tel	levision	3 or mo	ore hours	s per da	y (on an	averag	ge school	l day) 21.2	27.2	Decreased, 2013-2019	Not available <sup>§</sup>	Increased
											33.8	26.9	21.2		Decreased, 2013-2019	Not available <sup>§</sup>	Increased
QN43: I	Percenta g time s	age of s	tudents v	who play	yed vide	eo or coi	mputer g	games o	or used a	comput g, or usi	33.8 eer 3 or	26.9 more h al medi	21.2 ours per	day	Decreased, 2013-2019	Not available <sup>§</sup>	Increase
QN43: I	Percentag time sone, cor	age of s	tudents v	who play	yed vide	eo or coi	mputer g	games o	or used a	comput g, or usi	33.8 eer 3 or	26.9 more h al medi	21.2 ours per	day	Decreased, 2013-2019	Not available <sup>§</sup>	Increase

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

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

Fotal Other																	
				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	)		
QN47: I	Percenta	age of st	tudents v	who had	l ever be	een told	by a do	ctor or n	urse tha	nt they l	nad asth	ma					
											20.9	19.3	18.2	17.2	Decreased, 2013-2019	Not available <sup>§</sup>	No change
QN48: I	Percenta	age of st	tudents v	who got	8 or mo	ore hour	s of slee	p (on ar	n averag	e schoo	ol night)				1		
												62.0	60.4	57.6	Decreased, 2015-2019	Not available	No change
ON/49: 1			tudents v	who des	cribed t	heir gra	des in so	chool as	mostly	A's or I	3's (duri	ng the	12 mont	ths			
before th	ie surve	v)															

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

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

Fotal Site-Addo	ed			Н	ealth Ri	isk Beha	avior ar	nd Perc	entages						Linear Change*	Quadratic Change <sup>*</sup>	Change from <b>2017-2019</b>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>-</del>		
QN50: handhelday duri	d cell ph	none wh	ile drivi	ng a car	or othe									st 1			
Ĭ	C	•			• /								64.7	64.0	No linear change	Not available <sup>§</sup>	No change
QN51: Faceboo										oullying	through	n texting	, Instag	ram,			
													8.0	7.6	No linear change	Not available	No change
QN55: counseld months	or, or ho	tline, dı	ıring the														
													25.3	17.7	Decreased, 2017-2019	Not available	Decreased

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

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

otal ite-Adde	ed																
				Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>,</del>		
QN57: I									ke tobac	co (also	called a	a hookal	n, shish	a, or			
												3.3	2.0	1.3	Decreased, 2015-2019	Not available <sup>§</sup>	No change
QN58: 1	Percenta	age of st	tudents	who eve	er drank	alcohol	(at least	one dri	ink of al	cohol, c	on at leas	st 1 day	during	their			
													18.7	21.6	Increased, 2017-2019	Not available	No change
QN59: 1	Percenta	age of st	tudents	who eve	er used n	narijuan	a (one o	or more	times du	iring the	eir life)		•				+
													7.2	7.4	No linear change	Not available	No change
QN60: 1	Percenta	age of st	tudents	who hav	ve ever u	ised her	oin (also	called	"smack	," "junk	or "Cl	hina Wh	nite")				
												1.0	1.5	0.7	No linear change	Not available	Decreased

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

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

Fotal Site-Add	ed			Н	ealth R	isk Beha	avior an	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN61:	Percenta	age of st	tudents	who hav	e ever t	aken an	over-the	e-counte	er drug t	o get hi	gh	2.4	2.4	1.9	No linear change	Not available <sup>§</sup>	No change
QN62: months				who wer	re offere	ed, sold,	or giver	n an ille	gal drug	on sch	ool pro	perty (di	aring the	4.3	No linear change	Not available	No change
QN63: before the			tudents	who did	not eat	fruit (no	ot counti	ng fruit	juice, o	ne or m	ore tim	es durin	g the 7 of 12.9	days	No linear change	Not available	No change
QN64:	Percenta	age of st	tudents	who did	not eat	vegetab	les (one	or more	e times (	during t	he 7 da	ys befor	e the sur	rvey) 15.6	No linear change	Not available	No change

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

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

Fotal Site-Adde	ed																
				Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN65:							with at	least on	e of thei	r parent	ts or gua	ardians o	on four	or			
more da	ys (duri	ng me 7	days be	erore un	e survey	')							78.9	81.8	Increased, 2017-2019	Not available§	No change
QN67: their hor							always	went hi	ingry be	ecause t	here was	s not en	ough fo	od in			
												3.5	5.0	4.3	No linear change	Not available	No change
QN68: before the			tudents	who did	l not usu	ally slee	ep in the	ir paren	t's or gu	ıardian'	s home	(during	the 30	days			
													3.4	3.1	No linear change	Not available	No change
QN69: 1	Percent	age of s	tudents	who stro	ongly ag	gree or a	gree tha	t they fe	el good	about t	hemselv	/es	•				
													71.0	69.3	No linear change	Not available	No change

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

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

otal ite-Adde	ed																
				Н	ealth Ri	isk Beha	avior an	d Perc	entages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN70:								get the	kind of	help the	ey need	(among	student	s who			
												38.8	33.4	28.8	Decreased, 2015-2019	Not available <sup>§</sup>	Decreased
QN71: 1	Percenta	age of st	tudents	who hav	e at leas	st one ac	lult that	they ca	n talk to	if they	have a j	problem	1				
													82.0	81.8	No linear change	Not available	No change
				who hav				tobacco	, or othe	er drugs	with the	eir pare	nts or o	ther			
			J				•						29.6	26.2	No linear change	Not available	No change
QN73: 1	Percenta	age of st	tudents	who mo	st of the	time or	always	feel saf	e and se	cure at	school						<del></del>
												74.5	70.6	70.1	No linear change	Not available	No change

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

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

Total Site-Adde	ed			н	ealth Ri	isk Beha	avior an	nd Perce	entages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2017-2019 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN74:	Percenta	age of s	tudents	who mo	st of the	time or	always	feel saf	e and se	cure in	their ne	ighborh	ood				
												81.9	80.2	79.9	No linear change	Not available§	No change

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

Not enough years of data to calculate.

Male njury and	d Viole	ence		Н	ealth R	isk Beha	avior aı	nd Perc	entages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>_</del>		
QN6: Pe		ge of stu	idents w	ho rarel	y or nev	er wore	a bicyc	le helm	et (amoi	ng stude	ents who	o had rio	lden a				
											66.6	61.7	61.7	64.2	No linear change	Not available <sup>§</sup>	No change
QN7: Pe							a helm	et when	rollerbl	ading o	r skateb	oarding	(among	3			
						,					71.5	69.7	66.0	63.4	Decreased, 2013-2019	Not available	No change
QN9: Pe	ercentag	ge of stu	idents w	ho ever	rode wi	th a driv	ver who	had bee	n drinki	ing alco	hol (in	a car)	•				
											17.0	12.3	13.7	15.3	No linear change	Not available	No change
QN11: I	Percenta	age of st	tudents	who we	re ever i	n a phys	sical fig	ht			56.2	58.1	57.8	56.5	No linear change	Not available	No change

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

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

## **Virginia Middle School Survey Trend Analysis Report**

Male

				H	ealth R	isk Beha	avior ar	nd Perc	entages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	-		
N12:	Percenta	age of st	tudents v	who wei	re ever l	oullied o	n schoo	l proper	rty								
											38.0	36.3	36.9	34.8	No linear change	Not available§	No change
						electroni	cally bu	ıllied (co	ounting	being b	ullied th	rough t	exting,				
	Percenta m, Face					electroni	cally bu	ıllied (co	ounting	being b	ullied th	nrough t	exting,	16.2	Increased, 2013-2019	Not available	No change
nstagra	m, Face	ebook, o	r other s	ocial me	edia)	electroni	·							16.2	Increased, 2013-2019	Not available	No change
nstagra	m, Face	ebook, o	r other s	ocial me	edia)		·							16.2	Increased, 2013-2019  No linear change	Not available  Not available	No change  No change
nstagra	m, Face	age of st	r other s	ocial mo	edia) er seriou		ght abou	ut killin	g thems	elves	12.8	14.4	14.4		,		

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

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

Male Injury ar	nd Viole	ence															
				Н	ealth R	isk Beha	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN16:	Percenta	age of s	tudents	who eve	er tried t	o kill the	emselve	s	:			•		•			

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

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

Male Fobacco	Use																
				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN18: puffs)	Percent	age of s	tudents	who trie	ed cigare	ette smol	king for	the firs	t time be	efore ag	e 11 yea	ars (eve	n one or	two			
													5.9	6.1	No linear change	Not available§	No change
QN19: survey)	Percent	age of s	tudents	who cur	rently s	moked c	eigarette	s (on at	least 1 d	day duri	ng the 3	30 days	before t	he			
,											2.7	1.5	2.6	2.0	No linear change	Not available	No change
QNFRC days bet				lents wh	o currer	ntly smo	ked ciga	arettes fi	requentl	y (on 20	) or mor	e days	during t	he 30			
,		,									0.5	0.5	0.4	0.1	No linear change	Not available	No change
QNDAY before the			nge of st	udents v	who curi	rently sn	noked c	igarettes	s daily (	on all 30	) days d	uring th	ne 30 da	ys			
											0.3	0.5	0.2	0.1	No linear change	Not available	No change

