Virginia Middle School Survey
Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											64.3	58.7	59.4	60.3	No linear change	Not available§	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											69.7	67.0	65.1	65.4	No linear change	Not available	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											17.7	14.1	15.1	16.6	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Total
Injury and Violence

	Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

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

QN11: Percentage of students who were ever in a physical fight

| | | | | | | | | | | | 44.4 | 42.8 | 46.0 | 45.8 | No linear change | Not available[§] | No change |

QN12: Percentage of students who were ever bullied on school property

| | | | | | | | | | | | 43.8 | 42.1 | 43.0 | 39.6 | Decreased, 2013-2019 | Not available | No change |

QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

| | | | | | | | | | | | 19.8 | 18.5 | 19.5 | 21.0 | No linear change | Not available | No change |

QN14: Percentage of students who ever seriously thought about killing themselves

| | | | | | | | | | | | 17.5 | 16.5 | 21.4 | 21.7 | Increased, 2013-2019 | Not available | No change |

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

2

Virginia Middle School Survey
Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN15: Percentage of students who ever made a plan about how they would kill themselves																	
											11.1	9.3	14.5	14.3	Increased, 2013-2019	Not available[§]	No change
QN16: Percentage of students who ever tried to kill themselves																	
											6.3	5.8	8.5	9.3	Increased, 2013-2019	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Total Tobacco Use

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)

													4.9	4.9	No linear change	Not available[§]	No change

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

											2.5	1.6	2.4	1.9	No linear change	Not available	No change

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

											0.4	0.3	0.3	0.2	No linear change	Not available	No change

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

											0.2	0.3	0.2	0.1	No linear change	Not available	No change

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

4

Virginia Middle School Survey
Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages																**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN21: Percentage of students who ever used an electronic vapor product

													12.5	14.9	No linear change	Not available[§]	No change

QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)

													5.6	4.9	6.1	No linear change	Not available	No change

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

													0.8	0.8	0.9	No linear change	Not available	No change

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

													0.4	0.6	0.5	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Total Tobacco Use

	Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages			

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

QN23: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products)

| | | | | | | | | | | | | | 3.4 | 1.1 | No linear change | Not available[§] | No change |

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)

| | | | | | | | | | | | | | 2.2 | 2.2 | 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)

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

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

Virginia Middle School Survey
Trend Analysis Report

Total
Alcohol and Other Drug Use

															Linear Change[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											9.3	7.9	10.3	12.0	Increased, 2013-2019	Not available[§]	No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											2.6	2.3	3.2	2.8	No linear change	Not available	No change

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													4.9	10.0	Increased, 2017-2019	Not available	Increased

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													3.0	1.6	Decreased, 2017-2019	Not available	Decreased

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

Virginia Middle School Survey
Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN38: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | | | | 24.0 | 24.4 | 24.3 | 26.4 | No linear change | Not available[§] | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 41.6 | 40.8 | 42.3 | 44.4 | No linear change | Not available | No change |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 9.2 | 6.6 | 9.6 | 10.4 | Increased, 2013-2019 | Not available | No change |

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

| | | | | | | | | | | | 53.9 | 56.8 | 52.6 | 43.9 | Decreased, 2013-2019 | Not available | Decreased |

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

Virginia Middle School Survey
Trend Analysis Report

**Total
Physical Activity**

															Health Risk Behavior and Percentages	**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**				

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

											55.8	55.8	53.4	51.1	Decreased, 2013-2019	Not available[§]	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

											8.3	7.7	9.2	12.4	Increased, 2013-2019	Not available	Increased

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

											33.6	32.7	32.0	29.0	Decreased, 2013-2019	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

**Total
Physical Activity**

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

															Linear Change	Quadratic Change	Change
											33.8	26.9	21.2	27.2	Decreased, 2013-2019	Not available[§]	Increased

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)

															Linear Change	Quadratic Change	Change
											35.8	36.5	39.6	43.7	Increased, 2013-2019	Not available	Increased

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

10

Virginia Middle School Survey
Trend Analysis Report

Total Other

															Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											20.9	19.3	18.2	17.2	Decreased, 2013-2019	Not available[§]	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												62.0	60.4	57.6	Decreased, 2015-2019	Not available	No change

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												83.7	83.2	77.9	Decreased, 2015-2019	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN50: Percentage of students who rode with someone who texted, called, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)

													64.7	64.0	No linear change	Not available§	No change

QN51: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)

													8.0	7.6	No linear change	Not available	No change

QN55: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)

													25.3	17.7	Decreased, 2017-2019	Not available	Decreased

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

Virginia Middle School Survey
Trend Analysis Report

Total Site-Added															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
					Health Risk Behavior and Percentages												
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												3.3	2.0	1.3	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)

													18.7	21.6	Increased, 2017-2019	Not available	No change

QN59: Percentage of students who ever used marijuana (one or more times during their life)

													7.2	7.4	No linear change	Not available	No change

QN60: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")

													1.0	1.5	0.7	No linear change	Not available	Decreased

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

13

Virginia Middle School Survey
Trend Analysis Report

Total Site-Added																Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN61: Percentage of students who have ever taken an over-the-counter drug to get high

