

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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				
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																			
											64.3	58.7	59.4	60.3	53.4		Decreased, 2013-2021	Not available [§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																			
											69.7	67.0	65.1	65.4	59.7		Decreased, 2013-2021	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																			
											17.7	14.1	15.1	16.6	15.6		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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
QN10: Percentage of students who were ever in a physical fight												44.4	42.8	46.0	45.8	38.7	No linear change	Not available [§]	No change
QN12: Percentage of students who were ever bullied on school property												43.8	42.1	43.0	39.6	35.8	Decreased, 2013-2021	Not available	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)												19.8	18.5	19.5	21.0	26.1	Increased, 2013-2021	Not available	Increased
QN14: Percentage of students who ever seriously thought about killing themselves												17.5	16.5	21.4	21.7	25.9	Increased, 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, $p < 0.05$.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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
QN15: Percentage of students who ever made a plan about how they would kill themselves																			
												11.1	9.3	14.5	14.3	19.2	Increased, 2013-2021	Not available [§]	Increased
QN16: Percentage of students who ever tried to kill themselves																			
												6.3	5.8	8.5	9.3	7.3	Increased, 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 Middle 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			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																		
													4.9	4.9	5.7	No linear change	Not available [§]	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
											2.5	1.6	2.4	1.9	3.1	No linear change	Not available	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
											0.4	0.3	0.3	0.2	0.8	No linear change	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
											0.2	0.3	0.2	0.1	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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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				
QN21: Percentage of students who ever used an electronic vapor product																			
													12.5	14.9	9.2	No linear change	Not available [§]	Decreased	
QN22: 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)																			
													5.6	4.9	6.1	4.5	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																			
													0.8	0.8	0.9	0.9	No linear change	Not available	No change

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

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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											
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																0.4	0.6	0.5	0.8	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)																5.8	5.5	6.9	5.4	No linear change				Not available		No change
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																2.2	2.2	2.0	No linear change				Not available		No change	

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

†Based on t-test analysis, p < 0.05.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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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			
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	0.7	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	0.3	0.7	No linear change	Not available	No change
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
													1.9	1.9	2.7	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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
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)																		
													6.1	7.7	6.4	No linear change	Not available [§]	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																		
													3.7	3.5	4.5	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)																		
													0.3	0.4	0.7	No linear change	Not available	No change
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)																		
													0.2	0.3	0.7	No linear change	Not available	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey

Trend Analysis Report

**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			
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																		
											9.3	7.9	10.3	12.0	10.6	Increased, 2013-2021	Not available [§]	No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years																		
											2.6	2.3	3.2	2.8	0.9	Decreased, 2013-2021	Not available	Decreased
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																		
													4.9	10.0	12.0	Increased, 2017-2021	Not available	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
													3.0	1.6	1.4	Decreased, 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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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				
QN36: Percentage of students who described themselves as slightly or very overweight																Increased, 2013-2021	Not available [§]	No change	
						24.0	24.4	24.3	26.4	29.6									
QN37: Percentage of students who were trying to lose weight																No linear change	Not available	No change	
						41.6	40.8	42.3	44.4	46.7									
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																Increased, 2013-2021	Not available	Increased	
						9.2	6.6	9.6	10.4	15.5									
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2021	Not available	No change	
						53.9	56.8	52.6	43.9	39.7									

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†Based on t-test analysis, p < 0.05.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN39: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	Not available [§]	No change
											55.8	55.8	53.4	51.1	50.4			
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)																No linear change	Not available	No change
											8.3	7.7	9.2	12.4	9.7			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	Not available	No change
											33.6	32.7	32.0	29.0	31.3			

*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 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			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
													62.0	60.4	57.6	49.2	Decreased, 2015-2021	Not available [§]	Decreased
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																			
														3.4	3.1	2.1	Decreased, 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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN49: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																		
														31.8	29.5	No linear change	Not available [§]	No change
QN54: 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)																		
														19.5	20.4	No linear change	Not available	No change
QN55: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)																		
														19.9	19.9	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, $p < 0.05$.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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				
QN56: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)																			
													25.3	17.7	10.6	Decreased, 2017-2021	Not available [§]	No change	
QN59: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)																			
													18.7	21.6	17.9	No linear change	Not available	Decreased	
QN60: Percentage of students who ever used marijuana (one or more times during their life)																			
													7.2	7.4	3.6	Decreased, 2017-2021	Not available	Decreased	
QN62: Percentage of students who have ever taken an over-the-counter drug to get high																			
													2.4	2.4	1.9	1.6	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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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN63: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
													3.9	4.3	3.7	No linear change	Not available [§]	No change
QN64: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)																		
											12.1	12.1	12.9	11.7	13.1	No linear change	Not available	No change
QN65: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)																		
													13.8	15.6	13.1	No linear change	Not available	No change
QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																		
											3.5	5.0	4.3	6.9	Increased, 2015-2021	Not available	Increased	