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

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

Male Tobacco Us	se																
				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991 1	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN21: Pe	ercenta	ige of st	udents	who eve	er used a	n electro	onic var	oor prod	uct				14.0	15.1	No linear change	Not available <sup>§</sup>	No change
QN22: Pe before the			udents	who cur	rently u	sed an e	lectroni	c vapor	product	(on at l	east 1 d	ay durii 6.9	6.1	0 days 6.2	No linear change	Not available	No change
QNFREVI during the					o currer	ntly used	d electro	nic vap	or produ	icts freç	uently (	(on 20 c	or more	days 0.9	No linear change	Not available	No change
QNDAYE the 30 days				udents v	who cur	rently us	sed elec	tronic v	apor pro	ducts d	aily (on	all 30 c	days dur 0.9	o.7	No linear change	Not available	No change

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

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

## Virginia Middle School Survey Trend Analysis Report

Male Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2017-2019 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 QN24: 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) 2.8 2.7 No linear change Not available§ No change QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) 2.5 2.0 No linear change Not available No change

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

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

Male Alcohol a	nd Oth	er Dru	g Use														
				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change <sup>*</sup>	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN27: 1	Percent	age of s	tudents	who dra	ınk alcol	hol for t	he first t	ime bef	ore age	11 year	s (other	than a	ew sips	)			
											10.8	9.6	10.7	12.9	Increased, 2013-2019	Not available <sup>§</sup>	No change
QN29: 1	Percent	age of s	tudents	who trie	ed mariji	uana for	the first	time be	efore ag	e 11 ye	ars						,
											3.3	3.1	4.1	3.8	No linear change	Not available	No change
QN30: I different hydrococ	ly than	how a c	doctor to														
													5.2	7.7	No linear change	Not available	No change
QN31: 1	Percent	age of s	tudents	who eve	er used o	cocaine (	(any for	m of co	caine, in	cluding	g powde	r, crack	or free	base)			
													3.6	1.8	Decreased, 2017-2019	Not available	Decreased

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

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

Male Weight N	Manage	ment ar	nd Dieta	-		isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>-</del>		
QN38:	Percent	age of s	tudents	who des	cribed t	hemselv	ves as sl	ightly o	r very o	verweig	tht 22.1	22.9	21.7	25.9	No linear change	Not available <sup>§</sup>	No change
QN39:	Percent	age of s	tudents	who we	re trying	g to lose	weight				35.0	33.5	37.4	39.2	Increased, 2013-2019	Not available	No change
QN40:	Percent	age of s	tudents	who did	not eat	breakfa	st (durir	ng the 7	days be	fore the	survey	)					
											7.4	5.9	8.0	8.8	Increased, 2013-2019	Not available	No change
QNBK	DAY:	Percent	age of st	tudents	who ate	breakfa	st on all	7 days	(during	the 7 da	ays befo	ore the s	urvey)				
											58.6	60.6	59.1	48.9	Decreased, 2013-2019	Not available	Decreased

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

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

				Не	alth Ri	sk Beha	avior an	nd Perce	entages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
kind of	Percenta physical fore the	activity															
											60.5	60.6	57.8	56.9	No linear change	Not available§	No change
1 day (i	DAY: In any kin	nd of ph	ysical a	ctivity th											Increased, 2013-2019	Not available	No change
during t																	No change
QNPA7	DAY: Iphysical	activity									per day	on all 7					140 Chang

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

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

				Н	ealth Ri	isk Beh	avior aı	nd Perc	entages	3					Linear Change*	Quadratic Change <sup>*</sup>	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
		:		-			-			-	-		-		:		
QN42: I	Percenta	age of s	tudents	who wat	ched tel	levision	3 or mo	ore hours	s per da	y (on ar	n averag	ge schoo	l day)				
QN42: I	Percenta	age of s	tudents	who wat	ched te	levision	3 or mo	ore hours	s per da	y (on an	averag	ge schoo	l day) 22.3	26.8	Decreased, 2013-2019	Not available <sup>§</sup>	No change
QN42: 1	Percenta	age of s	tudents	who wat	ched tel	levision	3 or mo	ore hours	s per da	y (on ar			•	26.8	Decreased, 2013-2019	Not available <sup>§</sup>	No chang
QN43: I	Percenta	age of s	tudents	who play	yed vide	eo or co	mputer g	games o	or used a	compu	33.5 ter 3 or	28.0 more h	22.3	day	Decreased, 2013-2019	Not available <sup>§</sup>	No chang
QN43: I	Percentage time sone, con	age of s		who play	yed vide	eo or con	mputer g	games o	or used a	ı compu g, or usi	33.5 tter 3 or ing soci	28.0 more h	22.3  ours per a on the	day	Decreased, 2013-2019	Not available <sup>§</sup>	No chang

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

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

Male Other																	
				Н	ealth Ri	isk Beh	avior ar	nd Perco	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	)		
QN47: I	Percenta	age of st	udents v	who had	ever be	en told	by a doo	ctor or n	urse tha	it they h	ad asth	ma	•	•	-		
											22.1	19.5	19.3	16.4	Decreased, 2013-2019	Not available <sup>§</sup>	No change
QN48: I	Percenta	age of st	udents v	who got	8 or mo	ore hour	s of slee	p (on ar	averag	e schoo	l night)						
												63.3	60.3	61.3	No linear change	Not available	No change
QN49: I before the			udents v	who des	cribed tl	heir grad	des in sc	hool as	mostly	A's or I	3's (duri	ng the	12 mont	ths			,

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

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

/Iale lite-Addo	ed			Н	ealth Ri	isk Beha	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>3</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>-</del>		
QN50: handheld day duri	d cell ph	none wh	ile drivi	ng a car	or othe									st 1 61.7	No linear change	Not available <sup>§</sup>	No change
QN51:										oullying	through	n texting	, Instag	ram,			
													7.3	8.6	No linear change	Not available	No change
QN55: counseld months	or, or ho	tline, dı	aring the														
													27.8	14.7	Decreased, 2017-2019	Not available	Decreased

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

Not enough years of data to calculate.

## Virginia Middle School Survey Trend Analysis Report

Male Site-Added **Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2017-2019 † 1999 1991 1993 1995 1997 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 QN57: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey) 3.5 2.2 Decreased, 2015-2019 Not available§ No change QN58: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life) 17.7 21.4 Not available No linear change No change QN59: Percentage of students who ever used marijuana (one or more times during their life) 6.9 7.6 No linear change Not available No change QN60: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White") 1.9 0.9 No linear change No change 1.1 Not available

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

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

Male Site-Addo	ed			н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change <sup>*</sup>	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN61:	Percent	age of s	tudents	who hav	ve ever t	aken an	over-the	e-counte	er drug t	o get hi	gh	2.6	2.0	1.6	No linear change	Not available <sup>§</sup>	No change
QN62: months				who we	re offere	ed, sold,	or give	n an ille	gal drug	g on sch	ool proj	perty (di	uring the	e 12			
													4.2	3.4	No linear change	Not available	No change
QN63: before the			tudents	who did	not eat	fruit (no	ot counti	ng fruit	juice, o	ne or m	ore tim	es durin	g the 7 o	days			
											12.9	12.9	14.6	13.0	No linear change	Not available	No change
QN64:	Percent	age of s	tudents	who did	not eat	vegetab	les (one	or more	e times (	during t	he 7 da	ys befor	e the sur	rvey)			
													14.8	17.4	No linear change	Not available	No change

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

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

Male Site-Add	ed																
				Н	ealth Ri	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	-		
QN65: more da							with at 1	least on	e of thei	r parent	ts or gua	ardians o	on four	or			
	.) o (Guil		aays o		o sairey,	,							79.1	82.9	No linear change	Not available§	No change
QN67:	Percent	age of s	tudents	who mo	st of the	time or	always	went hu	ıngry be	ecause t	here was	s not en	ough fo	od in			
their ho							J					3.6	5.1	4.1	No linear change	Not available	No change
												3.0	3.1	4.1	No fillear change	Not available	No change
QN68: before the			tudents	who did	not usu	ally slee	ep in the	ir paren	t's or gu	ıardian'	s home	(during	the 30	days			
													5.0	4.0	No linear change	Not available	No change
QN69:	Percent	age of s	tudents	who stre	angly ag	ree or a	oree that	t they fe	el good	about t	hemselv	ies					
Q1107.	i cicciiu	uge 01 s	iddenis	wiio su (	nigiy ag	ice or a	Siec tila	i diey ic	.c. good	about t	iiciiisci v		77.4	79.2	No linear change	Not available	No change
													, , . <del> .</del>	17.2	140 inicai change	110t available	140 change