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												2.4	2.4	1.9	No linear change	Not available[§]	No change

QN62: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													3.9	4.3	No linear change	Not available	No change

QN63: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											12.1	12.1	12.9	11.7	No linear change	Not available	No change

QN64: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													13.8	15.6	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Total Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN65: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)

													78.9	81.8	Increased, 2017-2019	Not available[§]	No change

QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)

												3.5	5.0	4.3	No linear change	Not available	No change

QN68: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)

													3.4	3.1	No linear change	Not available	No change

QN69: Percentage of students who strongly agree or agree that they feel good about themselves

													71.0	69.3	No linear change	Not available	No change

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

15

Virginia Middle School Survey
Trend Analysis Report

Total Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN70: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)

| | | | | | | | | | | | | 38.8 | 33.4 | 28.8 | Decreased, 2015-2019 | Not available§ | Decreased |

QN71: Percentage of students who have at least one adult that they can talk to if they have a problem

| | | | | | | | | | | | | | 82.0 | 81.8 | No linear change | Not available | No change |

QN72: Percentage of students who have talked about alcohol, tobacco, or other drugs with their parents or other adults in their family (during the 12 months before the survey)

| | | | | | | | | | | | | | 29.6 | 26.2 | No linear change | Not available | No change |

QN73: Percentage of students who most of the time or always feel safe and secure at school

| | | | | | | | | | | | | | 74.5 | 70.6 | 70.1 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Total Site-Added 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			

QN74: Percentage of students who most of the time or always feel safe and secure in their neighborhood

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												81.9	80.2	79.9	No linear change	Not available[§]	No change

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

Virginia Middle School Survey
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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

											66.6	61.7	61.7	64.2	No linear change	Not available§	No change

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

											71.5	69.7	66.0	63.4	Decreased, 2013-2019	Not available	No change

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

											17.0	12.3	13.7	15.3	No linear change	Not available	No change

QN11: Percentage of students who were ever in a physical fight

											56.2	58.1	57.8	56.5	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Male
Injury and Violence

	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN12: Percentage of students who were ever bullied on school property

| | | | | | | | | | | | 38.0 | 36.3 | 36.9 | 34.8 | No linear change | Not available§ | No change |

QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

| | | | | | | | | | | | 12.8 | 14.4 | 14.4 | 16.2 | Increased, 2013-2019 | Not available | No change |

QN14: Percentage of students who ever seriously thought about killing themselves

| | | | | | | | | | | | 12.6 | 13.0 | 16.1 | 14.6 | No linear change | Not available | No change |

QN15: Percentage of students who ever made a plan about how they would kill themselves

| | | | | | | | | | | | 8.0 | 6.7 | 11.0 | 9.0 | Increased, 2013-2019 | Not available | No change |

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

19

Virginia Middle School Survey
Trend Analysis Report

Male
Injury and Violence

														Health Risk Behavior and Percentages		**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**				

QN16: Percentage of students who ever tried to kill themselves

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											4.2	3.7	6.0	5.9	Increased, 2013-2019	Not available[§]	No change

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

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			

QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)

													5.9	6.1	No linear change	Not available[§]	No change

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

											2.7	1.5	2.6	2.0	No linear change	Not available	No change

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

											0.5	0.5	0.4	0.1	No linear change	Not available	No change

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

											0.3	0.5	0.2	0.1	No linear change	Not available	No change

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

21

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				

QN21: Percentage of students who ever used an electronic vapor product

												14.0	15.1		No linear change	Not available[§]	No change

QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)

												6.9	6.1	6.2	No linear change	Not available	No change

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

												0.9	1.2	0.9	No linear change	Not available	No change

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

												0.4	0.9	0.7	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 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 |

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

Virginia Middle School Survey
Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

											10.8	9.6	10.7	12.9	Increased, 2013-2019	Not available[§]	No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

											3.3	3.1	4.1	3.8	No linear change	Not available	No change

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

													5.2	7.7	No linear change	Not available	No change

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

													3.6	1.8	Decreased, 2017-2019	Not available	Decreased

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

Virginia Middle School Survey
Trend Analysis Report

Male
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN38: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | | | | 22.1 | 22.9 | 21.7 | 25.9 | No linear change | Not available[§] | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 35.0 | 33.5 | 37.4 | 39.2 | Increased, 2013-2019 | Not available | No change |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 7.4 | 5.9 | 8.0 | 8.8 | Increased, 2013-2019 | Not available | No change |

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

| | | | | | | | | | | | 58.6 | 60.6 | 59.1 | 48.9 | Decreased, 2013-2019 | Not available | Decreased |

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

Virginia Middle School Survey
Trend Analysis Report

Male
Physical Activity

															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

											2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											60.5	60.6	57.8	56.9	No linear change	Not available§	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

											2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											7.0	6.9	8.7	10.0	Increased, 2013-2019	Not available	No change

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

											2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											39.1	39.9	35.9	35.6	Decreased, 2013-2019	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Male
Physical Activity

															Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

											2013	2015	2017	2019		Linear Change	Quadratic Change	Change from 2017-2019
											33.5	28.0	22.3	26.8		Decreased, 2013-2019	Not available[§]	No change

