

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	Decreased
									20.0	17.8	15.6	14.2	13.0	8.8				
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																Decreased, 2013-2021	Not available [§]	No change
										6.5	7.0	5.6	4.5	3.5				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

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Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																								
												2.6	3.8	2.1	1.7		Decreased, 2015-2021	Not available [§]	No change					
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)																								
														4.0	2.2		Decreased, 2019-2021	Not available	Decreased					
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																								
															5.5	5.4	6.1	7.1	8.6	11.2		Increased, 2011-2021	No quadratic change	No change

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

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Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021												
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																7.0	6.1	6.4	6.4	7.9	6.9	No linear change		No quadratic change		No change	
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																24.9	23.5	20.6	19.8	19.5	15.0	Decreased, 2011-2021		No quadratic change		Decreased	
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)																6.1	7.2	No linear change		Not available [§]		No change					

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Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)																9.4	10.3	No linear change	Not available [§]	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																6.9	8.6	No linear change	Not available	No change

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

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Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																Decreased, 2013-2021	Not available [§]	No change	
								10.9	10.9	10.6	7.3	8.1							
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																Decreased, 2011-2021	No change, 2011-2015 Decreased, 2015-2021	Decreased	
								20.3	21.9	19.5	15.7	17.4	12.1						
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																No linear change	No quadratic change	No change	
								14.8	14.5	13.8	12.6	13.9	12.1						

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Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																		
										25.5	25.7	26.9	29.5	32.4	38.2	Increased, 2011-2021	No change, 2011-2015 Increased, 2015-2021	Increased
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)																		
										16.9	14.7	14.0	15.7	16.0	20.5	Increased, 2011-2021	Decreased, 2011-2015 Increased, 2015-2021	Increased
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																		
										13.2	15.2	11.7	12.6	11.9	16.4	No linear change	No change, 2011-2017 Increased, 2017-2021	Increased
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)																		
										10.5	9.8	6.7	7.2	7.0	9.0	Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	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.

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Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)																		
										3.4	3.8	1.9	2.0	1.8	2.3	Decreased, 2011-2021	No quadratic change	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2019-2021[†]				
Health Risk Behavior and Percentages																						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021							
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)																						
										8.0	7.2	6.0	No linear change			Not available [§]		No change				
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																						
										15.0	11.1	8.2	6.5	5.5	2.8	Decreased, 2011-2021			No quadratic change		Decreased	
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																						
										5.4	3.5	2.2	1.7	1.3	0.7	Decreased, 2011-2021			No quadratic change		Decreased	
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																						
										3.6	2.6	1.6	1.2	1.1	0.6	Decreased, 2011-2021			No quadratic change		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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2019-2021 †						
Health Risk Behavior and Percentages																								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)																16.8	11.8	19.9	14.3	No linear change		Not available [§]		Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																2.7	3.1	6.3	5.2	Increased, 2015-2021		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)																2.0	1.9	4.2	3.5	Increased, 2015-2021		Not available		No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																18.7	13.3	20.5	14.8	No linear change		Not available		Decreased

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**Total
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													4.2	3.8	1.8	Decreased, 2017-2021	Not available [§]	Decreased
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																		
													1.6	1.1	0.5	Decreased, 2017-2021	Not available	Decreased
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																		
													1.4	1.0	0.3	Decreased, 2017-2021	Not available	Decreased

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Total Tobacco Use																		
Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
										12.0	11.3	7.4	6.4	4.7	2.8	Decreased, 2011-2021	No quadratic change	Decreased
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																		
													14.9	21.8	15.5	No linear change	Not available [§]	Decreased
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																		
										1.5	1.7	1.6	1.2	1.2	0.5	Decreased, 2011-2021	No quadratic change	Decreased

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**Total
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																		
										18.1	14.9	10.5	9.0	7.2	4.4	Decreased, 2011-2021	No quadratic change	Decreased
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																		
										1.4	1.3	1.1	0.9	0.9	0.3	Decreased, 2011-2021	No quadratic change	Decreased

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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**Total
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																		
										18.1	18.2	14.6	14.7	15.6	14.0	Decreased, 2011-2021	No quadratic change	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																		
										30.5	27.3	23.4	24.5	25.4	19.4	Decreased, 2011-2021	No quadratic change	Decreased
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)																		
													12.3	12.7	10.5	No linear change	Not available [§]	No change

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†Based on t-test analysis, p < 0.05.

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**Total
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN46: Percentage of students who tried marijuana for the first time before age 13 years																Decreased, 2011-2021	No quadratic change	Decreased
									8.1	7.5	6.1	5.5	5.2	3.5				
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	Decreased
									18.0	17.9	16.2	16.5	17.3	13.3				
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																Decreased, 2015-2021	Not available [§]	Decreased
											15.6	15.5	14.0	9.0				

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§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

**Total
Sexual Behaviors**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse																		
														32.2	22.8	Decreased, 2019-2021	Not available [§]	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years																		
														2.9	2.3	No linear change	Not available	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life																		
														7.5	5.2	Decreased, 2019-2021	Not available	Decreased
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)																		
														22.0	15.0	Decreased, 2019-2021	Not available	Decreased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Sexual Behaviors																Linear Change*	Quadratic Change*	Change from 2019-2021[†]		
Health Risk Behavior and Percentages																				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)																18.6	18.4	No linear change	Not available [§]	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)																59.2	52.5	No linear change	Not available	No change
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)																6.7	3.7	Decreased, 2019-2021	Not available	Decreased

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN66: Percentage of students who described themselves as slightly or very overweight																No linear change	No quadratic change	No change	
								28.1		28.8		30.0		28.8		30.2		30.8	
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]																No linear change	No quadratic change	No change	
								17.2		14.7		15.1		15.5		15.8		15.3	
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]																Increased, 2011-2021	No quadratic change	No change	
								11.1		12.0		13.0		12.7		14.8		16.4	

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

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Total

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																			
										21.6	25.6	28.6	32.9	36.0	38.8		Increased, 2011-2021	No quadratic change	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																			
										14.6	14.4	13.1	13.2	14.1	14.0		No linear change	No quadratic change	No change
QNFRO: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																			
										6.2	7.1	7.0	7.4	7.2	8.5		Increased, 2011-2021	No quadratic change	No change

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Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)														Decreased, 2011-2021	No quadratic change	No change			
						60.2	61.3	58.8	57.8	54.5	53.4								
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)														Decreased, 2011-2021	No quadratic change	No change			
						30.2	31.4	29.8	29.1	26.0	24.2								
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)														Increased, 2011-2021	No quadratic change	No change			
						40.6	42.9	40.7	40.9	44.7	46.0								

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Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)																Increased, 2011-2021	Increased, 2011-2015 No change, 2015-2021	No change
						20.6	27.1	30.0	32.2	32.0	34.6							
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	No change
						24.3	21.7	17.0	16.4	16.7	15.6							
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																Decreased, 2011-2021	No quadratic change	No change
						16.9	14.8	10.4	10.1	9.8	8.6							