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

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

Male Site-Addo	ed																
				Н	ealth R	isk Beha	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>-</del>		
QN70: report ha								get the	kind of	help the	ey need	(among	studen	ts who			
												41.0	32.4	27.2	Decreased, 2015-2019	Not available <sup>§</sup>	No change
QN71:	Percent	age of s	tudents	who hav	e at leas	st one ac	lult that	they ca	n talk to	if they	have a	problem	1		, , , , , , , , , , , , , , , , , , , ,		
													83.7	84.9	No linear change	Not available	No change
QN72:								tobacco	, or othe	er drugs	with th	eir pare	nts or o	ther			
													30.3	26.8	No linear change	Not available	No change
QN73:	Percent	age of s	tudents	who mo	st of the	time or	always	feel saf	e and se	ecure at	school						
												72.5	69.1	71.3	No linear change	Not available	No change

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

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

Male Site-Add	ed			н	ealth R	isk Beha	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN74:	Percent	age of s	tudents	who mo	st of the	time or	always	feel saf	e and se	cure in	their ne	ghborh	ood				
												80.5	79.9	81.3	No linear change	Not available§	No change

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

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

Female Injury an	nd Viole	nce															
				Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change <sup>*</sup>	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	•		
QN6: P		ge of stu	idents w	ho rarel	y or nev	ver wore	a bicyc	le helm	et (amoi	ng stude	ents who	had rio	dden a	•			
											61.7	55.8	57.0	55.9	No linear change	Not available <sup>§</sup>	No change
QN7: P							a helmo	et when	rollerbl	ading o	r skateb	oarding	g (amon	g			
											67.7	64.1	64.2	67.4	No linear change	Not available	No change
QN9: P	ercentag	ge of stu	idents w	ho ever	rode w	ith a driv	ver who	had bee	en drink	ing alco	hol (in	a car)		-			
											18.2	15.9	16.5	18.0	No linear change	Not available	No change
QN11:	Percent	age of st	tudents	who we	re ever i	in a phys	sical fig	ht			32.0	26.9	33.6	34.5	No linear change	Not available	No change
											-2.0	20.7	55.0	2		1,00 4,414010	1,0 change

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

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

Female Injury an	d Viole	nce															
				Н	ealth Ri	isk Beha	avior ar	id Perc	entages						Linear Change*	Quadratic Change <sup>*</sup>	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN12: 1	Percenta	age of st	udents v	who wei	re ever b	oullied o	on schoo	l propei	ty		49.9	47.8	49.4	44.6	No linear change	Not available <sup>§</sup>	No change
QN13: I Instagrai						electroni	ically bu	llied (co	ounting	being b	ullied tl	nrough t	exting,				
											27.1	22.8	24.9	26.3	No linear change	Not available	No change
QN14: 1	Percenta	age of st	udents v	who eve	r seriou	sly thou	ght abou	ıt killin	g thems	elves	22.7	20.2	27.2	29.1	Increased, 2013-2019	Not available	No change
QN15: 1	Percenta	age of st	udents v	who eve	r made	a plan a	bout hov	w they w	would ki	ill them	selves						

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

Female Injury a		Viole	nce															
					Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2017-2019 †
1991	l 1	993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN16:	: Pei	rcenta	ige of s	tudents	who eve	er tried t	o kill th	emselve	·S			8.6	8.0	11.2	13.0	Increased, 2013-2019	Not available <sup>§</sup>	No change

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

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

emale obacco	Use																
				Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN18: puffs)	Percent	age of s	tudents	who trie	ed cigare	ette smol	king for	the firs	t time bo	efore ag	e 11 yea	ars (eve	n one or	two			
													3.7	3.8	No linear change	Not available§	No change
	Percent	age of s	tudents	who cur	rently s	moked c	igarette	s (on at	least 1 d	day duri	ng the 3	30 days	before t	he			
survey)											2.0	1.5	2.0	1.8	No linear change	Not available	No change
QNFRC				ents wh	o currer	ntly smo	ked ciga	arettes fi	requentl	y (on 20	) or mor	e days	during tl	he 30			
											0.3	0.1	0.1	0.2	No linear change	Not available	No change
QNDAY before the			ige of st	udents v	who curi	rently sn	noked ci	igarettes	s daily (	on all 30	) days d	uring th	ie 30 da	ys			
											0.1	0.1	0.1	0.2	No linear change	Not available	No change

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

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

Temale Tobacco	Use				aalth Di	:al- Dak		. J Dono	4						Lincon Change*	Overductio Chemos*	Change from
				н	eaith K	isk Ben	avior ar	ia Perc	entages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN21: 1	Percenta	age of st	tudents	who eve	er used a	nn electr	onic var	oor prod	uct				10.8	14.8	Increased, 2017-2019	Not available <sup>§</sup>	Increased
QN22: before the			tudents	who cur	rently u	sed an e	electroni	c vapor	product	(on at 1	east 1 d	ay duri	3.4	0 days 6.0	No linear change	Not available	Increased
QNFRE during tl					o currer	ntly used	d electro	nic vap	or produ	icts frec	uently (	(on 20 c	or more	days 0.9	No linear change	Not available	No change
QNDAY the 30 da				tudents	who cur	rently u	sed elec	tronic v	apor pro	ducts d	aily (on	all 30 o	days dur	o.4	No linear change	Not available	No change

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

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

1991 1993 1995	1997 1999 2001	2003 2005	2007 2009	2011	2013						
<del></del>					2013	2015	2017	2019	•		
QN24: Percentage of stu dissolvable tobacco produ vapor products, on at leas	cts [such as Copenha	igen, Grizzly, Sko	al, or Camel	0		¥ '	,	nic			
							1.4	1.5	No linear change	Not available§	No change

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

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

			g Use	Н	ealth Ri	isk Beha	avior an	d Perco	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN27:	Percent	age of st	udents	who dra	nk alcol	nol for tl	ne first t	ime bef	ore age	11 year	s (other	than a f	ew sips	)			
											7.6	6.0	9.7	11.1	Increased, 2013-2019	Not available <sup>§</sup>	No change
QN29:	Percenta	age of st	udents	who trie	d mariju	ana for	the first	time be	fore age	e 11 yea	ars	<del>.</del>	<del></del>				
					J					·	1.9	1.4	2.1	1.7	No linear change	Not available	No change
ON30:	Percenta	how a d	octor to	who eve													
differer	odone, ai	nd Perco	cet)														
differer		nd Perco	icet)										4.6	12.5	Increased, 2017-2019	Not available	Increased
differen hydroco				who eve	r used c	ocaine (	any forr	n of coo	caine, in	cluding	powder	r, crack,			Increased, 2017-2019	Not available	Increased

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

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

Veight N	тападег	nent an	ia Dieta	-		isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change <sup>*</sup>	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN38:	Percenta	age of st	tudents v	who des	cribed t	hemselv	es as sli	ightly or	very ov	verweig	ght		•				
											26.0	26.1	27.2	27.2	No linear change	Not available§	No change
QN39:	Percenta	age of st	tudents v	who we	re trying	to lose	weight										
											48.6	48.6	47.4	49.6	No linear change	Not available	No change
QN40:	Percenta	age of st	tudents	who did	not eat	breakfa	st (durin	ng the 7	days be	fore the	survey	)					
											11.1	7.5	10.9	12.0	No linear change	Not available	No change
QNBK7	DAY: 1	Percenta	age of st	udents v	who ate	breakfa	st on all	7 days	(during	the 7 da	ays befo	ore the s	urvey)				
											49.2	53.0	45.9	38.6	Decreased, 2013-2019	Not available	Decreased

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

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

Female Physical A	Activity	,		Н	ealth Ri	sk Beh	avior ar	nd Perco	entages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2017-2019 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>-</del>		
QN41: I kind of p days bef	physical	activity															
											51.0	51.0	48.8	45.3	Decreased, 2013-2019	Not available§	No change
QNPA01 1 day (ir during th	n any kii	nd of ph	ysical a	ctivity tl											Increased, 2013-2019	Not available	Increased
											<i>).</i> 5	0.0	7.5	14.9	mercused, 2013 2013	riot available	mercused
QNPA7 kind of p days bef	physical	activity															
													27.9	22.3	No linear change	Not available	

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

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

				Н	ealth R	isk Beh	avior ar	nd Perco	entages						Linear Change*	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
			. 1 .	1 .	1 1.		2					-			-		
QN42: I	ercenta	age of si	tudents v	who wat	ched te	levision	3 or mo	ore hours	s per day	y (on an	averag	ge schoo	l day)				
QN42: I	rercenta	ige of si	tudents	who wat	iched te	levision	3 or mo	ore hours	s per day	y (on an	averag	ge school 25.7	l day) 20.0	27.7	Decreased, 2013-2019	Not available <sup>§</sup>	Increased
											34.1	25.7	20.0		Decreased, 2013-2019	Not available <sup>§</sup>	Increased
QN42: I	Percentag time s	age of si	tudents y	who play	yed vide	eo or co	mputer g	games o	r used a	comput	34.1 ter 3 or ng soci	25.7 more heal media	20.0 ours per	day ir	Decreased, 2013-2019	Not available <sup>§</sup>	Increase
QN43: I	Percentage time sone, con	age of si	tudents y	who play	yed vide	eo or co	mputer g	games o	r used a	comput	34.1 ter 3 or ng soci	25.7 more heal media	20.0 ours per	day ir	Decreased, 2013-2019	Not available <sup>§</sup>	,