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)

											2013	2015	2017	2019		Linear Change	Quadratic Change	Change from 2017-2019
											37.7	36.5	40.5	46.4		Increased, 2013-2019	Not available	Increased

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

Virginia Middle School Survey
Trend Analysis Report

Male
Other

															Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

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

| | | | | | | | | | | | 22.1 | 19.5 | 19.3 | 16.4 | Decreased, 2013-2019 | Not available[§] | No change |

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | | | | | | | | | | | | 63.3 | 60.3 | 61.3 | No linear change | Not available | No change |

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | | | | | | | | | | | | 80.0 | 80.6 | 74.3 | Decreased, 2015-2019 | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN50: Percentage of students who rode with someone who texted, called, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)

60.2　61.7　No linear change　Not available§　No change

QN51: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)

7.3　8.6　No linear change　Not available　No change

QN55: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)

27.8　14.7　Decreased, 2017-2019　Not available　Decreased

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

Virginia Middle School Survey
Trend Analysis Report

Male
Site-Added

	Health Risk Behavior and Percentages		Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

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

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)

2015	2017	2019	Linear	Quadratic	Change
3.5	2.2	1.4	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 | | No linear change | Not available | 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")

| 1.1 | 1.9 | 0.9 | No linear change | Not available | No change |

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

30

Virginia Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN61: Percentage of students who have ever taken an over-the-counter drug to get high

| | | | | | | | | | | | | 2.6 | 2.0 | 1.6 | No linear change | Not available[§] | No change |

QN62: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

| | | | | | | | | | | | | | 4.2 | 3.4 | No linear change | Not available | No change |

QN63: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)

| | | | | | | | | | | | 12.9 | 12.9 | 14.6 | 13.0 | No linear change | Not available | No change |

QN64: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)

| | | | | | | | | | | | | | 14.8 | 17.4 | No linear change | Not available | No change |

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

31

Virginia Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN65: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)																		
													79.1	82.9	No linear change	Not available[§]	No change
QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																		
													3.6	5.1	4.1	No linear change	Not available	No change
QN68: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																		
														5.0	4.0	No linear change	Not available	No change
QN69: Percentage of students who strongly agree or agree that they feel good about themselves																		
													77.4	79.2	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Male
Site-Added

	Health Risk Behavior and Percentages		Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019					

QN70: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)

													2015	2017	2019	Linear Change	Quadratic Change	Change
													41.0	32.4	27.2	Decreased, 2015-2019	Not available[§]	No change

QN71: Percentage of students who have at least one adult that they can talk to if they have a problem

														2017	2019			
														83.7	84.9	No linear change	Not available	No change

QN72: Percentage of students who have talked about alcohol, tobacco, or other drugs with their parents or other adults in their family (during the 12 months before the survey)

														2017	2019			
														30.3	26.8	No linear change	Not available	No change

QN73: Percentage of students who most of the time or always feel safe and secure at school

														2017	2019			
														72.5	69.1	71.3	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Male
Site-Added

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN74: Percentage of students who most of the time or always feel safe and secure in their neighborhood

												80.5	79.9	81.3	No linear change	Not available[§]	No change

Virginia Middle School Survey
Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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

											61.7	55.8	57.0	55.9	No linear change	Not available[§]	No change

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

											67.7	64.1	64.2	67.4	No linear change	Not available	No change

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

											18.2	15.9	16.5	18.0	No linear change	Not available	No change

QN11: Percentage of students who were ever in a physical fight

											32.0	26.9	33.6	34.5	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Female
Injury and Violence

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
\

<table>
<thead>
<tr><th colspan="15">Health Risk Behavior and Percentages</th><th>Linear Change[*]</th><th>Quadratic Change[*]</th><th>Change from 2017-2019 [†]</th></tr>
<tr><th>1991</th><th>1993</th><th>1995</th><th>1997</th><th>1999</th><th>2001</th><th>2003</th><th>2005</th><th>2007</th><th>2009</th><th>2011</th><th>2013</th><th>2015</th><th>2017</th><th>2019</th><th></th><th></th><th></th></tr>
</thead>
<tbody>
<tr><td colspan="18">QN12: Percentage of students who were ever bullied on school property</td></tr>
<tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>49.9</td><td>47.8</td><td>49.4</td><td>44.6</td><td>No linear change</td><td>Not available[§]</td><td>No change</td></tr>
<tr><td colspan="18">QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)</td></tr>
<tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>27.1</td><td>22.8</td><td>24.9</td><td>26.3</td><td>No linear change</td><td>Not available</td><td>No change</td></tr>
<tr><td colspan="18">QN14: Percentage of students who ever seriously thought about killing themselves</td></tr>
<tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>22.7</td><td>20.2</td><td>27.2</td><td>29.1</td><td>Increased, 2013-2019</td><td>Not available</td><td>No change</td></tr>
<tr><td colspan="18">QN15: Percentage of students who ever made a plan about how they would kill themselves</td></tr>
<tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>14.3</td><td>12.2</td><td>18.2</td><td>20.0</td><td>Increased, 2013-2019</td><td>Not available</td><td>No change</td></tr>
</tbody>
</table>