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)																		
											13.1	14.1	13.6	18.4	21.8	Increased, 2013-2021	Not available [§]	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																		
											38.3	37.7	37.4	33.0	29.7	Decreased, 2013-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Physical Activity																Linear Change*	Quadratic Change*	Change from 2019-2021[†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	No quadratic change	No change
										45.6	44.3	45.2	42.3	41.4	40.3			
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)																Increased, 2011-2021	No quadratic change	No change
										15.6	15.2	16.9	17.0	17.3	19.3			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	No quadratic change	No change
										24.1	23.8	25.1	22.4	22.0	21.9			

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Other	Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																			
													75.6	76.1	76.2	70.8	No linear change	Not available [§]	Decreased
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																			
													1.7	1.8	2.0	3.8	Increased, 2015-2021	Not available	Increased
QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
													27.6	27.0	25.4	24.0	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
													2.7	3.1	2.4	No linear change	Not available [§]	No change
QN88: Percentage of students who are transgender																		
														1.4	2.5	Increased, 2019-2021	Not available	Increased
QN89: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)																		
													61.8	57.9	49.4	Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021							
QN94: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)																						
																	7.0	7.0	7.8	No linear change	Not available [§]	No change
QN95: Percentage of students who have been the victim of teasing or name calling because of their race or ethnic background (during the 12 months before the survey)																						
																		16.8	19.4	No linear change	Not available	Increased
QN96: Percentage of students who reported another student most of the time or always made unwelcome sexual comments, jokes, or gestures that made them feel uncomfortable on school property (during the 12 months before the survey)																						
																		5.6	5.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021							
QN97: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																	15.5	21.2	Increased, 2019-2021	Not available [§]	Increased	
QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)																	17.9	18.1	17.1	No linear change	Not available	No change
QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)																	5.4	5.5	6.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Site-Added																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN102: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey)																			
													2.0	2.2	1.0		Decreased, 2017-2021	Not available [§]	Decreased
QN103: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey)																			
													1.7	1.5	1.5	0.7	Decreased, 2015-2021	Not available	Decreased
QN104: Percentage of students who currently used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during the 30 days before the survey)																			
														1.5	0.6		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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Site-Added																Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN105: Percentage of students who currently used ecstasy (also called "MDMA" or "Molly," one or more times during the 30 days before the survey)																		
													2.1	2.1	1.2	No linear change	Not available [§]	No change
QN106: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not counting green salad, one or more times during the 7 days before the survey)																		
													13.9	13.3	No linear change	Not available	No change	
QN107: Percentage of students who ate at least one meal or snack from a fast food restaurant or convenience stores (such as McDonald's, Taco Bell, KFC, or convenience stores, on at least one day during the 7 days before the survey)																		
													75.8	76.9	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN108: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																		
										3.7	3.8	4.3	4.2	4.0	3.0	No linear change	No change, 2011-2017 Decreased, 2017-2021	No change
QN110: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																		
										22.0	24.8	22.4	20.2	21.0	19.0	Decreased, 2011-2021	No quadratic change	No change
QN111: Percentage of students who strongly agree or agree that they feel good about themselves																		
												69.9	69.0	62.6	52.1	Decreased, 2015-2021	Not available [§]	Decreased
QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																		
												25.4	26.3	23.0	20.1	Decreased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN114: Percentage of students who report there is at least one teacher or other adult that they can talk to if they have a problem																				
																70.3	63.6	Decreased, 2019-2021	Not available [§]	Decreased
QN115: Percentage of students who most of the time or always feel safe and secure at school																				
										78.5	73.8	78.2	78.5	72.9	70.8			Decreased, 2011-2021	No quadratic change	No change
QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood																				
												83.4	86.2	83.8	83.9			No linear change	Not available	No change
QN119: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																				
												78.9	81.5	78.4	77.9			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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	Decreased	
						19.6		17.4		14.3		13.8		11.9		8.3			
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																Decreased, 2013-2021	Not available [§]	No change	
								7.2		8.2		6.0		5.1		3.6			
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																Decreased, 2015-2021	Not available	No change	
										4.0		5.3		2.8		1.9			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)																		
														6.1	3.7	Decreased, 2019-2021	Not available [§]	Decreased
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																		
										4.7	5.2	5.6	7.0	7.2	9.9	Increased, 2011-2021	No quadratic change	No change
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																		
										8.0	7.7	8.0	8.0	9.0	7.4	No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																Decreased, 2011-2021	No quadratic change	Decreased
						29.4		30.2		27.3		24.8		25.8		19.7		
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)																No linear change	Not available [§]	No change
										3.7		3.3						
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)																No linear change	Not available	No change
										5.9		4.6						

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021										
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																									
																	4.1	4.5	No linear change	Not available [§]	No change				
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																									
																	8.1	9.5	9.2	6.2	7.0	No linear change	Not available	No change	
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																									
																	18.4	19.0	15.9	13.5	15.1	10.9	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																		
										8.8	9.3	9.0	8.9	10.0	7.3	No linear change	No quadratic change	Decreased
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																		
										17.3	17.6	17.3	20.6	24.0	26.3	Increased, 2011-2021	No quadratic change	No change
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)																		
										12.0	10.4	9.6	10.2	11.4	13.3	No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																No linear change	No quadratic change	No change
										10.6	11.7	8.1	9.4	9.2	9.9			
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)																Decreased, 2011-2021	No quadratic change	No change
										8.4	9.3	4.6	5.4	4.7	5.9			
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)																Decreased, 2011-2021	No quadratic change	No change
										3.1	4.3	1.3	1.4	1.4	1.8			

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)																		
													9.7	8.3	5.4	Decreased, 2017-2021	Not available [§]	Decreased
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
										14.4	11.6	8.6	7.3	6.1	2.5	Decreased, 2011-2021	No quadratic change	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
										6.4	4.2	2.8	2.2	1.9	0.9	Decreased, 2011-2021	No quadratic change	Decreased
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
										4.0	3.4	1.8	1.6	1.5	0.7	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)																Decreased, 2015-2021	Not available [§]	Decreased
												17.8	12.6	19.7	10.6			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																No linear change	Not available	Decreased
												3.9	3.9	6.8	3.6			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																No linear change	Not available	Decreased
												2.7	2.5	4.9	2.8			
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																Decreased, 2015-2021	Not available	Decreased
												19.2	14.2	20.5	11.1			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													7.0	5.8	2.7	Decreased, 2017-2021	Not available [§]	Decreased
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																		
													2.8	1.7	0.7	Decreased, 2017-2021	Not available	Decreased
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																		
													2.5	1.5	0.4	Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
										14.6	13.8	9.2	8.8	5.8	3.7	Decreased, 2011-2021	No quadratic change	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																		
													16.9	22.4	12.1	No linear change	Not available [§]	Decreased
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																		
										2.1	2.3	1.8	1.5	1.6	0.6	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	Decreased
									18.9	15.7	11.4	10.9	8.4	4.9				
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	Decreased
									2.1	1.6	1.3	1.3	1.2	0.3				