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

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

Female Other																	
				Н	ealth Ri	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	)		
QN47: 1	Percenta	age of s	tudents v	who had	l ever be	en told	by a doo	ctor or n	urse tha	nt they h	nad asth	ma	·				
											19.6	19.1	16.9	17.9	No linear change	Not available <sup>§</sup>	No change
QN48: 1	Percenta	age of s	tudents	who got	8 or mo	ore hour	s of slee	p (on ar	n averag	e schoo	ol night)						
												60.6	60.6	53.8	Decreased, 2015-2019	Not available	Decreased
QN49: 1 before th			tudents	who des	cribed t	heir grad	des in sc	chool as	mostly	A's or I	3's (duri	ng the	12 mont	hs			
colore u	541 10	<i>J</i> /										87.6	86.0	81.7	Decreased, 2015-2019	Not available	No change

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

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

emale ite-Adde	ed																
				Н	ealth Ri	sk Beha	avior an	id Perc	entages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	-		
QN50: l handheld day duri	d cell ph	none wh	ile drivi	ing a car	or other									st 1			
day dari	ng me s	o days i		ne sur ve	37								69.4	66.6	No linear change	Not available§	No change
QN51: 1 Faceboo										oullying	through	texting	Instag	ram,			
													8.8	6.7	No linear change	Not available	No change
QN55: I counselo months I	or, or ho	tline, du	iring the														
													23.2	20.2	No linear change	Not available	No change

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

Female Site-Add	ed																
				Н	ealth R	isk Beha	avior ar	nd Perc	entages						Linear Change*	Quadratic Change <sup>*</sup>	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN57:									te tobac	co (also	called a	a hookal	n, shish	a, or			
												3.0	1.5	1.3	Decreased, 2015-2019	Not available <sup>§</sup>	No change
QN58:	Percenta	age of s	tudents	who eve	er drank	alcohol	(at least	one dri	nk of al	cohol, o	on at lea	st 1 day	during	their			
													19.7	22.0	No linear change	Not available	No change
QN59:	Percenta	age of s	tudents	who eve	er used n	narijuan	a (one o	or more	times du	iring the	eir life)	:-					
													7.2	7.2	No linear change	Not available	No change
QN60:	Percenta	age of s	tudents	who hav	e ever u	ised her	oin (also	called	"smack,	," "junk	," or "Cl	hina Wh	nite")	-			
												0.9	1.2	0.5	No linear change	Not available	No change

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

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

'emale ite-Add	ed			Н	ealth Ri	isk Beh	avior an	nd Perc	entages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN61:	Percenta	age of st	udents v	who hav	e ever t	aken an	over-the	e-counte	er drug t	to get hi	gh	2.1	2.8	2.3	No linear change	Not available <sup>§</sup>	No change
	Percenta before the			who wei	e offere	ed, sold,	or giver	n an ille	gal drug	g on sch	ool proj	perty (di	uring the	5.4	Increased, 2017-2019	Not available	Increased
months	before the	he surve	ey)				-				ore time	•	3.4 g the 7 c	5.4	Increased, 2017-2019  No linear change	Not available  Not available	Increased  No change

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

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

emale ite-Adde	ed			Н	ealth Ri	isk Beha	avior an	nd Perco	entages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>)</del>		2017-2017
QN65: I							with at 1	least on	e of thei	r parent	ts or gua	ırdians (	on four	or	-		
more da	ys (duii	ng the 7	uays oc	ore the	survey,	,							78.8	80.9	No linear change	Not available§	No change
QN67: 1	Percenta	age of st	tudents v	who mo	st of the	time or	always	went hu	ıngrv be	ecause tl	here was	s not en	ough fo	ood in			
their hor							ui wuy s	welle lie	ingry oc	euuse u	iloro wa						
												3.3	5.0	4.4	No linear change	Not available	No change
QN68: 1			tudents	who did	not usu	ally slee	p in the	ir paren	t's or gu	ardian'	s home	(during	the 30	days			
		• /											1.5	2.2	No linear change	Not available	No change
ON60. 1	Damaante	aga of ot	tudonto i	viho otno	male aa	#22 O# 0	amaa thaa	t that fa	al acad	ahaut ti	hamaalt						
QN69: 1	Percenta	age of si	ludents	wno stro	ongry ag	ree or a	gree tha	t they re	ei good	about t	nemserv	res					
													64.3	59.1	Decreased, 2017-2019	Not available	Decreased

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

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

Female Site-Add	ed			Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from
																	2017-2019 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN70: report h								get the	kind of	help the	ey need	(among	studen	s who			
												36.8	34.4	30.3	Decreased, 2015-2019	Not available§	No change
QN71:	Percenta	age of s	tudents	who hav	ve at leas	st one ac	lult that	they ca	n talk to	if they	have a	problem	1				,
													80.5	78.8	No linear change	Not available	No change
QN72: adults ir								tobacco	, or othe	er drugs	with th	eir pare	nts or o	ther			
													28.9	25.5	No linear change	Not available	No change
QN73:	Percenta	age of s	tudents	who mo	st of the	e time or	always	feel saf	e and se	cure at	school	•					
												76.5	72.5	69.2	Decreased, 2015-2019	Not available	No change

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

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

Female Site-Adde	ed																
				H	ealth Ri	isk Beha	vior ar	d Perc	entages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>_</del>		
QN74: I	Percenta	age of st	tudents v	who mo	st of the	time or	always	feel saf	e and se	cure in	their ne	ighborh	ood				
												83.2	80.7	78.3	Decreased, 2015-2019	Not available§	No change

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

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

White* Injury a	nd Viol	ence															
				H	Iealth F	Risk Bel	navior a	nd Per	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN6: Pobicycle)		ge of stu	idents w	ho rarel	y or nev	er wore	a bicyc	le helm	et (amoi	ng stude	ents who	had ric	lden a				
<i>(</i> 10) (10)											56.2	48.7	51.1	53.4	No linear change	Not available¶	No change
QN7: Postudents							a helme	et when	rollerbl	ading o	r skateb	oarding	(among	5			
											64.4	60.6	60.7	61.5	No linear change	Not available	No change
QN9: Po	ercentag	ge of stu	idents w	ho ever	rode wi	th a driv	er who	had bee	n drinki	ing alco	hol (in	a car)			,		
											17.6	15.2	15.7	18.3	No linear change	Not available	No change
QN11: 1	Percenta	age of st	tudents	who we	re ever i	n a phys	sical figl	nt			25.4	27.2	20 0	26.1	No linear change	Not available	No change
											35.4	37.3	38.8	36.4	No linear change	Not available	No change

<sup>\*</sup>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.

White* Injury a	nd Viol	ence		F	Iealth F	Risk Bel	navior a	nd Pero	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN12: 1	Percenta	age of st	tudents v	who we	re ever t	bullied o	on schoo	l proper	ty	:	46.5	44.1	45.9	40.8	Decreased, 2013-2019	Not available <sup>¶</sup>	No change
QN13: Instagran						electroni	ically bu	ıllied (co	ounting	being b	oullied th	arough t	exting, 23.0	22.3	No linear change	Not available	No change
QN14: 1	Percenta	age of st	tudents	who eve	er seriou	ısly thou	ight abo	ut killin	g thems	elves	14.4	15.5	18.1	20.2	Increased, 2013-2019	Not available	No change
QN15: 1	Percenta	age of st	tudents	who eve	er made	a plan a	bout ho	w they v	vould ki	ll them:	selves 9.5	8.5	13.3	12.2	Increased, 2013-2019	Not available	No change

<sup>\*</sup>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.

White* Injury a	nd Viol	ence															
				I	Health F	Risk Beł	navior a	nd Per	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN16:	Percent	age of s	tudents	who eve	er tried t	o kill the	emselve	s			4.4	4.7	6.4	6.8	Increased, 2013-2019	Not available¶	No change

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White* Tobacco	Use																
				H	Iealth R	Risk Beł	navior a	nd Pero	centage	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN18: puffs)	Percenta	age of st	udents v	who trie	d cigare	ette smol	king for	the first	t time be	efore age	e 11 yea	ırs (eve	n one or	two			
													3.8	4.5	No linear change	Not available¶	No change
	Percenta	age of st	udents v	who cur	rently si	moked c	igarette	s (on at	least 1 d	lay duri	ng the 3	0 days	before t	he			
survey)											2.1	1.1	1.3	1.7	No linear change	Not available	No chang
	CIG: Per	rcentage survey)	of stude	ents who	o curren	itly smol	ked ciga	rettes fr	requentl	y (on 20	or mor	e days	luring t	he 30			
•		•									0.3	0.0	0.0	0.0	Not available	Not available	Not availab
		Domoonto	ge of sti	ıdents v	vho curr	ently en	noked ci	garettes	daily (	on all 30	) davs d	uring th	e 30 da	ys			<u> </u>
	YCIG: I he surve		50 OI 500	acing v	viio cuii	citiy sii	ionea ei	8	, , ,			U		-			

<sup>\*</sup>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.