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

Virginia Middle School Survey
Trend Analysis Report

Female
Injury and Violence

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN16: Percentage of students who ever tried to kill themselves

											2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											8.6	8.0	11.2	13.0	Increased, 2013-2019	Not available[§]	No change

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

Virginia Middle School Survey
Trend Analysis Report

Female
Tobacco Use

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													3.7	3.8	No linear change	Not available[§]	No change

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											2.0	1.5	2.0	1.8	No linear change	Not available	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											0.3	0.1	0.1	0.2	No linear change	Not available	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											0.1	0.1	0.1	0.2	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Female
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			
QN21: Percentage of students who ever used an electronic vapor product																	
												10.8	14.8		Increased, 2017-2019	Not available[§]	Increased
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
												4.3	3.4	6.0	No linear change	Not available	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												0.7	0.2	0.9	No linear change	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												0.5	0.2	0.4	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019[†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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)

													1.4	1.5	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)

													1.1	1.8	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change*	Quadratic Change*	Change from 2017-2019 †
											7.6	6.0	9.7	11.1	Increased, 2013-2019	Not available§	No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

											1.9	1.4	2.1	1.7	No linear change	Not available	No change

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

													4.6	12.5	Increased, 2017-2019	Not available	Increased

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

													2.3	1.5	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Female
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

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

QN38: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | | | | 26.0 | 26.1 | 27.2 | 27.2 | No linear change | Not available[§] | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 48.6 | 48.6 | 47.4 | 49.6 | No linear change | Not available | No change |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 11.1 | 7.5 | 10.9 | 12.0 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 49.2 | 53.0 | 45.9 | 38.6 | Decreased, 2013-2019 | Not available | Decreased |

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

Virginia Middle School Survey
Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change*	Quadratic Change*	Change from 2017-2019 †
											51.0	51.0	48.8	45.3	Decreased, 2013-2019	Not available§	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change*	Quadratic Change*	Change from 2017-2019 †
											9.5	8.6	9.5	14.9	Increased, 2013-2019	Not available	Increased

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change*	Quadratic Change*	Change from 2017-2019 †
											28.0	25.2	27.9	22.3	No linear change	Not available	Decreased

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

Virginia Middle School Survey
Trend Analysis Report

Female
Physical Activity

	Health Risk Behavior and Percentages	Linear Change*	Quadratic Change*	Change from 2017-2019 [†]

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

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change*	Quadratic Change*	Change from 2017-2019
											34.1	25.7	20.0	27.7	Decreased, 2013-2019	Not available[§]	Increased

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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change*	Quadratic Change*	Change from 2017-2019
											33.8	36.6	38.7	40.8	Increased, 2013-2019	Not available	No change

---

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

Virginia Middle School Survey
Trend Analysis Report

Female
Other

															Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

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

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

| | | | | | | | | | | | | 19.6 | 19.1 | 16.9 | 17.9 | No linear change | Not available[§] | No change |

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | | | | | | | | | | | | 60.6 | 60.6 | 53.8 | Decreased, 2015-2019 | Not available | Decreased |

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | | | | | | | | | | | | 87.6 | 86.0 | 81.7 | Decreased, 2015-2019 | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN50: Percentage of students who rode with someone who texted, called, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | | | 69.4 | 66.6 | No linear change | Not available[§] | No change |

QN51: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)

| | | | | | | | | | | | | | 8.8 | 6.7 | No linear change | Not available | No change |

QN55: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)

| | | | | | | | | | | | | | 23.2 | 20.2 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages																Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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)

	3.0	1.5	1.3	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)

	19.7	22.0	No linear change	Not available	No change

QN59: Percentage of students who ever used marijuana (one or more times during their life)

	7.2	7.2	No linear change	Not available	No change

QN60: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")

	0.9	1.2	0.5	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Female
Site-Added

															Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN61: Percentage of students who have ever taken an over-the-counter drug to get high

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												2.1	2.8	2.3	No linear change	Not available[§]	No change

QN62: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													3.4	5.4	Increased, 2017-2019	Not available	Increased

QN63: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												11.2	11.2	11.0	10.4	No linear change	Not available	No change

QN64: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													12.5	13.6	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Female
Site-Added

	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN65: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)

| | | | | | | | | | | | | | 78.8 | 80.9 | No linear change | Not available§ | No change |

QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)

| | | | | | | | | | | | | 3.3 | 5.0 | 4.4 | No linear change | Not available | No change |

QN68: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)

| | | | | | | | | | | | | | 1.5 | 2.2 | No linear change | Not available | No change |

QN69: Percentage of students who strongly agree or agree that they feel good about themselves

| | | | | | | | | | | | | | 64.3 | 59.1 | Decreased, 2017-2019 | Not available | Decreased |

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

Virginia Middle School Survey
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages			Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

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

QN70: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)

		36.8	34.4	30.3	Decreased, 2015-2019	Not available[§]	No change

QN71: Percentage of students who have at least one adult that they can talk to if they have a problem