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																		
										16.9	20.4	16.4	15.8	16.4	12.6	Decreased, 2011-2021	No quadratic change	Decreased
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																		
										28.0	25.6	23.0	23.0	22.8	16.2	Decreased, 2011-2021	No quadratic change	Decreased
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)																		
													10.7	11.9	9.2	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN46: Percentage of students who tried marijuana for the first time before age 13 years																		
									10.2	9.6	7.7	7.7	6.5	3.6		Decreased, 2011-2021	No quadratic change	Decreased
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																		
									18.9	19.2	17.5	16.6	18.2	12.1		Decreased, 2011-2021	No quadratic change	Decreased
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
											16.7	16.5	13.9	9.1		Decreased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Sexual Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN57: Percentage of students who ever had sexual intercourse																34.0	22.1	Decreased, 2019-2021	Not available [§]	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years																3.8	2.5	No linear change	Not available	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life																9.3	5.2	Decreased, 2019-2021	Not available	Decreased
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)																22.6	12.4	Decreased, 2019-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Sexual Behaviors**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021†		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)																19.2	16.7	No linear change	Not available [§]	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)																65.5	65.1	No linear change	Not available	No change
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)																6.6	2.6	Decreased, 2019-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN66: Percentage of students who described themselves as slightly or very overweight														Increased, 2011-2021	No quadratic change	Increased		
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]														Decreased, 2011-2021	No quadratic change	No change		
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]														Increased, 2011-2021	No quadratic change	No change		

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

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																		
										19.1	23.1	25.2	30.6	34.5	34.5	Increased, 2011-2021	No quadratic change	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																		
										15.7	15.6	14.3	15.7	16.3	14.0	No linear change	No quadratic change	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
										6.6	7.8	7.5	9.2	9.2	8.2	Increased, 2011-2021	No quadratic change	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
										62.7	63.9	61.5	58.7	56.0	57.3	Decreased, 2011-2021	No quadratic change	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
										32.5	33.2	32.6	30.7	27.3	27.4	Decreased, 2011-2021	No quadratic change	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																		
										47.2	47.9	45.4	44.6	47.7	47.3	No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)																		
									18.6	23.7	27.0	28.2	29.1	32.9		Increased, 2011-2021	No quadratic change	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
									25.8	23.7	19.5	19.1	19.4	18.5		Decreased, 2011-2021	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
									17.5	16.9	12.8	11.8	11.3	10.8		Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)																		
											13.3	13.3	13.2	17.9	20.9	Increased, 2013-2021	Not available [§]	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																		
											41.3	42.5	42.5	38.2	34.5	Decreased, 2013-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	No quadratic change	No change
										55.8	53.6	54.2	51.6	50.3	50.9			
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)																Increased, 2011-2021	No quadratic change	No change
										10.6	10.6	12.5	14.0	14.0	15.9			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	No quadratic change	No change
										31.1	31.6	32.3	29.2	29.4	30.1			

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Other	Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																			
													74.2	73.8	73.0	68.4	Decreased, 2015-2021	Not available [§]	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																			
													2.0	2.5	2.8	4.9	Increased, 2015-2021	Not available	Increased
QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
													30.0	30.7	29.0	24.0	Decreased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
													3.9	3.9	3.4	No linear change	Not available [§]	No change
QN88: Percentage of students who are transgender																		
													1.5	1.6	No linear change	Not available	No change	
QN89: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)																		
													56.0	50.9	44.7	Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN94: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)																		
													7.4	7.8	8.9	No linear change	Not available [§]	No change
QN95: Percentage of students who have been the victim of teasing or name calling because of their race or ethnic background (during the 12 months before the survey)																		
													17.7	19.3	No linear change	Not available	No change	
QN96: Percentage of students who reported another student most of the time or always made unwelcome sexual comments, jokes, or gestures that made them feel uncomfortable on school property (during the 12 months before the survey)																		
													4.5	3.6	No linear change	Not available	No change	

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
QN97: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																10.3	10.7	No linear change	Not available [§]	No change	
QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)																15.6	15.6	16.0	No linear change	Not available	No change
QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)																5.8	4.8	5.2	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021										
QN102: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey)																2.6	2.6	1.4	No linear change	Not available [§]				No change	
QN103: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey)																2.3	2.1	2.0	1.0	Decreased, 2015-2021				Not available	No change
QN104: Percentage of students who currently used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during the 30 days before the survey)																2.0	1.0	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN105: Percentage of students who currently used ecstasy (also called "MDMA" or "Molly," one or more times during the 30 days before the survey)																		
													2.9	2.8	1.6	No linear change	Not available [§]	No change
QN106: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not counting green salad, one or more times during the 7 days before the survey)																		
													16.7	13.3	No linear change	Not available	No change	
QN107: Percentage of students who ate at least one meal or snack from a fast food restaurant or convenience stores (such as McDonald's, Taco Bell, KFC, or convenience stores, on at least one day during the 7 days before the survey)																		
													73.4	75.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Site-Added		Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN108: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																			
										3.7	3.9	4.2	4.6	4.5	2.5	No linear change	No change, 2011-2017 Decreased, 2017-2021	Decreased	
QN110: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																			
										19.9	26.4	22.4	20.7	21.9	19.1	No linear change	No quadratic change	No change	
QN111: Percentage of students who strongly agree or agree that they feel good about themselves																			
												78.4	77.8	74.0	64.2	Decreased, 2015-2021	Not available [§]	Decreased	
QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																			
												25.6	27.7	23.8	20.7	Decreased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN114: Percentage of students who report there is at least one teacher or other adult that they can talk to if they have a problem																			
													71.4	63.6		Decreased, 2019-2021	Not available [§]	Decreased	
QN115: Percentage of students who most of the time or always feel safe and secure at school																			
								79.1	73.2	78.9	79.0	74.8	71.9			No linear change	No quadratic change	No change	
QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood																			
													83.7	86.8	84.1	86.2	No linear change	Not available	No change
QN119: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																			
													74.5	77.1	73.5	74.5	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	Decreased
						20.2	18.1	17.0	14.4	14.1	9.1							
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																Decreased, 2013-2021	Not available [§]	No change
						5.4	5.6	4.8	3.9	3.4								
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																No linear change	Not available	No change
						1.0	2.1	1.4	1.6									