White* Tobacco	Use																
				H	Iealth R	Risk Bel	navior a	nd Per	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN21: F	Percenta	ige of st	udents v	who eve	r used a	n electr	onic var	oor prod	uct				10.1	14.9	Increased, 2017-2019	Not available <sup>¶</sup>	Increased
QN22: F before th			udents v	who cur	rently us	sed an e	lectroni	c vapor	product	(on at 1	east 1 d	ay durii	3.9	0 days 6.1	No linear change	Not available	No change
QNFREV during th					o currer	ntly used	d electro	onic vap	or produ	icts freq	uently (	on 20 o	or more	days 0.5	No linear change	Not available	No change
QNDAY		Percenta		udents v	who curi	rently u	sed elect	tronic v	apor pro	ducts d	aily (on	all 30 d	lays dur	ring			

<sup>\*</sup>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.

			Health 1	Risk Beh	navior a	nd Perc	entage	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991 1993	1995 1	997 1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>-</del>		
QN24: Percentag lissolvable tobac vapor products, o	cco produc	ts [such as	Copenha	agen, Gri	zzly, Sk	oal, or C		_	,		,	nic			
											1.5	2.1	No linear change	Not available <sup>¶</sup>	

<sup>\*</sup>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.

White* Alcohol and Oth	ner Dru	g Use	H	Iealth F	Risk Bel	navior a	nd Per	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
																2017-2019 §
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN27: Percenta	age of st	udents v	who dra	nk alcol	nol for t	he first t	ime bef	ore age	11 year	s (other	than a f	ew sips	)			
										8.1	6.2	8.2	10.9	Increased, 2013-2019	Not available¶	No change
QN29: Percenta	age of st	udents v	who trie	d mariii	ıana for	the first	t time be	efore ago	e 11 ve:	ars						
Q11271 1 0100111	.ge			ouj.				erore ag	<i>-</i> 11 ye.	1.6	1.2	2.0	1.9	No linear change	Not available	No change
QN30: Percenta differently than hydrocodone, ar	how a d	octor to														
												3.9	7.9	Increased, 2017-2019	Not available	Increased
QN31: Percenta	age of st	udents v	who eve	r used c	ocaine (	any for	m of coo	caine, in	cluding	powder	, crack,	or freel	oase)			
												2.2	0.6	Decreased, 2017-2019	Not available	Decreased

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

				H	aviors Iealth R	Risk Bel	navior a	nd Pero	centages	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991 1	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN38: Pe	ercenta	ge of st	udents v	who des	cribed tl	hemselv	es as sli	ghtly or	very ov	erweig	ht			:			
											23.1	22.5	23.4	27.8	Increased, 2013-2019	Not available¶	No change
QN39: Pe	ercenta	ge of st	udents v	who wei	re trying	to lose	weight		-								
											38.9	37.6	38.9	43.1	Increased, 2013-2019	Not available	No change
QN40: Pe	ercenta	ge of st	udents v	who did	not eat	breakfa	st (durin	g the 7	days bet	fore the	survey	)					
											7.5	6.2	6.8	9.6	Increased, 2013-2019	Not available	Increased
QNBK7D	AY: F	Percenta	ge of st	udents v	who ate	breakfa	st on all	7 days (	(during	the 7 da	ıys befo	re the su	ırvey)				
											58.0	60.8	57.6	45.9	Decreased, 2013-2019	Not available	Decreased

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White* Physical	Activit	y															
				H	Iealth R	Risk Bel	navior a	nd Per	centage	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>-</del>		
QN41: l kind of p days bef	physical	activity															
											61.1	62.6	60.2	56.1	Decreased, 2013-2019	Not available¶	No change
QNPA01 1 day (in during th	n any kir	nd of ph	ysical a	ctivity t													
											5.8	5.4	5.7	7.2	No linear change	Not available	No change
QNPA71 kind of p	physical	activity															
											36.6	35.7	36.5	32.4	No linear change	Not available	No change

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

		H	lealth R	Risk Beh	avior a	nd Perc	centages	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991 1993 199	95 1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>_</del>		
N42: Percentage o	of students	who wat	ched tel	levision	3 or mo	re hours	s per day	y (on an	averag	e schoo	l day)	:			
QN42: Percentage o	of students	who wat	ched tel	levision	3 or mo	re hours	s per day	y (on an	averag	e schoo	l day) 14.3	22.2	Decreased, 2013-2019	Not available <sup>¶</sup>	Increa

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White* Other																	
				H	Iealth R	disk Beh	navior a	nd Pero	centages	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>-</del>		
)N47: 1	Percenta	age of st	udents v	who had	l ever be	en told	by a doo	ctor or n	urse tha	t they h	ad asthr	na					
											16.7	17.4	13.3	14.0	Decreased, 2013-2019	Not available¶	No chang
N48:	Percenta	age of st	udents v	who got	8 or mo	ore hours	s of slee	p (on an	average	e schoo	l night)						
												66.1	61.7	59.5	Decreased, 2015-2019	Not available	No chang
QN49:			udents v	who des	cribed tl	heir grad	des in sc	hool as	mostly .	A's or E	3's (duri	ng the	12 mont	hs			

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White* Site-Add	led																
				H	Health R	Risk Bel	navior a	nd Pero	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	-		
QN50: handheld	d cell ph	one wh	ile drivi	ng a car	or othe									st 1			
day duri	ing the 3	o days i	octore u	ne surve	·y)								66.3	68.4	No linear change	Not available¶	No change
QN51:										oullying	through	n texting	, Instag	ram,			
													7.9	6.0	No linear change	Not available	No change
QN55: Counselo	or, or ho	tline, du	iring the														

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White* Site-Adde	ed																
				I	Health I	Risk Bel	navior a	nd Per	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN57: Pe									ce tobac	co (also	called a	a hookal	h, shish	a, or			
8, -			,		,			,				1.5	0.4	0.8	No linear change	Not available¶	No change
QN58: Pe	ercenta	age of st	tudents	who eve	er drank	alcohol	(at least	t one dri	nk of al	cohol, o	on at lea	st 1 day	during	their			
													18.9	21.4	No linear change	Not available	No change
QN59: Pe	ercenta	age of st	tudents	who eve	er used r	marijuan	a (one c	or more	times du	uring the	eir life)						
													5.2	5.3	No linear change	Not available	No change
QN60: Pe	ercenta	age of st	tudents	who hav	ve ever ı	used her	oin (also	called	"smack	," "junk	," or "C	hina Wh	nite")				
												0.6	0.7	0.5	No linear change	Not available	No change
												0.0	0.7	0.5	110 mour change	Tiot available	•

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White* Site-Add	ed																
				H	Iealth R	Risk Bel	navior a	nd Pero	centage	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN61: I	Percenta	age of st	tudents	who hav	e ever t	aken an	over-the	e-counte	er drug t	o get hi	gh	1.9	1.8	1.5	No linear change	Not available <sup>¶</sup>	No change
QN62: I				who we	re offere	ed, sold,	or give	n an ille	gal drug	g on sch	ool prop	perty (di	uring the	e 12 3.7	No linear change	Not available	No change
QN63: I			tudents	who did	not eat	fruit (no	ot counti	ing fruit	juice, o	ne or m	ore time	es durin			Two inical change	rvot available	Two change
before th	ie surve	(y)									10.1	10.4	12.4	10.1	No linear change	Not available	No change
QN64: I	Percenta	age of st	tudents	who did	not eat	vegetab	les (one	or more	e times o	during t	he 7 day	ys befor	e the su	rvey)			,
													13.0	11.0	No linear change	Not available	No change

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White* Site-Addeo	d																
				H	Iealth R	Risk Bel	navior a	nd Pero	centage	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN65: Pe							with at	least on	e of thei	r parent	ts or gua	ırdians o	on four	or			
more days	s (durii	ng the 7	days be	erore une	; survey,	)							84.2	86.1	No linear change	Not available¶	No change
QN67: Pe							always	went hu	ıngry be	ecause tl	here was	s not en	ough fo	od in			
uien nome	c (dull	ng the s	o days	before t	ne sur ve	·y)						3.0	3.6	3.0	No linear change	Not available	No chang
QN68: Pe			udents	who did	not usu	ally slee	ep in the	ir paren	t's or gu	ıardian'	s home	(during	the 30	days			
hefore the		y <i>)</i>															
before the													2.1	1.8	No linear change	Not available	No chang
before the QN69: Pe			udents	who stro	ongly ag	ree or a	gree tha	t they fe	el good	about tl	hemselv	res	2.1	1.8	No linear change	Not available	No chang

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White* Site-Add	ed																
				F	Health R	Risk Bel	navior a	nd Per	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>-</del>		
QN70: I								get the	kind of	help the	ey need	(among	studen	s who			
												43.9	37.5	32.1	Decreased, 2015-2019	Not available <sup>¶</sup>	No chang
N71: I	Percenta	age of st	udents	who hav	ve at leas	st one ac	lult that	they ca	n talk to	if they	have a p	problem	<u> </u>				
													86.4	86.6	No linear change	Not available	No chang
					ve talked				o, or other	er drugs	with the	eir pare	nts or o	ther			
													31.7	30.3	No linear change	Not available	No chang
N73: I	Percenta	age of st	udents	who mo	st of the	time or	always	feel saf	e and se	ecure at	school						
												79.4	74.0	76.3	No linear change	Not available	No chang

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

## **Virginia Middle School Survey Trend Analysis Report**

White\* Site-Added Quadratic Change<sup>†</sup> **Health Risk Behavior and Percentages** Linear Change<sup>†</sup> Change from 2017-2019 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 QN74: Percentage of students who most of the time or always feel safe and secure in their neighborhood

88.4 87.1 86.4

No linear change

No change

Not available<sup>¶</sup>

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

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

Not enough years of data to calculate.