			80.5	78.8	No linear change	Not available	No change

QN72: Percentage of students who have talked about alcohol, tobacco, or other drugs with their parents or other adults in their family (during the 12 months before the survey)

			28.9	25.5	No linear change	Not available	No change

QN73: Percentage of students who most of the time or always feel safe and secure at school

	76.5	72.5	69.2	Decreased, 2015-2019	Not available	No change

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

50

Virginia Middle School Survey
Trend Analysis Report

Female
Site-Added

															Health Risk Behavior and Percentages	**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN74: Percentage of students who most of the time or always feel safe and secure in their neighborhood

												83.2	80.7	78.3	Decreased, 2015-2019	Not available[§]	No change	

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

Virginia Middle School Survey
Trend Analysis Report

White*
Injury and Violence

	Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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

											56.2	48.7	51.1	53.4	No linear change	Not available[¶]	No change

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

											64.4	60.6	60.7	61.5	No linear change	Not available	No change

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

											17.6	15.2	15.7	18.3	No linear change	Not available	No change

QN11: Percentage of students who were ever in a physical fight

											35.4	37.3	38.8	36.4	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

White*
Injury and Violence

														Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN12: Percentage of students who were ever bullied on school property

2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
46.5	44.1	45.9	40.8	Decreased, 2013-2019	Not available[¶]	No change

QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
20.9	20.8	23.0	22.3	No linear change	Not available	No change

QN14: Percentage of students who ever seriously thought about killing themselves

2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
14.4	15.5	18.1	20.2	Increased, 2013-2019	Not available	No change

QN15: Percentage of students who ever made a plan about how they would kill themselves

2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
9.5	8.5	13.3	12.2	Increased, 2013-2019	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

White*
Injury and Violence

					Health Risk Behavior and Percentages										Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN16: Percentage of students who ever tried to kill themselves

											2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
											4.4	4.7	6.4	6.8	Increased, 2013-2019	Not available[¶]	No change

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

Virginia Middle School Survey
Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													3.8	4.5	No linear change	Not available[¶]	No change

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											2.1	1.1	1.3	1.7	No linear change	Not available	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											0.3	0.0	0.0	0.0	Not available	Not available	Not available

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											0.2	0.0	0.0	0.0	Not available	Not available	Not available

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

Virginia Middle School Survey
Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 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)

													1.5	2.1	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)

													0.4	1.7	Increased, 2017-2019	Not available	Increased

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

Virginia Middle School Survey
Trend Analysis Report

White*
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											8.1	6.2	8.2	10.9	Increased, 2013-2019	Not available[¶]	No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											1.6	1.2	2.0	1.9	No linear change	Not available	No change

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													3.9	7.9	Increased, 2017-2019	Not available	Increased

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													2.2	0.6	Decreased, 2017-2019	Not available	Decreased

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

Virginia Middle School Survey
Trend Analysis Report

White*
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN38: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | | | | 23.1 | 22.5 | 23.4 | 27.8 | Increased, 2013-2019 | Not available[¶] | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 38.9 | 37.6 | 38.9 | 43.1 | Increased, 2013-2019 | Not available | No change |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 7.5 | 6.2 | 6.8 | 9.6 | Increased, 2013-2019 | Not available | Increased |

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

| | | | | | | | | | | | 58.0 | 60.8 | 57.6 | 45.9 | Decreased, 2013-2019 | Not available | Decreased |

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 61.1 | 62.6 | 60.2 | 56.1 | Decreased, 2013-2019 | Not available[¶] | No change |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 5.8 | 5.4 | 5.7 | 7.2 | No linear change | Not available | No change |

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 36.6 | 35.7 | 36.5 | 32.4 | No linear change | Not available | No change |

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

60

Virginia Middle School Survey
Trend Analysis Report

White*
Physical Activity

															Health Risk Behavior and Percentages	**Linear Change†**	**Quadratic Change†**	**Change from 2017-2019 §**
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change†	Quadratic Change†	Change from 2017-2019 §
											26.0	19.7	14.3	22.2	Decreased, 2013-2019	Not available¶	Increased

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)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change†	Quadratic Change†	Change from 2017-2019 §
											32.1	31.6	37.7	40.9	Increased, 2013-2019	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

White*
Other

															Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

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

| | | | | | | | | | | | 16.7 | 17.4 | 13.3 | 14.0 | | Decreased, 2013-2019 | Not available[¶] | No change |

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | | | | | | | | | | | | 66.1 | 61.7 | 59.5 | | Decreased, 2015-2019 | Not available | No change |

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | | | | | | | | | | | | 89.1 | 86.9 | 84.7 | | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN50: Percentage of students who rode with someone who texted, called, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | | | 66.3 | 68.4 | No linear change | Not available[¶] | No change |

QN51: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)

| | | | | | | | | | | | | | 7.9 | 6.0 | No linear change | Not available | No change |

QN55: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)

| | | | | | | | | | | | | | 31.2 | 20.6 | No linear change | Not available | Decreased |

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

Virginia Middle School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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)

													1.5	0.4	0.8	No linear change	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)

														18.9	21.4	No linear change	Not available	No change

QN59: Percentage of students who ever used marijuana (one or more times during their life)