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)																1.7	0.7	No linear change	Not available [§]	Decreased				
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																6.2	5.2	6.6	7.1	10.1	12.4	Increased, 2011-2021	No quadratic change	No change
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																5.5	4.1	4.6	4.7	6.7	6.5	Increased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																			
										20.2	16.1	13.5	14.3	12.8	10.4		Decreased, 2011-2021	No quadratic change	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)																			
													8.6	11.2		No linear change	Not available [§]	No change	
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)																			
													13.3	16.2		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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																10.0	12.4	No linear change	Not available [§]	No change				
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																13.5	12.3	11.7	8.5	9.2	Decreased, 2013-2021	Not available	No change	
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																22.3	24.8	23.3	17.9	19.8	13.2	Decreased, 2011-2021	No change, 2011-2015 Decreased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021											
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																21.0	19.5	18.8	16.3	18.1	16.8	No linear change		No quadratic change		No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																33.9	33.8	37.1	38.9	41.7	49.9	Increased, 2011-2021		Increased, 2011-2017 Increased, 2017-2021		Increased
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)																21.9	19.2	18.6	21.1	21.0	27.7	Increased, 2011-2021		No change, 2011-2015 Increased, 2015-2021		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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																		
										16.0	18.6	15.4	15.8	14.9	22.9	No linear change	No change, 2011-2017 Increased, 2017-2021	Increased
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)																		
										12.4	10.2	8.7	9.0	9.4	11.9	No linear change	Decreased, 2011-2015 No change, 2015-2021	No change
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)																		
										3.7	3.2	2.4	2.6	2.2	2.8	No linear change	No quadratic change	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)																		
													6.0	5.9	6.6	No linear change	Not available [§]	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
										15.5	10.4	7.9	5.5	4.8	3.1	Decreased, 2011-2021	No quadratic change	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
										4.4	2.7	1.7	1.1	0.7	0.5	Decreased, 2011-2021	No quadratic change	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
										3.1	1.7	1.4	0.8	0.6	0.5	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)														15.5	10.8	20.2	18.2					Increased, 2015-2021	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)														1.4	2.1	5.7	6.9					Increased, 2015-2021	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)														1.1	1.2	3.5	4.2					Increased, 2015-2021	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)														18.1	12.3	20.7	18.7					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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													1.1	1.7	1.0	No linear change	Not available [§]	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																		
													0.3	0.5	0.3	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																		
													0.2	0.5	0.3	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Tobacco Use																Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
								9.0	8.2	5.5	3.8	3.5	1.9			Decreased, 2011-2021	No quadratic change	Decreased
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																		
												12.9	21.3	19.0		Increased, 2017-2021	Not available [§]	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																		
								0.9	1.2	1.2	0.8	0.8	0.3			Decreased, 2011-2021	No change, 2011-2015 Decreased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	Decreased
										17.2	13.9	9.6	6.9	5.9	4.0			
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																No linear change	No quadratic change	No change
										0.8	1.0	0.8	0.5	0.7	0.3			

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																		
										19.0	15.4	12.4	13.4	14.7	15.6	No linear change	Decreased, 2011-2015 No change, 2015-2021	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																		
										33.0	28.9	23.8	26.0	28.3	22.7	Decreased, 2011-2021	No quadratic change	Decreased
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)																		
													13.9	13.4	11.9	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN46: Percentage of students who tried marijuana for the first time before age 13 years																		
										6.0	5.0	4.4	2.9	3.8	3.4	Decreased, 2011-2021	No quadratic change	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																		
										16.9	16.4	14.9	16.2	16.4	14.7	No linear change	No quadratic change	No change
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
												14.4	14.3	14.1	8.9	Decreased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Sexual Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN57: Percentage of students who ever had sexual intercourse																30.2	23.7	Decreased, 2019-2021	Not available [§]	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years																1.9	2.2	No linear change	Not available	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life																5.6	5.3	No linear change	Not available	No change
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)																21.3	17.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Sexual Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)																17.4	19.6	No linear change	Not available [§]	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)																52.5	43.8	No linear change	Not available	No change
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)																6.8	4.9	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN66: Percentage of students who described themselves as slightly or very overweight														No linear change	No quadratic change	No change		
										35.0	34.9	35.1	33.4	35.5	32.2			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]														No linear change	No quadratic change	No change		
										16.5	14.8	15.7	16.6	16.4	17.4			
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]														Increased, 2011-2021	No quadratic change	No change		
										10.7	9.4	11.4	11.1	12.3	13.6			

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

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																			
								24.2	28.2	32.3	35.2	37.3	43.2				Increased, 2011-2021	No quadratic change	Increased
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																			
								13.2	12.9	11.9	10.2	11.7	14.1				No linear change	No quadratic change	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																			
								5.9	6.3	6.4	5.4	5.0	8.8				No linear change	No change, 2011-2017 Increased, 2017-2021	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
										57.5	58.8	55.7	56.8	53.1	49.7	Decreased, 2011-2021	No quadratic change	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
										27.5	29.7	26.5	27.5	24.7	21.3	Decreased, 2011-2021	No quadratic change	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																		
										33.7	37.7	35.5	36.9	41.5	44.6	Increased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)																		
										22.8	30.5	33.3	36.6	35.0	36.2	Increased, 2011-2021	Increased, 2011-2017 No change, 2017-2021	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
										22.9	19.7	14.2	13.7	13.7	12.8	Decreased, 2011-2021	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
										16.5	12.6	7.7	8.4	8.1	6.6	Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)																		
											12.9	14.9	14.0	18.9	22.7	Increased, 2013-2021	Not available [§]	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																		
											35.4	32.7	32.1	27.4	24.7	Decreased, 2013-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
										35.3	34.9	35.6	32.6	31.9	30.0	No linear change	No quadratic change	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
										20.3	19.9	21.6	20.1	20.9	22.6	No linear change	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
										17.1	15.9	17.6	15.2	14.1	14.0	No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Female Other		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																		
												77.1	78.7	79.6	73.3	No linear change	Not available [§]	Decreased
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																		
												1.5	1.0	1.2	2.6	No linear change	Not available	Increased
QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												25.1	23.2	21.8	23.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
QN87: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																1.3	2.2	1.4	No linear change	Not available [§]	No change
QN88: Percentage of students who are transgender																1.2	2.9	Increased, 2019-2021	Not available	Increased	
QN89: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)																68.1	65.4	53.9	Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN94: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)																		
													6.2	6.3	6.6	No linear change	Not available [§]	No change
QN95: Percentage of students who have been the victim of teasing or name calling because of their race or ethnic background (during the 12 months before the survey)																		
													16.0	19.4	No linear change	Not available	Increased	
QN96: Percentage of students who reported another student most of the time or always made unwelcome sexual comments, jokes, or gestures that made them feel uncomfortable on school property (during the 12 months before the survey)																		
													6.9	7.8	No linear change	Not available	No change	

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Site-Added																Linear Change*	Quadratic Change*	Change from 2019-2021 †			
Health Risk Behavior and Percentages																					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
QN97: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																21.0	31.5	Increased, 2019-2021	Not available [§]	Increased	
QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)																19.8	21.2	17.8	No linear change	Not available	No change
QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)																4.9	6.2	8.0	Increased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021										
QN102: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey)																1.2	1.8	0.5	No linear change	Not available [§]				Decreased	
QN103: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey)																0.9	0.7	1.0	0.4	No linear change				Not available	No change
QN104: Percentage of students who currently used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during the 30 days before the survey)																0.9	0.3	No linear change				Not available	No change		