Black* Injury a	nd Viol	ence															
				H	Iealth F	Risk Bel	navior a	nd Per	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN6: Po		ge of stu	idents w	ho rarel	y or nev	er wore	a bicyc	le helm	et (amoi	ng stude	ents who	had ric	lden a				
<i>(</i> 10) (10)											83.3	81.4	76.7	75.7	No linear change	Not available¶	No change
QN7: Postudents							a helm	et when	rollerbl	ading o	r skateb	oarding	(among	g			
											85.5	80.9	76.0	76.1	Decreased, 2013-2019	Not available	No change
QN9: P	ercentag	ge of stu	ıdents w	ho ever	rode wi	ith a driv	er who	had bee	en drink	ing alco	hol (in a	a car)	-				
											19.1	14.0	14.2	15.3	No linear change	Not available	No change
QN11: 1	Percenta	age of st	tudents	who we	re ever i	n a phys	sical fig	ht									
											65.2	62.2	61.9	67.2	No linear change	Not available	No change

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

Black* Injury ar	nd Viol	ence															
				H	Health F	Risk Bel	havior a	nd Per	centage	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN12: I	Percenta	age of st	udents	who we	re ever l	bullied o	on schoo	l propei	ty	:	:	:	:	:			
											37.6	43.0	38.0	35.8	No linear change	Not available <sup>¶</sup>	No change
QN13: I Instagrar						electroni	ically bu	ıllied (co	ounting	being b	oullied th	hrough t	exting,				
	,	·			ŕ						14.3	17.3	14.6	17.5	No linear change	Not available	No change
QN14: I	Percenta	age of st	udents	who eve	er seriou	ısly thou	ight abo	ut killin	g thems	elves							<u>,</u>
											21.0	17.8	23.1	22.1	No linear change	Not available	No change
QN15: I	Percenta	age of st	udents	who eve	er made	a plan a	bout ho	w they v	vould ki	ll them	selves		-				
											11.5	10.1	16.3	17.5	Increased, 2013-2019	Not available	No chang

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

Black* Injury a	nd Viol	ence															
				H	Iealth R	Risk Beh	navior a	nd Pero	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN16: 1	Percent	age of s	tudents	who eve	er tried to	o kill the	emselve	s			7.8	7.8	11.4	13.0	Increased, 2013-2019	Not available¶	No change

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

Black* Fobacco	Use																
				F	Health F	Risk Bel	navior a	nd Per	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	-		
QN18: puffs)	Percenta	age of st	tudents	who trie	ed cigare	ette smol	king for	the firs	t time be	efore ag	e 11 yea	ars (eve	n one or	r two			
													7.1	6.3	No linear change	Not available <sup>¶</sup>	No change
QN19:	Percenta	age of st	tudents	who cur	rently si	moked c	rigarette	es (on at	least 1 c	day duri	ng the 3	30 days	before t	he			
											2.8	1.5	3.4	1.5	No linear change	Not available	Decreased
		centage survey)		ents wh	o curren	itly smol	ked ciga	arettes fi	requentl	y (on 20	or mor	e days	during t	he 30			
											0.6	0.3	0.6	0.0	No linear change	Not available	No change
QNDAY before tl			ge of st	udents v	who curr	ently sn	noked ci	igarettes	s daily (	on all 30	) days d	uring th	ne 30 da	ys			
											0.2	0.3	0.3	0.0	No linear change	Not available	No change

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

Black* Tobacco Use																
			H	Iealth R	Risk Bel	navior a	nd Per	centage	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN21: Percent	age of st	tudents	who eve	er used a	n electro	onic var	oor prod	uct				15.2	13.2	No linear change	Not available¶	No change
QN22: Percenta before the surve		tudents	who cur	rently us	sed an e	lectroni	c vapor	product	(on at l	least 1 d	ay durii	ng the 3	0 days 3.8	No linear change	Not available	No change
QNFREVP: Pe during the 30 da				o currer	ntly used	d electro	onic vap	or produ	icts frec	quently (	(on 20 c	or more 0.7	days 0.6	No linear change	Not available	No change
QNDAYEVP: the 30 days befo			udents v	who curi	rently us	sed elec	tronic v	apor pro	oducts d	aily (on	all 30 c	lays dur	ring 0.6	No linear change	Not available	No change

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

			H	lealth R	Risk Bel	navior a	and Pero	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	•		
				-									-			
issolvable tob	acco pro	ducts [si	ich as C	Copenha	gen, Gri	izzly, Sk	coal, or	Camel S					nic			
QN24: Percent lissolvable toby apor products.	acco pro	ducts [si	ich as C	Copenha	gen, Gri	izzly, Sk	coal, or	Camel S					nic 2.3	No linear change	Not available <sup>¶</sup>	No cha
dissolvable tob	on at le	ducts [si ast 1 day	uch as C during	Copenha the 30	gen, Gri days bet	izzly, Sk fore the	coal, or ( survey)	Camel S	Snus], n	ot count	ing any	electron 2.5	2.3	No linear change	Not available¶	No chan

<sup>\*</sup>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.

Black* Alcohol	and Ot	her Dru	g Use	H	Health R	Risk Bel	navior a	nd Per	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN27:	Percent	age of s	tudents	who dra	nk alcol	nol for tl	he first t	ime bef	ore age	11 year	s (other	than a f	ew sips	)			
											11.0	11.6	12.1	12.9	No linear change	Not available¶	No chang
QN29:	Percenta	age of s	tudents	who trie	d mariji	uana for	the first	t time be	efore ag	e 11 yea	ars	-	<del>.</del>	-			
					3				C	•	3.8	4.7	3.7	4.4	No linear change	Not available	No chang
lifferei	Percentantly than odone, and	how a d	loctor to														
													6.5	13.6	Increased, 2017-2019	Not available	Increase
		age of s	tudents	who eve	er used c	ogging (	any for	m of coo	noino in	cludino	nowde	r crack	or free	hase)			
QN31:	Percent	age of s	tudents	WIIO CVC	1 uscu c	ocame (	any ron	iii oi coc	came, m	Cluding	powde	, crack,	or mee	ouse)			

<sup>\*</sup>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.

				H	Iealth R	Risk Bel	navior a	nd Pero	centage	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN38:	Percenta	age of st	udents v	who des	cribed tl	hemselv	es as sli	ghtly or	very ov	verweig	ht		:	:			
											23.8	26.6	22.4	21.4	No linear change	Not available¶	No chang
QN39:	Percenta	age of st	udents v	who wei	re trying	to lose	weight				44.6	45.7	43.6	43.4	No linear change	Not available	No chang
QN40:	Percenta	age of st	udents v	who did	not eat	breakfa	st (durin	g the 7	days be	fore the	survey	)					
											10.3	8.4	10.9	11.4	No linear change	Not available	No chang
QNBK7	DAY: 1	Percenta	age of st	udents v	who ate	breakfa	st on all	7 days	(during	the 7 da	ays befo	ore the si	ırvey)				
											49.5	50.5	45.0	37.0	Decreased, 2013-2019	Not available	No chan

<sup>\*</sup>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.

rnysical	Activity	y		H	lealth R	Risk Beh	avior a	nd Pero	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
kind of j	Percenta physical fore the	activity															
											49.9	50.3	47.8	45.1	No linear change	Not available¶	No chang
					-												
l day (ii	DAY: In any kin he 7 day	nd of ph		ctivity th								ard some			Increased, 2013-2019	Not available	No chang
l day (induring the large of th	n any kir	nd of phoses before Percenta activity	ysical ace the sur	etivity the vey)	hat incre	eased the	eir heart	rate an	d made	them br	12.7	12.6 on all 7	e of the 12.9 days (ir	19.2	Increased, 2013-2019	Not available	No chanş

<sup>\*</sup>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.

			Н	ealth R	Risk Beh	navior a	nd Perc	centages	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991 1993 1	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>_</del>		
N42: Percentage	e of stu	idents w	ho wat	ched tel	levision	3 or mo	re hours	s per day	y (on an	averag	e schoo	l day)				
N42: Percentage	e of stu	idents w	ho wat	ched tel	levision	3 or mo	ore hours	s per day	y (on an	averag	ge school	ol day)	39.8	Decreased, 2013-2019	Not available¶	No char

<sup>\*</sup>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.