														5.2	5.3	No linear change	Not available	No change

QN60: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")

													0.6	0.7	0.5	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

White*
Site-Added

	Health Risk Behavior and Percentages			**Linear Change†**	**Quadratic Change†**	**Change from 2017-2019 §**

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

QN61: Percentage of students who have ever taken an over-the-counter drug to get high

| | | | | | | | | | | | | 1.9 | 1.8 | 1.5 | No linear change | Not available¶ | No change |

QN62: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

| | | | | | | | | | | | | | 2.3 | 3.7 | No linear change | Not available | No change |

QN63: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)

| | | | | | | | | | | | 10.1 | 10.4 | 12.4 | 10.1 | No linear change | Not available | No change |

QN64: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)

| | | | | | | | | | | | | | 13.0 | 11.0 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN65: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)

													84.2	86.1	No linear change	Not available[¶]	No change

QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)

| | | | | | | | | | | | | | 3.0 | 3.6 | 3.0 | No linear change | Not available | No change |

QN68: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)

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

QN69: Percentage of students who strongly agree or agree that they feel good about themselves

| | | | | | | | | | | | | | 72.1 | 69.1 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages																Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN70: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)

												43.9	37.5	32.1	Decreased, 2015-2019	Not available[¶]	No change

QN71: Percentage of students who have at least one adult that they can talk to if they have a problem

													86.4	86.6	No linear change	Not available	No change

QN72: Percentage of students who have talked about alcohol, tobacco, or other drugs with their parents or other adults in their family (during the 12 months before the survey)

													31.7	30.3	No linear change	Not available	No change

QN73: Percentage of students who most of the time or always feel safe and secure at school

													79.4	74.0	76.3	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

White*
Site-Added

															Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]

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

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	Not available[¶]	No change

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

Virginia Middle School Survey
Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]

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

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

				83.3	81.4	76.7	75.7	No linear change	Not available[¶]	No change

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

				85.5	80.9	76.0	76.1	Decreased, 2013-2019	Not available	No change

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

				19.1	14.0	14.2	15.3	No linear change	Not available	No change

QN11: Percentage of students who were ever in a physical fight

				65.2	62.2	61.9	67.2	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Black*
Injury and Violence

	Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]

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

QN12: Percentage of students who were ever bullied on school property

| | | | | | | | | | | | 37.6 | 43.0 | 38.0 | 35.8 | No linear change | Not available[¶] | No change |

QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

| | | | | | | | | | | | 14.3 | 17.3 | 14.6 | 17.5 | No linear change | Not available | No change |

QN14: Percentage of students who ever seriously thought about killing themselves

| | | | | | | | | | | | 21.0 | 17.8 | 23.1 | 22.1 | No linear change | Not available | No change |

QN15: Percentage of students who ever made a plan about how they would kill themselves

| | | | | | | | | | | | 11.5 | 10.1 | 16.3 | 17.5 | Increased, 2013-2019 | Not available | No change |

---

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

70

Virginia Middle School Survey
Trend Analysis Report

Black*
Injury and Violence

															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
Health Risk Behavior and Percentages																	
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**			

QN16: Percentage of students who ever tried to kill themselves

															Linear Change	Quadratic Change	Change from 2017-2019
											7.8	7.8	11.4	13.0	Increased, 2013-2019	Not available[¶]	No change

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

Virginia Middle School Survey
Trend Analysis Report

Black*
Tobacco Use

															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)

													2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													7.1	6.3	No linear change	Not available[¶]	No change

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

											2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											2.8	1.5	3.4	1.5	No linear change	Not available	Decreased

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

											2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											0.6	0.3	0.6	0.0	No linear change	Not available	No change

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

											2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											0.2	0.3	0.3	0.0	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Black*
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			

QN21: Percentage of students who ever used an electronic vapor product

| | | | | | | | | | | | | | 15.2 | 13.2 | No linear change | Not available[¶] | No change |

QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | | | 9.1 | 4.9 | 3.8 | No linear change | Not available | No change |

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

| | | | | | | | | | | | | | 0.6 | 0.7 | 0.6 | No linear change | Not available | No change |

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

| | | | | | | | | | | | | | 0.3 | 0.3 | 0.6 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Black*
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)

													2.5	2.3	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)

													3.2	2.2	No linear change	Not available	No change	

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

Virginia Middle School Survey
Trend Analysis Report

Black*
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											11.0	11.6	12.1	12.9	No linear change	Not available[¶]	No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											3.8	4.7	3.7	4.4	No linear change	Not available	No change

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													6.5	13.6	Increased, 2017-2019	Not available	Increased

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													4.0	2.6	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Black*
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN38: Percentage of students who described themselves as slightly or very overweight

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											23.8	26.6	22.4	21.4	No linear change	Not available[¶]	No change

QN39: Percentage of students who were trying to lose weight

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											44.6	45.7	43.6	43.4	No linear change	Not available	No change

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											10.3	8.4	10.9	11.4	No linear change	Not available	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											49.5	50.5	45.0	37.0	Decreased, 2013-2019	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Black*
Physical Activity

	Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]