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN105: Percentage of students who currently used ecstasy (also called "MDMA" or "Molly," one or more times during the 30 days before the survey)																		
													1.2	1.1	0.8	No linear change	Not available [§]	No change
QN106: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not counting green salad, one or more times during the 7 days before the survey)																		
													10.8	13.2	No linear change	Not available	No change	
QN107: Percentage of students who ate at least one meal or snack from a fast food restaurant or convenience stores (such as McDonald's, Taco Bell, KFC, or convenience stores, on at least one day during the 7 days before the survey)																		
													78.2	78.3	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN108: 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	3.5	4.3	3.7	3.4	3.5	No linear change	No quadratic change	No change
QN110: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																		
										24.1	23.1	22.3	19.6	20.3	19.0	Decreased, 2011-2021	No quadratic change	No change
QN111: Percentage of students who strongly agree or agree that they feel good about themselves																		
												61.1	59.6	50.7	40.4	Decreased, 2015-2021	Not available [§]	Decreased
QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																		
												25.3	25.1	22.4	19.8	Decreased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021							
QN114: Percentage of students who report there is at least one teacher or other adult that they can talk to if they have a problem																						
														69.2	63.6	No linear change	Not available [§]	Decreased				
QN115: Percentage of students who most of the time or always feel safe and secure at school																						
										78.2	74.7	77.5	78.2	70.8	69.9	Decreased, 2011-2021	No quadratic change	No change				
QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood																						
																83.1	85.5	83.4	81.8	No linear change	Not available	No change
QN119: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																						
																83.6	86.2	83.7	81.2	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	No change
									20.3	15.5	14.3	13.0	13.0	10.0				
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																Decreased, 2013-2021	Not available [¶]	No change
										6.0	7.3	5.1	4.5	3.0				
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																No linear change	Not available	No change
										2.5	3.9	1.7	2.1					

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)																3.6	3.0	No linear change	Not available [¶]	No change				
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																4.3	4.3	4.8	7.3	6.8	10.5	Increased, 2011-2021	No quadratic change	No change
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																5.2	4.7	5.2	5.7	7.2	7.2	Increased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																Decreased, 2011-2021	No quadratic change	No change
							22.9	19.7	18.1	15.7	17.3	14.7						
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)																No linear change	Not available [¶]	No change
										5.6	7.2							
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)																No linear change	Not available	No change
										9.1	11.2							

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																								
														7.1	9.4	No linear change	Not available [¶]	No change						
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																								
														9.4	9.3	9.2	6.3	9.0	No linear change	Not available	No change			
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																								
																21.2	23.7	22.9	18.7	19.0	16.8	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																		
										16.3	15.8	16.5	14.9	14.7	16.3	No linear change	No quadratic change	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																		
										24.2	25.2	25.3	30.6	31.0	38.8	Increased, 2011-2021	No quadratic change	Increased
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)																		
										16.5	14.8	14.1	15.9	14.4	21.2	No linear change	No change, 2011-2015 Increased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																		
										12.2	14.5	11.8	12.9	10.8	16.2	No linear change	No quadratic change	Increased
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)																		
										8.4	8.2	5.1	6.4	4.5	7.5	Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	Increased
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)																		
										2.1	3.2	1.2	1.6	0.9	1.9	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White* Tobacco Use																Linear Change[†]	Quadratic Change[‡]	Change from 2019-2021[§]			
Health Risk Behavior and Percentages																					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)																					
																8.3	7.1	5.5	No linear change	Not available [¶]	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																					
										16.7	11.5	9.5	8.2	6.4	3.8	Decreased, 2011-2021	No quadratic change	Decreased			
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																					
										5.9	3.8	2.7	2.2	1.3	1.3	Decreased, 2011-2021	No quadratic change	No change			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																					
										3.4	3.1	1.8	1.7	1.2	1.1	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)																		
												17.0	14.8	23.4	16.9	No linear change	Not available [¶]	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																		
												2.7	3.7	7.3	7.0	Increased, 2015-2021	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)																		
												1.6	2.4	4.6	5.3	Increased, 2015-2021	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																		
												19.5	16.9	24.0	17.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													5.8	4.6	2.8	Decreased, 2017-2021	Not available [‡]	Decreased
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																		
													2.6	1.2	0.7	Decreased, 2017-2021	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																		
													2.3	1.0	0.4	Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	No change
										12.6	9.5	6.5	6.6	4.1	3.7			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																No linear change	Not available [¶]	Decreased
										18.5	25.0	19.0						
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																No linear change	No quadratic change	No change
										0.5	1.2	0.6	1.0	0.9	0.4			

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	No change
						20.1	14.7	11.1	10.7	7.6	6.0							
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																No linear change	No quadratic change	Decreased
						0.5	0.8	0.4	0.7	0.7	0.2							

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																		
										18.7	16.7	13.1	15.1	15.2	14.1	Decreased, 2011-2021	No quadratic change	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																		
										35.0	30.6	26.5	29.3	30.2	27.6	Decreased, 2011-2021	No quadratic change	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)																		
													15.4	16.3	16.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN46: Percentage of students who tried marijuana for the first time before age 13 years																Decreased, 2011-2021	No quadratic change	No change
										6.8	5.3	4.7	4.0	3.7	3.0			
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																No linear change	No quadratic change	No change
										18.3	15.9	13.7	15.8	16.4	15.6			
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																Decreased, 2015-2021	Not available [¶]	Decreased
												15.7	16.6	14.4	11.2			

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse																		
														30.4	24.6	Decreased, 2019-2021	Not available [¶]	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years																		
														1.8	2.8	No linear change	Not available	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life																		
														6.8	4.9	Decreased, 2019-2021	Not available	No change
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)																		
														20.9	17.4	Decreased, 2019-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)																20.2	23.0	No linear change	Not available [¶]	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)																60.4	52.5	No linear change	Not available	No change
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)																5.8	4.0	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN66: Percentage of students who described themselves as slightly or very overweight																No linear change	No quadratic change	No change
								26.6	30.3	30.0	28.0	27.9	30.4					
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]																No linear change	No quadratic change	No change
								13.9	13.5	12.3	13.6	15.2	12.8					
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]																Increased, 2011-2021	No quadratic change	No change
								8.7	10.5	12.0	11.5	12.5	14.5					

*Non-Hispanic.

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

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																Increased, 2011-2021	No quadratic change	No change
								21.8	27.7	33.2	36.0	41.0	44.4					
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																No linear change	No quadratic change	No change
								11.2	13.4	11.9	12.5	12.0	14.3					
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																No linear change	No quadratic change	Increased
								5.5	7.1	7.0	7.2	6.7	9.0					

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
										60.0	60.9	57.5	56.2	54.2	51.4	Decreased, 2011-2021	No quadratic change	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
										29.5	29.3	27.2	26.8	24.3	21.9	Decreased, 2011-2021	No quadratic change	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																		
										33.9	38.5	36.3	37.0	41.4	43.4	Increased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)																		
										21.9	27.8	31.2	31.4	31.4	31.4	Increased, 2011-2021	Increased, 2011-2015 No change, 2015-2021	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
										24.4	23.1	17.9	17.7	17.9	20.0	Decreased, 2011-2021	Decreased, 2011-2017 No change, 2017-2021	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
										17.0	15.3	10.5	9.8	10.3	11.5	Decreased, 2011-2021	Decreased, 2011-2017 No change, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2019-2021[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021

QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)

11.1 11.3 12.0 17.2 20.9 Increased, 2013-2021 Not available[¶] Increased

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

43.0 42.7 42.2 34.8 28.5 Decreased, 2013-2021 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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Physical Activity

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
										48.6	48.4	51.5	47.3	46.2	47.0	No linear change	No quadratic change	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
										13.7	12.6	13.1	13.8	13.6	14.6	No linear change	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
										26.2	26.5	29.4	24.9	23.8	26.7	No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*
Other