Black* Other				H	Iealth R	lisk Beh	avior a	nd Perc	centages	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>_</del> )		2017-2019
QN47: I	Percenta	age of s	tudents	who had	l ever be	en told	by a doc	tor or n	urse tha	it they l	ad asth	ma 23.9	27.4	23.0	No linear change	Not available <sup>¶</sup>	No chang
QN48: 1	Percenta	age of s	tudents	who got	8 or mo	ore hours	s of slee	p (on an	ı averag	e schoo	ol night)	55.8	60.0	55.4	No linear change	Not available	No chang
QN49: 1 before th			tudents	who des	cribed tl	neir grac	des in sc	hool as	mostly	A's or I	3's (duri	ing the	12 mont 78.2	ths 63.2	Decreased, 2015-2019	Not available	Decrease

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

Black* Site-Add	led																
				H	Iealth R	Risk Beh	avior a	nd Pero	centage	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	-		
QN50: 1 handheld day duri	d cell ph	none wh	ile drivi	ng a car	or othe									st 1			
•		•			• /								62.0	62.9	No linear change	Not available¶	No chang
QN51: 1										oullying	through	n texting	, Instag	ram,			
													8.7	9.0	No linear change	Not available	No chang
QN55: 1 counselo	or, or ho	tline, du	iring the														
													18.4	15.6	No linear change	Not available	No chang

<sup>\*</sup>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.

Black* Site-Add	led			I	Iealth F	Risk Bel	havior a	nd Per	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>-</del>		
QN57: l									ce tobac	co (also	called a	a hookal	h, shish	a, or			
												5.6	3.2	1.9	Decreased, 2015-2019	Not available <sup>¶</sup>	No change
QN58: 1 life)	Percenta	age of st	tudents	who eve	er drank	alcohol	(at least	one dri	ink of al	cohol, o	on at lea	st 1 day	during	their			
													17.6	22.1	No linear change	Not available	No change
QN59: 1	Percenta	age of st	tudents	who eve	er used n	narijuan	ia (one o	or more	times du	iring the	eir life)						
													9.4	10.7	No linear change	Not available	No change
QN60: 1	Percenta	age of st	tudents	who hav	e ever u	used her	oin (also	called	"smack	," "junk	or "Cl	hina Wh	nite")				
												1.1	2.3	1.1	No linear change	Not available	No change

<sup>\*</sup>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.

Black* Site-Addo	ed																
				H	Health R	Risk Bel	navior a	nd Per	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	)		
QN61: F	Percenta	age of st	tudents	who hav	ve ever t	aken an	over-th	e-count	er drug t	o get hi	gh			•			
												2.8	3.6	1.6	No linear change	Not available <sup>¶</sup>	No change
QN62: F				who we	re offere	ed, sold,	or give	n an ille	gal drug	on sch	ool prop	erty (du	iring the	e 12			
months b	oefore tl	he surve	ey)										4.1	4.9	No linear change	Not available	No change
QN63: P			tudents	who did	not eat	fruit (no	ot counti	ing fruit	juice, o	ne or m	ore time	es durin	g the 7 o	days	,		
											17.7	18.4	17.5	13.6	Decreased, 2013-2019	Not available	No change
QN64: F	Percenta	age of st	tudents	who did	not eat	vegetab	les (one	or more	e times o	during t	he 7 day	s before	e the sur	rvey)			
		-				J	•			2	·		17.7	21.0	No linear change	Not available	No change

<sup>\*</sup>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.

1991 1993 QN65: Percen nore days (du	itage of	students	1999 who ate	2001 dinner a	2003	2005	2007	2009	2011	2013	2015			Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
QN65: Percen	itage of	students	who ate	dinner a	at home		2007	2009	2011	2013	2015					
											2015	2017	2019			
nore days (du	ing the	/ days be	erore me	Survey	)	with at I	least one	e of thei	r parent	ts or gua	ardians o	on four	or			
					)							69.5	74.5	No linear change	Not available¶	No chang
QN67: Percen						always	went hu	ıngry be	ecause tl	here was	s not en	ough fo	od in			
heir home (du	ring the	30 days	before tl	ne surve	ey)						3.0	6.4	5.1	No linear change	Not available	No chang
N68: Percenter Percenter (N68)		students	who did	not usua	ally slee	p in the	ir paren	t's or gu	ıardian'	s home	(during	the 30 c	days			
												5.4	5.4	No linear change	Not available	No chang
N69: Percen	tage of	students	who stro	ongly ag	ree or a	gree that	t they fe	el good	about th	hemselv	ves					
												77.6	74.1	No linear change	Not available	No chang

<sup>\*</sup>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.

Black* Site-Add	ded																
				I	Health F	Risk Bel	navior a	nd Per	centage	s					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<del>-</del>		
QN70: report ha								get the	kind of	help the	ey need	(among	student	s who			
												33.3	30.4	21.9	Decreased, 2015-2019	Not available <sup>¶</sup>	Decreased
QN71:	Percent	age of st	udents	who hav	ve at leas	st one ac	dult that	they ca	n talk to	if they	have a p	problem					
													81.2	79.6	No linear change	Not available	No change
QN72: adults in									, or othe	er drugs	with the	eir pare	nts or o	ther			
							•						26.9	20.3	Decreased, 2017-2019	Not available	Decreased
QN73:	Percent	age of st	udents	who mo	st of the	e time or	always	feel saf	e and se	cure at	school						
												63.4	62.3	57.6	No linear change	Not available	No change

<sup>\*</sup>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.

ite-Adde	ed			H	Iealth R	Risk Bel	avior a	nd Pero	centages	S					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

<sup>\*</sup>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.

Iispanic njury an		ence															
				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN6: Po		ge of stu	idents w	ho rarel	y or nev	ver wore	a bicyc	le helm	et (amoi	ng stude	ents who	had rio	lden a	·			
											71.7	71.5	73.2	61.7	No linear change	Not available§	Decreased
QN7: Postudents							a helm	et when	rollerbl	ading o	r skateb	oarding	(among	9			
											70.5	70.1	73.1	66.7	No linear change	Not available	No change
QN9: Po	ercentag	ge of stu	idents w	ho ever	rode w	ith a driv	ver who	had bee	en drinki	ing alco	hol (in	a car)					,
											18.8	13.8	14.6	17.6	No linear change	Not available	No change
QN11: 1	Percenta	age of st	tudents	who we	re ever i	n a phys	sical fig	ht	-		43.3	41.2	45.2	44.3	No linear change	Not available	No change
											73.3	41.2	43.2	77.5	140 finear change	Not available	TVO Chang

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

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

Hispanic njury an		ence		Н	ealth R	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN12:	Percenta	age of st	tudents	who we	re ever l	oullied o	n schoo	l proper	ty	:	:	:	:	:	1		
											42.2	37.4	39.6	38.5	No linear change	Not available <sup>§</sup>	No change
QN13:						electroni	cally bu	ıllied (co	ounting	being b	oullied th	nrough t	exting,				
	ŕ	ŕ			ŕ						23.7	14.5	16.4	20.2	No linear change	Not available	No change
QN14:	Percenta	age of st	tudents	who eve	r seriou	sly thou	ght abou	ut killin	g thems	elves							
											20.9	15.2	25.6	23.6	Increased, 2013-2019	Not available	No change
QN15:	Percenta	age of st	tudents	who eve	r made	a plan a	bout hov	w they v	vould ki	ll them	selves						
											13.9	10.0	13.5	15.1	No linear change	Not available	No change

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

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

Hispanic Injury ar		ence															
				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN16:	Percent	age of s	tudents	who eve	er tried t	o kill the	emselve	S			9.7	7.7	11.8	12.2	No linear change	Not available <sup>§</sup>	No change

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

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

				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change <sup>*</sup>	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	•		
	Percenta	age of st	udents	who trie	d cigare	ette smo	king for	the firs	t time be	efore ag	e 11 ye	ars (eve	n one o	two			
ouffs)													6.3	4.5	No linear change	Not available <sup>§</sup>	No change
	Percenta	age of st	udents	who cur	rently si	moked c	igarette	s (on at	least 1 c	day duri	ng the 3	30 days	before t	he			
	Percenta	age of st	udents	who cur	rently si	moked c	igarette	s (on at	least 1 c	day duri	ng the 3	30 days 2.6	before t	he 2.6	No linear change	Not available	No change
QNFRO	CIG: Per	centage									2.9	2.6	4.9	2.6	No linear change	Not available	No change
QNFRO		centage									2.9	2.6	4.9	2.6	No linear change	Not available  Not available	No change
QNFRO	CIG: Per	centage survey)	of stud	ents who	o curren	tly smo	ked ciga	arettes fr	requentl	y (on 20	2.9 0 or mor	2.6 re days	4.9 during t	2.6 he 30 0.8			

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

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

Hispanic Tobacco				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from
															_		2017-2019 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN21: 1	Percenta	age of st	tudents	who eve	er used a	n electr	onic var	or prod	uct				:				
													16.6	17.5	No linear change	Not available <sup>§</sup>	No change
QN22: 1 before th			tudents	who cur	rently u	sed an e	lectroni	c vapor	product	(on at	least 1 d	lay duri	ng the 3	0 days			
												7.4	6.7	8.4	No linear change	Not available	No change
QNFRE					o currer	ntly used	d electro	onic vap	or produ	icts free	quently	(on 20 o	or more	days			
												1.9	1.0	1.4	No linear change	Not available	No change
QNDAY the 30 da				tudents	who cur	rently us	sed elec	tronic v	apor pro	oducts d	laily (on	all 30	days du	ring			
												1.3	0.7	0.8	No linear change	Not available	No change