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

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 49.9 | 50.3 | 47.8 | 45.1 | No linear change | Not available[¶] | No change |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 12.7 | 12.6 | 12.9 | 19.2 | Increased, 2013-2019 | Not available | No change |

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | | | 32.0 | 34.5 | 30.2 | 25.0 | Decreased, 2013-2019 | Not available | No change |

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

77

Virginia Middle School Survey
Trend Analysis Report

Black*
Physical Activity

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

| | | | | | | | | | | | 53.5 | 45.9 | 35.3 | 39.8 | Decreased, 2013-2019 | Not available[¶] | No change |

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)

| | | | | | | | | | | | 44.6 | 47.0 | 45.1 | 46.1 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Black*
Other

															Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

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

| | | | | | | | | | | | | 28.6 | 23.9 | 27.4 | 23.0 | No linear change | Not available[¶] | No change |

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | | | | | | | | | | | | | 55.8 | 60.0 | 55.4 | No linear change | Not available | No change |

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | | | | | | | | | | | | | 74.1 | 78.2 | 63.2 | Decreased, 2015-2019 | Not available | Decreased |

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

79

Virginia Middle School Survey
Trend Analysis Report

Black*
Site-Added

															Health Risk Behavior and Percentages	**Linear Change[†]**	**Quadratic Change[†]**	**Change from 2017-2019 [§]**
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**				

QN50: Percentage of students who rode with someone who texted, called, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)

													62.0	62.9		No linear change	Not available[¶]	No change

QN51: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)

													8.7	9.0		No linear change	Not available	No change

QN55: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)

													18.4	15.6		No linear change	Not available	No change

---

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

Virginia Middle School Survey
Trend Analysis Report

Black*
Site-Added

																	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]

Health Risk Behavior and Percentages

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

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)

| | | | | | | | | | | | | | 5.6 | 3.2 | 1.9 | 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)

| | | | | | | | | | | | | | 17.6 | 22.1 | | No linear change | Not available | No change |

QN59: Percentage of students who ever used marijuana (one or more times during their life)

| | | | | | | | | | | | | | 9.4 | 10.7 | | No linear change | Not available | No change |

QN60: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")

| | | | | | | | | | | | | | 1.1 | 2.3 | 1.1 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Black*
Site-Added

	Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN61: Percentage of students who have ever taken an over-the-counter drug to get high

												2.8	3.6	1.6	No linear change	Not available[¶]	No change

QN62: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

													4.1	4.9	No linear change	Not available	No change

QN63: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)

											17.7	18.4	17.5	13.6	Decreased, 2013-2019	Not available	No change

QN64: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)

													17.7	21.0	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Black*
Site-Added

	Health Risk Behavior and Percentages																Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					

QN65: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													69.5	74.5	No linear change	Not available[¶]	No change

QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												3.0	6.4	5.1	No linear change	Not available	No change

QN68: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													5.4	5.4	No linear change	Not available	No change

QN69: Percentage of students who strongly agree or agree that they feel good about themselves

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													77.6	74.1	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Black*
Site-Added

	Health Risk Behavior and Percentages			Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]

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

QN70: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)

												33.3	30.4	21.9	Decreased, 2015-2019	Not available[¶]	Decreased

QN71: Percentage of students who have at least one adult that they can talk to if they have a problem

													81.2	79.6	No linear change	Not available	No change

QN72: Percentage of students who have talked about alcohol, tobacco, or other drugs with their parents or other adults in their family (during the 12 months before the survey)

													26.9	20.3	Decreased, 2017-2019	Not available	Decreased

QN73: Percentage of students who most of the time or always feel safe and secure at school

												63.4	62.3	57.6	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Black*
Site-Added

																Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN74: Percentage of students who most of the time or always feel safe and secure in their neighborhood

																Linear Change	Quadratic Change	Change from 2017-2019
												71.5	69.8	68.2	No linear change	Not available[¶]	No change

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

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

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

| | | | | | | | | | | | 71.7 | 71.5 | 73.2 | 61.7 | No linear change | Not available[§] | Decreased |

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

| | | | | | | | | | | | 70.5 | 70.1 | 73.1 | 66.7 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 18.8 | 13.8 | 14.6 | 17.6 | No linear change | Not available | No change |

QN11: Percentage of students who were ever in a physical fight

| | | | | | | | | | | | 43.3 | 41.2 | 45.2 | 44.3 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Injury and Violence

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

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

QN12: Percentage of students who were ever bullied on school property

| | | | | | | | | | | | 42.2 | 37.4 | 39.6 | 38.5 | No linear change | Not available[§] | No change |

QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

| | | | | | | | | | | | 23.7 | 14.5 | 16.4 | 20.2 | No linear change | Not available | No change |

QN14: Percentage of students who ever seriously thought about killing themselves

| | | | | | | | | | | | 20.9 | 15.2 | 25.6 | 23.6 | Increased, 2013-2019 | Not available | No change |

QN15: Percentage of students who ever made a plan about how they would kill themselves

| | | | | | | | | | | | 13.9 | 10.0 | 13.5 | 15.1 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Injury and Violence

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN16: Percentage of students who ever tried to kill themselves