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																		
												81.7	83.1	82.3	78.1	No linear change	Not available [¶]	Decreased
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																		
												1.1	1.2	0.9	1.7	No linear change	Not available	No change
QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												30.1	28.1	25.4	24.9	Decreased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
													1.9	2.2	1.2	No linear change	Not available [¶]	No change
QN88: Percentage of students who are transgender																		
														1.3	3.5	Increased, 2019-2021	Not available	Increased
QN89: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)																		
													63.3	60.6	57.9	Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN94: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)																6.6	6.6	8.4	No linear change	Not available [¶]				No change
QN95: Percentage of students who have been the victim of teasing or name calling because of their race or ethnic background (during the 12 months before the survey)																9.4	10.0	No linear change	Not available				No change	
QN96: Percentage of students who reported another student most of the time or always made unwelcome sexual comments, jokes, or gestures that made them feel uncomfortable on school property (during the 12 months before the survey)																5.1	6.8	No linear change	Not available				No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN97: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																			
														15.4	24.3	Increased, 2019-2021	Not available [¶]	Increased	
QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)																			
														21.4	21.7	24.3	No linear change	Not available	No change
QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)																			
														4.7	4.8	4.7	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN102: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey)																1.5	2.0	0.9	No linear change	Not available [¶]			Decreased	
QN103: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey)																0.7	0.9	1.0	0.7	No linear change	Not available			No change
QN104: Percentage of students who currently used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during the 30 days before the survey)																1.1	0.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN105: Percentage of students who currently used ecstasy (also called "MDMA" or "Molly," one or more times during the 30 days before the survey)																		
													1.8	1.6	0.9	No linear change	Not available [¶]	No change
QN106: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not counting green salad, one or more times during the 7 days before the survey)																		
														11.4	9.4	No linear change	Not available	No change
QN107: Percentage of students who ate at least one meal or snack from a fast food restaurant or convenience stores (such as McDonald's, Taco Bell, KFC, or convenience stores, on at least one day during the 7 days before the survey)																		
														74.4	75.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White* Site-Added																		
Health Risk Behavior and Percentages																Linear Change[†]	Quadratic Change[‡]	Change from 2019-2021[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN108: 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)																		
								2.5	2.7	3.1	3.1	2.6	1.8	No linear change	No quadratic change	No change		
QN110: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																		
								20.6	22.7	20.5	17.1	17.4	15.6	Decreased, 2011-2021	No quadratic change	No change		
QN111: Percentage of students who strongly agree or agree that they feel good about themselves																		
										68.6	66.8	62.8	50.7	Decreased, 2015-2021	Not available [¶]	Decreased		
QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																		
										28.4	27.0	25.0	23.9	Decreased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White* Site-Added																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN114: Percentage of students who report there is at least one teacher or other adult that they can talk to if they have a problem																		
														75.5	75.1	No linear change	Not available [¶]	No change
QN115: Percentage of students who most of the time or always feel safe and secure at school																		
						86.3	78.6	82.8	82.9	76.0	74.7					Decreased, 2011-2021	No quadratic change	No change
QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood																		
											89.0	89.6	89.2	90.6		No linear change	Not available	No change
QN119: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																		
											83.7	85.3	84.4	83.3		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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	No change
										15.8	20.5	16.1	15.4	12.0	8.9			
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																Decreased, 2013-2021	Not available [¶]	No change
											6.0	4.7	6.0	1.6	1.2			
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																No linear change	Not available	No change
											2.4	3.6	1.7	1.8				

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)																								
																5.2	1.8	Decreased, 2019-2021	Not available [¶]	Decreased				
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																								
																7.4	4.9	7.7	6.8	7.5	13.8	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	Increased
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																								
																8.0	6.1	7.0	7.6	8.4	5.8	No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																Decreased, 2011-2021	No quadratic change	Decreased
										26.6	30.4	24.3	27.4	23.2	16.9			
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)																No linear change	Not available [¶]	No change
										5.0	5.8							
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)																No linear change	Not available	No change
										8.4	8.6							

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																5.1	8.5	No linear change	Not available [¶]	No change				
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																11.1	11.8	11.3	7.9	9.4	No linear change	Not available	No change	
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																16.1	16.3	12.7	10.9	12.7	7.5	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																		
										11.2	9.0	7.7	8.5	10.9	7.6	No linear change	No quadratic change	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																		
										24.4	21.7	23.6	24.7	29.7	38.5	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	Increased
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)																		
										14.2	12.7	11.6	12.5	16.5	19.4	Increased, 2011-2021	No change, 2011-2015 Increased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021											
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																11.6	14.2	9.4	10.5	11.6	14.6	No linear change		No quadratic change		No change
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)																10.7	10.6	8.4	7.7	9.9	13.2	No linear change		No quadratic change		No change
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)																4.7	4.0	3.1	2.6	1.2	4.3	No linear change		No quadratic change		Increased

*Non-Hispanic.

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)																No linear change	Not available [¶]	No change
													7.9	6.4	5.9			
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	No change
										8.9	9.7	3.7	3.6	3.1	1.4			
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	No change
										3.3	3.1	1.1	0.7	0.8	0.5			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	No change
										2.7	2.2	0.7	0.2	0.4	0.5			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)																16.3	6.6	12.2	10.2	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)																2.5	1.1	3.0	3.5	No linear change		Not available		No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																1.9	0.8	1.6	2.6	No linear change		Not available		No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																16.1	7.6	12.8	10.2	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													1.7	2.1	1.4	No linear change	Not available [¶]	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																		
													0.2	0.5	0.7	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																		
													0.2	0.5	0.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
									9.1	15.0	6.9	6.8	5.1	1.8		Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	Decreased
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																		
													10.7	15.6	11.1	No linear change	Not available [¶]	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																		
										2.6	3.2	1.8	1.7	1.4	0.5	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																		
										12.3	16.4	7.3	7.6	6.2	2.5	Decreased, 2011-2021	No quadratic change	Decreased
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																		
										2.6	2.6	1.2	1.3	0.8	0.5	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																		
										12.5	19.3	14.9	12.5	15.8	11.8	No linear change	No quadratic change	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																		
										20.7	23.7	17.5	17.8	16.1	9.7	Decreased, 2011-2021	No quadratic change	Decreased
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)																		
													6.6	4.4	3.8	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN46: Percentage of students who tried marijuana for the first time before age 13 years																No linear change	No quadratic change	Decreased
										7.9	11.4	9.0	7.6	8.0	4.6			
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																No linear change	No change, 2011-2017 Decreased, 2017-2021	Decreased
										15.5	22.0	20.1	18.0	18.8	11.8			
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																Decreased, 2015-2021	Not available [¶]	Decreased
												11.9	12.2	9.9	5.3			