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

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

	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	201	9		
											co, snuf			nic			
issolvat	ole toba	cco pro	ducts [su	ich as C	openha	gen, Gri	izzly, Sk	coal, or	Camel S		co, snuf ot count			nic 1.5	Decreased, 2017-2019	Not available <sup>§</sup>	No chan
lissolvab apor pro	ole tobacoducts, o	on at lea	ducts [su ast 1 day	uch as C during	openha the 30	gen, Gri days bef	izzly, Slands fore the	coal, or survey)	Camel S	Snus], n		ing any	3.3	1.5	Decreased, 2017-2019	Not available <sup>§</sup>	No char

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

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

lcohol a	and Oth	er Drug	g Use	Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change <sup>*</sup>	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	•		
QN27:	Percenta	age of st	udents	who dra	nk alcol	hol for t	he first t	ime bef	ore age	11 year	s (other	than a f	ew sips	)			
											11.7	11.1	13.7	12.6	No linear change	Not available§	No change
ON29:	Percenta	age of st	udents	who trie	d mariii	uana for	the first	t time be	efore ag	e 11 ve:	ars						
<b>C</b> ,										J - ·	4.2	3.5	4.4	2.2	No linear change	Not available	No change
differen		how a d	loctor to				ion pain										
													6.0	10.9	No linear change	Not available	Increased
	Percenta	age of st	udents	who eve	er used c	cocaine (	(any for	m of coo	caine, in	cluding	powde	r, crack,	or free	base)			
QN31:																	

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

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

Hispanic Weight M		ment ar	nd Dieta	ıry Beha	aviors												
				Н	ealth R	isk Beh	avior aı	nd Perc	entages						Linear Change*	Quadratic Change <sup>*</sup>	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN38:	Percent	age of s	tudents	who des	scribed t	hemselv	es as sli	ightly o	r very o	verweig	ght			•			
											30.2	33.9	31.9	29.2	No linear change	Not available <sup>§</sup>	No change
QN39:	Percent	age of s	tudents	who we	re trying	to lose	weight		-					-			
											50.0	50.1	52.5	50.3	No linear change	Not available	No change
QN40:	Percent	age of s	tudents	who did	not eat	breakfa	st (durin	ng the 7	days be	fore the	survey	)					
											13.2	8.2	13.8	12.9	No linear change	Not available	No change
QNBK7	DAY:	Percenta	age of st	tudents	who ate	breakfa	st on all	7 days	(during	the 7 da	ays befo	ore the s	urvey)				
											46.6	46.5	48.4	45.2	No linear change	Not available	No change

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

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

Physical .	Activity			Н	ealth Ri	isk Beha	avior ar	nd Perco	entages						Linear Change*	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN41: kind of j	physical	activity															
-		•									45.9	44.7	41.7	45.0	No linear change	Not available§	No change
		Parcento	go of str	. 1	the did	not part	icinate i	n at leas	rt 60 mir								
QNPA0 1 day (in during th	ı any kir	nd of ph	ysical a	ctivity tl									e of the		Increased, 2013-2019	Not available	No change

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

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

## Virginia Middle 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 QN42: Percentage of students who watched television 3 or more hours per day (on an average school day) No change 34.1 28.5 27.8 25.2 Decreased, 2013-2019 Not available§ QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day) 39.0 42.9 41.5 49.4 Increased, 2013-2019 Not available No change

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

Not enough years of data to calculate.

Hispanic Other																	
				Н	ealth Ri	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
QN47: I	Percenta	age of s	tudents v	who had	l ever be	en told	by a doo	ctor or n	urse tha	it they l	nad asth	ma	·	·			
											24.0	17.7	23.8	20.8	No linear change	Not available <sup>§</sup>	No change
QN48: I	Percenta	age of s	tudents v	who got	8 or mo	ore hour	s of slee	p (on ar	n averag	e schoo	ol night)						
												59.9	57.0	59.0	No linear change	Not available	No change
QN49: I before th			tudents v	who des	cribed t	heir grad	des in so	chool as	mostly	A's or I	3's (duri	ng the	12 mon	ths	,		
scrote th	ic bui vo	J /										75.8	74.5	72.0	No linear change	Not available	No change

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

Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

Iispanic Site-Addo																	
				H	ealth Ri	isk Beh	avior ar	nd Perc	entages						Linear Change*	Quadratic Change*	Change from 2017-2019
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	<u> </u>		
QN50: handheld	d cell pl	none wh	ile drivi	ing a car	or othe									st 1			
	<i>6</i> · · · ·	,			<b>3</b> /								62.2	51.8	Decreased, 2017-2019	Not available <sup>§</sup>	Decreased
QN51:										oullying	through	ı texting	, Instag	ram,			
													8.3	8.0	No linear change	Not available	No change
QN55: counseld months	or, or ho	otline, dı	aring the														
													27.3	14.5	Decreased, 2017-2019	Not available	Decreased

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

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

ispanic te-Adde	panic -Added Health Risk Behavior and Percentages													Linear Change <sup>*</sup>	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	_		
						sed a wa			te tobac	co (also	called a	a hookal	h, shish	a, or			
nargniie	, on at 16	east 1 da	ay durin	g the 30	days be	efore the	survey	)				6.3	4.1	1.2	Decreased, 2015-2019	Not available <sup>§</sup>	Decreased
ONI59. 1	Dargante	aga of st	andonte i	who ava	r dronk	alcohol	(at least	one dri	nlr of al	achal a	n et lee	et 1 dev	during	thair			
life)	Регсепи	age of si	udents v	wno eve	er arank	aiconoi	(at least	one an	пк от аг	conoi, c	n at iea	st 1 day					
													22.6	20.9	No linear change	Not available	No change
QN59: 1	Percenta	age of st	udents v	who eve	r used n	narijuan	a (one o	r more	times du	ring the	eir life)	:-			,		
													9.8	8.2	No linear change	Not available	No change
								<del>.</del>			-						
QN60: 1	Percenta	age of st	udents v	who hav	e ever u	ised here	oin (also	called	"smack,	" "junk,	," or "Cl	hina Wh	ite")				
												2.9	2.4	0.7	Decreased, 2015-2019	Not available	Decreased

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

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

Hispanic Site-Addo														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	)		
QN61:	Percenta	age of st	tudents	who hav	e ever t	aken an	over-the	e-counte	er drug t	o get hi	gh	3.3	2.3	3.2	No linear change	Not available <sup>§</sup>	No change
QN62: months				who we	re offere	ed, sold,	or giver	an ille	gal drug	on sch	ool prop	perty (du	aring the	5.2	No linear change	Not available	No change
QN63: before the			tudents	who did	not eat	fruit (no	ot counti	ng fruit	juice, o	ne or m	ore time	es durin	g the 7 o	days	Increased, 2013-2019	Not available	No change
QN64:	Percenta	age of si	tudents	who did	not eat	vegetab	les (one	or more	e times o	during th	he 7 day	ys befor	e the sur	rvey) 22.3	Increased, 2017-2019	Not available	Increased

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

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

Hispanic Site-Addo																	
	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			
QN65: more da							with at	least on	e of thei	r parent	ts or gua	ardians o	on four	or			
													75.5	78.8	No linear change	Not available§	No change
QN67: their hor							always	went hi	ıngry be	ecause t	here was	s not en	ough fo	ood in			
												4.4	8.0	7.4	No linear change	Not available	No change
QN68: 1			udents v	who did	not usu	ally slee	ep in the	eir paren	t's or gu	ıardian'	s home	(during	the 30	days	<u>,                                      </u>		
													4.5	3.4	No linear change	Not available	No change
QN69: 1	Percenta	age of st	udents v	who stro	ongly ag	ree or a	gree tha	t they fe	eel good	about t	hemselv	res					
													63.6	66.2	No linear change	Not available	No change

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

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

	e-Added  Health Risk Behavior and Percentages													Linear Change*	Quadratic Change <sup>*</sup>	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
		age of st elt sad, e						get the	kind of	help the	ey need	(among	studen	ts who			
срог п	uving ic	it sud, c	inpty, in	эрстезэ,	ungry, (	or unxio	usj					32.7	26.2	25.5	No linear change	Not available <sup>§</sup>	No change
																	,
	~																
QN71:	Percenta	age of st	udents v	who hav	e at leas	st one ac	lult that	they ca	n talk to	if they	have a p	problem	l				
QN71:	Percenta	age of st	udents v	who hav	e at leas	st one ac	lult that	they ca	n talk to	if they	have a p	problem	72.0	72.2	No linear change	Not available	No change
QN72:	Percenta	age of st	tudents v	who hav	e talked	l about a	alcohol,				•		72.0		No linear change	Not available	No change
QN72:	Percenta		tudents v	who hav	e talked	l about a	alcohol,				•		72.0		No linear change	Not available  Not available	No change
QN72:	Percenta	age of st	tudents v	who hav	e talked	l about a	alcohol,				•		72.0	ther			
QN72: adults ir	Percenta their fa	age of st	cudents vuring the	who hav e 12 mo	e talked	l about a fore the	alcohol, survey)	tobacco	, or othe	er drugs	with the		72.0	ther			,

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

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

_	Hispanic Site-Added  Health Risk Behavior and Percentages														Linear Change <sup>*</sup>	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN74:	QN74: Percentage of students who most of the time or always feel safe and secure in their neighborhood																
												73.7	72.1	71.6	No linear change	Not available§	No change

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

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