											2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											9.7	7.7	11.8	12.2	No linear change	Not available[§]	No change

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
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			

QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)

| | | | | | | | | | | | | | 6.3 | 4.5 | No linear change | Not available§ | No change |

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | 2.9 | 2.6 | 4.9 | 2.6 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 0.5 | 1.2 | 0.3 | 0.8 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 0.3 | 1.2 | 0.3 | 0.5 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Tobacco Use

	Health Risk Behavior and Percentages		Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

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

QN21: Percentage of students who ever used an electronic vapor product

												16.6	17.5	No linear change	Not available[§]	No change

QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)

												7.4	6.7	8.4	No linear change	Not available	No change

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

												1.9	1.0	1.4	No linear change	Not available	No change

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

												1.3	0.7	0.8	No linear change	Not available	No change

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

90

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Tobacco Use

																Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

Health Risk Behavior and Percentages

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

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)

| | | | | | | | | | | | | | 3.3 | 1.5 | Decreased, 2017-2019 | 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)

| | | | | | | | | | | | | | 3.5 | 2.4 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2017-2019 †

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

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

											11.7	11.1	13.7	12.6	No linear change	Not available§	No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

											4.2	3.5	4.4	2.2	No linear change	Not available	No change

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

												6.0	10.9	No linear change	Not available	Increased

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

												4.0	2.8	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2017-2019 †

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

QN38: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | | | | 30.2 | 33.9 | 31.9 | 29.2 | No linear change | Not available§ | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | | | | 50.0 | 50.1 | 52.5 | 50.3 | No linear change | Not available | No change |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | | 13.2 | 8.2 | 13.8 | 12.9 | No linear change | Not available | No change |

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

| | | | | | | | | | | | 46.6 | 46.5 | 48.4 | 45.2 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
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			

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

											45.9	44.7	41.7	45.0	No linear change	Not available[§]	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

											10.5	9.4	15.3	19.2	Increased, 2013-2019	Not available	No change

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

											26.8	27.2	24.5	27.1	No linear change	Not available	No change

---

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
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)

| | | | | | | | | | | | 34.1 | 28.5 | 27.8 | 25.2 | Decreased, 2013-2019 | Not available[§] | No change |

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 |

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Other

	Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

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

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

												24.0	17.7	23.8	20.8	No linear change	Not available[§]	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

													59.9	57.0	59.0	No linear change	Not available	No change

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

													75.8	74.5	72.0	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

															Health Risk Behavior and Percentages		**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019**[†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN50: Percentage of students who rode with someone who texted, called, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)

62.2   51.8   Decreased, 2017-2019   Not available[§]   Decreased

QN51: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)

8.3   8.0   No linear change   Not available   No change

QN55: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)

27.3   14.5   Decreased, 2017-2019   Not available   Decreased

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

	Health Risk Behavior and Percentages			Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

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

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)

| | | | | | | | | | | | | 6.3 | 4.1 | 1.2 | Decreased, 2015-2019 | Not available[§] | Decreased |

QN58: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)

| | | | | | | | | | | | | | 22.6 | 20.9 | No linear change | Not available | No change |

QN59: Percentage of students who ever used marijuana (one or more times during their life)

| | | | | | | | | | | | | | 9.8 | 8.2 | No linear change | Not available | No change |

QN60: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")

| | | | | | | | | | | | | 2.9 | 2.4 | 0.7 | Decreased, 2015-2019 | Not available | Decreased |

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

	Health Risk Behavior and Percentages			Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

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

QN61: Percentage of students who have ever taken an over-the-counter drug to get high

			3.3	2.3	3.2	No linear change	Not available[§]	No change

QN62: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

		8.4	5.2	No linear change	Not available	No change

QN63: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)

	10.1	11.8	10.7	14.3	Increased, 2013-2019	Not available	No change

QN64: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)

	12.9	22.3	Increased, 2017-2019	Not available	Increased

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic Site-Added

Health Risk Behavior and Percentages	Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019			

QN65: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
75.5	78.8	No linear change	Not available§	No change

QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)

2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
4.4	8.0	7.4	No linear change	Not available	No change

QN68: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
4.5	3.4	No linear change	Not available	No change

QN69: Percentage of students who strongly agree or agree that they feel good about themselves

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
63.6	66.2	No linear change	Not available	No change

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

															Health Risk Behavior and Percentages	**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]

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

QN70: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												32.7	26.2	25.5	No linear change	Not available[§]	No change

QN71: Percentage of students who have at least one adult that they can talk to if they have a problem

| | | | | | | | | | | | | | 72.0 | 72.2 | No linear change | Not available | No change |

QN72: Percentage of students who have talked about alcohol, tobacco, or other drugs with their parents or other adults in their family (during the 12 months before the survey)

| | | | | | | | | | | | | | 28.5 | 24.9 | No linear change | Not available | No change |

QN73: Percentage of students who most of the time or always feel safe and secure at school

| | | | | | | | | | | | | | 68.9 | 65.3 | 65.8 | No linear change | Not available | No change |

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

Virginia Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

															Health Risk Behavior and Percentages	**Linear Change***	**Quadratic Change***	**Change from 2017-2019 †**
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

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

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