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Sexual Behaviors**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse																		
														35.7	23.6	Decreased, 2019-2021	Not available [¶]	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years																		
														3.9	1.8	No linear change	Not available	Decreased
QN59: Percentage of students who had sexual intercourse with four or more persons during their life																		
														9.0	4.0	Decreased, 2019-2021	Not available	Decreased
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)																		
														24.7	15.0	Decreased, 2019-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Sexual Behaviors**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)																15.2	12.0	No linear change	Not available [¶]	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)																56.9	47.3	No linear change	Not available	No change
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)																6.8	3.0	Decreased, 2019-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN66: Percentage of students who described themselves as slightly or very overweight																		
										29.6	25.2	27.9	26.9	29.4	26.2	No linear change	No quadratic change	No change
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]																		
										23.9	16.4	18.8	19.5	18.0	15.9	Decreased, 2011-2021	No quadratic change	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]																		
										16.8	17.6	15.1	16.9	19.3	20.8	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																		
								19.4	20.7	20.8	25.4	26.1	32.9			Increased, 2011-2021	No quadratic change	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																		
								20.6	18.1	16.9	18.7	20.4	21.0			No linear change	No quadratic change	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
								7.5	8.0	6.5	9.6	8.4	10.1			No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																Decreased, 2011-2021	No quadratic change	No change
						61.8	59.4	58.7	58.4	54.2	48.0							
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																No linear change	No quadratic change	No change
						30.8	32.8	33.3	32.4	27.5	25.5							
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																No linear change	No quadratic change	No change
						54.8	53.6	50.0	50.4	56.0	54.2							

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)																		
										17.7	21.9	25.0	33.9	31.7	36.2	Increased, 2011-2021	No quadratic change	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
										24.1	24.2	18.3	15.9	17.0	14.3	Decreased, 2011-2021	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
										15.7	17.9	12.3	11.9	10.8	7.7	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)																		
											13.8	16.8	16.4	20.5	25.3	Increased, 2013-2021	Not available [¶]	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																		
											29.8	27.7	27.5	26.8	25.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black* Physical Activity																		
Health Risk Behavior and Percentages																Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN77: 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)																Decreased, 2011-2021	No quadratic change	No change
						45.3	41.5	39.6	40.2	35.9	36.4							
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)																Increased, 2011-2021	No quadratic change	No change
						19.3	18.5	24.2	20.5	23.6	26.0							
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	No quadratic change	No change
						24.3	22.9	21.0	22.6	20.9	19.6							

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Other

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																		
												65.2	66.6	66.3	61.8	No linear change	Not available [¶]	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																		
												2.5	2.7	3.0	5.3	Increased, 2015-2021	Not available	No change
QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												23.5	24.6	23.6	22.5	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
													4.4	3.2	4.7	No linear change	Not available [¶]	No change
QN88: Percentage of students who are transgender																		
														0.7	1.1	No linear change	Not available	No change
QN89: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)																		
													62.6	52.0	48.8	Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
QN94: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)																7.2	7.6	7.3	No linear change	Not available [¶]			No change
QN95: Percentage of students who have been the victim of teasing or name calling because of their race or ethnic background (during the 12 months before the survey)																19.0	20.8	No linear change	Not available			No change	
QN96: Percentage of students who reported another student most of the time or always made unwelcome sexual comments, jokes, or gestures that made them feel uncomfortable on school property (during the 12 months before the survey)																5.4	4.0	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
QN97: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																14.0	17.2	No linear change	Not available [¶]	No change	
QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)																11.2	13.9	17.3	No linear change	Not available	No change
QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)																6.6	6.9	8.9	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021							
QN102: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey)																2.0	1.5	1.0	No linear change	Not available [¶]	No change	
QN103: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey)																2.5	1.4	1.4	1.0	No linear change	Not available	No change
QN104: Percentage of students who currently used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during the 30 days before the survey)																1.4	0.9	No linear change	Not available	No change		

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN105: Percentage of students who currently used ecstasy (also called "MDMA" or "Molly," one or more times during the 30 days before the survey)																		
													1.6	2.0	0.8	No linear change	Not available [¶]	No change
QN106: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not counting green salad, one or more times during the 7 days before the survey)																		
													19.6	21.8		No linear change	Not available	No change
QN107: Percentage of students who ate at least one meal or snack from a fast food restaurant or convenience stores (such as McDonald's, Taco Bell, KFC, or convenience stores, on at least one day during the 7 days before the survey)																		
													77.7	77.3		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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021										
QN108: 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)																2.7	4.5	6.3	6.8	4.8	3.3	No linear change		Increased, 2011-2017 No change, 2017-2021	No change
QN110: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																28.8	28.1	25.7	27.3	28.5	25.8	No linear change		No quadratic change	No change
QN111: Percentage of students who strongly agree or agree that they feel good about themselves																77.2	78.7	68.1	62.8	Decreased, 2015-2021		Not available [¶]		No change	
QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																22.6	25.2	21.6	18.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black* Site-Added																						
Health Risk Behavior and Percentages																Linear Change[†]	Quadratic Change[‡]	Change from 2019-2021[§]				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021							
QN114: Percentage of students who report there is at least one teacher or other adult that they can talk to if they have a problem																						
														67.2	58.8	Decreased, 2019-2021	Not available [¶]	Decreased				
QN115: Percentage of students who most of the time or always feel safe and secure at school																						
										66.0	67.6	70.4	72.5	64.2	60.5	No linear change	No quadratic change	No change				
QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood																						
																77.9	81.5	75.3	77.7	No linear change	Not available	No change
QN119: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																						
																73.8	75.1	68.7	71.4	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	Decreased
										23.5	26.5	20.4	18.1	14.6	8.9			
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																Decreased, 2013-2021	Not available [§]	Decreased
										12.1	6.8	6.4	8.0	1.8				
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																No linear change	Not available	No change
										3.6	4.7	3.2	2.1					

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)																4.3	2.3	No linear change	Not available [§]	No change				
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																8.5	8.3	7.0	7.1	13.7	15.5	Increased, 2011-2021	No quadratic change	No change
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																13.2	9.5	8.6	6.3	9.0	7.4	No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																Decreased, 2011-2021	No quadratic change	Decreased
										30.2	26.2	21.2	22.3	21.4	12.0			
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)																No linear change	Not available [§]	No change
										7.7	5.9							
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)																No linear change	Not available	No change
										10.1	8.6							

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †																				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021																							
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																6.9	4.7	No linear change	Not available [§]	No change																		
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																12.9	13.5	14.3	8.6	4.5	Decreased, 2013-2021	Not available	No change															
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																20.9	20.3	16.6	12.0	17.4	10.7	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																Decreased, 2011-2021	No quadratic change	No change
										14.3	17.2	10.8	9.6	14.5	10.7			
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																No linear change	No quadratic change	No change
										32.2	32.8	32.1	32.4	39.5	36.7			
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)																No linear change	No quadratic change	No change
										22.3	16.5	14.6	17.5	18.1	14.2			

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																		
										18.4	16.9	12.1	14.5	13.2	11.3	Decreased, 2011-2021	No quadratic change	No change
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)																		
										20.2	17.5	8.0	9.4	8.8	7.7	Decreased, 2011-2021	No quadratic change	No change
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)																		
										7.6	7.5	2.3	2.7	3.7	2.2	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)																		
													7.8	8.9	6.6	No linear change	Not available [§]	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
										22.2	17.1	11.0	6.4	6.7	3.2	Decreased, 2011-2021	No quadratic change	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
										7.1	4.6	1.4	1.8	2.0	0.6	Decreased, 2011-2021	No quadratic change	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
										6.4	2.6	1.4	1.8	1.7	0.6	Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)																No linear change	Not available [§]	Decreased
												18.4	10.7	22.3	12.7			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																Increased, 2015-2021	Not available	Decreased
												2.8	2.9	7.7	3.4			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																No linear change	Not available	Decreased
												2.4	2.5	5.5	2.4			
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																No linear change	Not available	Decreased
												21.9	11.7	23.3	13.0			

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													3.4	4.2	1.8	No linear change	Not available [§]	Decreased
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																		
													1.7	1.7	0.5	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																		
													1.4	1.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	Decreased
										12.7	12.2	10.0	6.6	6.1	2.1			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																No linear change	Not available [§]	Decreased
										11.9	23.8	13.7						
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																No linear change	No quadratic change	No change
										3.3	2.5	2.8	1.7	1.7	1.0			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																		
										23.3	18.5	12.8	7.9	8.7	4.1	Decreased, 2011-2021	No quadratic change	Decreased
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																		
										3.1	1.9	2.0	1.6	1.7	0.5	Decreased, 2011-2021	No quadratic change	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																		
										30.4	23.8	17.4	16.5	16.7	14.8	Decreased, 2011-2021	No quadratic change	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																		
										27.0	24.9	24.0	23.2	26.3	15.1	Decreased, 2011-2021	No quadratic change	Decreased
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)																		
													13.2	13.5	7.0	Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN46: Percentage of students who tried marijuana for the first time before age 13 years																			
										12.9	10.5	6.8	7.5	5.4	2.9		Decreased, 2011-2021	No quadratic change	Decreased
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																			
										23.4	22.0	19.1	18.7	20.3	8.7		Decreased, 2011-2021	No quadratic change	Decreased
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																			
												19.2	15.1	18.8	10.0		Decreased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Hispanic
Sexual Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse																		
														38.4	22.0	Decreased, 2019-2021	Not available [§]	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years																		
														4.3	3.0	No linear change	Not available	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life																		
														8.5	3.8	No linear change	Not available	Decreased
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)																		
														26.6	12.4	Decreased, 2019-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Sexual Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)																		
														16.4	22.6	No linear change	Not available [§]	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)																		
														57.3	54.3	No linear change	Not available	No change
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)																		
														8.9	2.6	Decreased, 2019-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN66: Percentage of students who described themselves as slightly or very overweight																No linear change	No quadratic change	No change
										32.3	32.0	35.9	33.2	36.3	38.6			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]																No linear change	No quadratic change	No change
										21.8	20.7	21.0	16.7	16.2	18.9			
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]																Increased, 2011-2021	No quadratic change	No change
										13.0	10.8	14.9	14.5	20.0	23.5			

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

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																		
										22.4	23.3	22.4	28.6	33.0	33.6	Increased, 2011-2021	No quadratic change	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																		
										15.3	13.9	13.0	12.3	13.4	13.7	No linear change	No quadratic change	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																		
										7.2	7.2	6.9	7.2	7.1	9.1	No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021†								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)														60.0	64.8	59.5	59.8	52.8	58.2	No linear change		No quadratic change		Increased
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)														35.0	32.9	30.0	31.7	25.4	24.7	Decreased, 2011-2021		No quadratic change		No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)														44.1	44.2	39.9	39.5	43.9	46.8	No linear change		No quadratic change		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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)																		
									19.2	27.2	28.0	27.4	30.1	30.5		Increased, 2011-2021	No quadratic change	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
									24.5	18.0	14.1	18.8	14.6	14.3		Decreased, 2011-2021	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
									16.0	12.7	8.5	11.0	7.2	6.9		Decreased, 2011-2021	No quadratic change	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)																		
											19.9	18.6	15.3	20.0	25.5	Increased, 2013-2021	Not available [§]	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																		
											30.0	33.3	35.1	32.3	27.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN77: 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)																		
										36.7	33.8	33.8	30.4	33.7	31.7	No linear change	No quadratic change	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)																		
										18.7	19.2	18.9	21.4	21.5	24.1	Increased, 2011-2021	No quadratic change	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)																		
										18.5	15.8	17.3	13.9	18.2	16.6	No linear change	No quadratic change	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
	QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																		
													70.2	68.0	71.8	65.3	No linear change	Not available [§]	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																		
													2.4	3.1	3.5	4.4	Increased, 2015-2021	Not available	No change
	QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
													26.4	29.6	25.4	26.9	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
													3.7	4.9	2.7	No linear change	Not available [§]	No change
QN88: Percentage of students who are transgender																		
														2.2	2.1	No linear change	Not available	No change
QN89: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)																		
													57.4	58.0	38.3	Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN94: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)																		
													7.0	7.5	7.4	No linear change	Not available [§]	No change
QN95: Percentage of students who have been the victim of teasing or name calling because of their race or ethnic background (during the 12 months before the survey)																		
													26.6	19.0		Decreased, 2019-2021	Not available	Decreased
QN96: Percentage of students who reported another student most of the time or always made unwelcome sexual comments, jokes, or gestures that made them feel uncomfortable on school property (during the 12 months before the survey)																		
													7.7	5.8	No linear change	Not available	No change	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
QN97: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																15.4	18.0	No linear change	Not available [§]	No change	
QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)																16.9	17.3	6.4	Decreased, 2017-2021	Not available	Decreased
QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)																7.3	6.8	6.5	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2019-2021 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN102: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey)																			
													3.1	3.7	1.6	No linear change	Not available [§]	No change	
QN103: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey)																			
													4.3	2.7	2.4	1.6	No linear change	Not available	No change
QN104: Percentage of students who currently used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during the 30 days before the survey)																			
														2.6	1.3	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN105: Percentage of students who currently used ecstasy (also called "MDMA" or "Molly," one or more times during the 30 days before the survey)																		
													3.0	3.4	1.7	No linear change	Not available [§]	No change
QN106: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not counting green salad, one or more times during the 7 days before the survey)																		
													17.1	17.4	No linear change	Not available	No change	
QN107: Percentage of students who ate at least one meal or snack from a fast food restaurant or convenience stores (such as McDonald's, Taco Bell, KFC, or convenience stores, on at least one day during the 7 days before the survey)																		
													81.6	81.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN108: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																Decreased, 2011-2021	No quadratic change	Decreased
										11.1	6.5	5.4	5.3	6.7	3.1			
QN110: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																Decreased, 2011-2021	No change, 2011-2015 Decreased, 2015-2021	No change
										19.8	27.9	22.3	21.0	20.1	17.0			
QN111: Percentage of students who strongly agree or agree that they feel good about themselves																Decreased, 2015-2021	Not available [§]	No change
											68.7	65.1	58.8	51.8				
QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																Decreased, 2015-2021	Not available	No change
											21.6	25.5	17.9	18.6				

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN114: Percentage of students who report there is at least one teacher or other adult that they can talk to if they have a problem																60.3	55.2	No linear change	Not available [§]	No change				
QN115: Percentage of students who most of the time or always feel safe and secure at school																70.4	65.7	77.6	71.4	71.8	70.9	No linear change	No quadratic change	No change
QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood																74.7	80.1	77.4	78.4	No linear change	Not available	No change		
QN119: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																67.5	72.4	69.8	64.6	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.