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN68: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)																		
													78.9	81.8	79.1	No linear change	Not available [§]	No change
QN69: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																		
											20.9	19.3	18.2	17.2	16.5	Decreased, 2013-2021	Not available	No change
QN70: 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)																		
														72.1	71.0	No linear change	Not available	No change
QN71: Percentage of students who most of the time or always have their teeth or mouth been painful or sore (during the 12 months before the survey)																		
														4.3	3.1	No linear change	Not available	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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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				
QN72: Percentage of students who were most of the time or always self-conscious or embarrassed because of their teeth or mouth (during the 12 months before the survey)																			
													9.3	7.2	No linear change	Not available [§]	No change		
QN73: Percentage of students who strongly agree or agree that they feel good about themselves																			
													71.0	69.3	57.4	Decreased, 2017-2021	Not available	Decreased	
QN74: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																			
													38.8	33.4	28.8	29.3	Decreased, 2015-2021	Not available	No change
QN76: Percentage of students who most of the time or always feel safe and secure in their neighborhood																			
													81.9	80.2	79.9	85.4	Increased, 2015-2021	Not available	No change

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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										
QN77: Percentage of students who most of the time or always feel safe and secure at school																									
																	74.5	70.6	70.1	70.9	No linear change	Not available§	No change		
QN78: Percentage of students who participate in after school or community activities (such as sports, band, drama, or clubs, one or more hours during an average week)																									
																					58.7	63.3	No linear change	Not available	No change
QN79: 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	83.2	77.9	79.6	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)																									
																					1.3	2.9	No linear change	Not available	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																Decreased, 2013-2021	Not available§	No change
						66.6	61.7	61.7	64.2	56.6								
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																Decreased, 2013-2021	Not available	No change
						71.5	69.7	66.0	63.4	55.0								
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																No linear change	Not available	No change
						17.0	12.3	13.7	15.3	12.8								
QN10: Percentage of students who were ever in a physical fight																Decreased, 2013-2021	Not available	No change
						56.2	58.1	57.8	56.5	49.5								

*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

Virginia Middle 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			
QN12: Percentage of students who were ever bullied on school property																Decreased, 2013-2021	Not available [§]	Decreased
						38.0	36.3	36.9	34.8	28.3								
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																Increased, 2013-2021	Not available	No change
						12.8	14.4	14.4	16.2	20.0								
QN14: Percentage of students who ever seriously thought about killing themselves																Increased, 2013-2021	Not available	No change
						12.6	13.0	16.1	14.6	19.7								
QN15: Percentage of students who ever made a plan about how they would kill themselves																Increased, 2013-2021	Not available	No change
						8.0	6.7	11.0	9.0	13.7								

*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

Virginia Middle 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 ever tried to kill themselves																4.2	3.7	6.0	5.9	6.4	Increased, 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 Middle 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			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																		
													5.9	6.1	6.8	No linear change	Not available [§]	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
											2.7	1.5	2.6	2.0	4.7	Increased, 2013-2021	Not available	Increased
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
											0.5	0.5	0.4	0.1	1.4	No linear change	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
											0.3	0.5	0.2	0.1	0.8	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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					
QN21: Percentage of students who ever used an electronic vapor product														14.0	15.1	10.3	No linear change	Not available [§]	No change	
QN22: 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)														6.9	6.1	6.2	5.2	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)														0.9	1.2	0.9	1.1	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.4	0.9	0.7	1.1	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)																		
												6.9	6.8	7.0	6.8	No linear change	Not available	No change
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													2.8	2.7	2.6	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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								
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)																0.4	0.6	1.2	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)																0.3	0.4	1.2	No linear change	Not available			No change
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																2.5	2.0	3.8	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 Middle 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					
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)															7.3	8.1	7.7	No linear change	Not available [§]	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)															4.3	4.1	6.0	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)															0.3	0.4	1.2	No linear change	Not available	No change
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)															0.2	0.3	1.2	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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				
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																			
											10.8	9.6	10.7	12.9	11.6	No linear change	Not available [§]	No change	
QN28: Percentage of students who tried marijuana for the first time before age 11 years																			
											3.3	3.1	4.1	3.8	0.8	Decreased, 2013-2021	Not available	Decreased	
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																			
														5.2	7.7	11.4	Increased, 2017-2021	Not available	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																			
														3.6	1.8	2.2	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 Middle 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				
QN36: Percentage of students who described themselves as slightly or very overweight																Increased, 2013-2021	Not available [§]	No change	
						22.1	22.9	21.7	25.9	31.2									
QN37: Percentage of students who were trying to lose weight																Increased, 2013-2021	Not available	No change	
						35.0	33.5	37.4	39.2	43.6									
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																No linear change	Not available	No change	
						7.4	5.9	8.0	8.8	9.8									
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2021	Not available	No change	
						58.6	60.6	59.1	48.9	45.1									

*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 Middle 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			
QN39: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	Not available [§]	No change
						60.5	60.6	57.8	56.9	53.1								
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	Not available	No change
						7.0	6.9	8.7	10.0	9.5								
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	Not available	No change
						39.1	39.9	35.9	35.6	36.2								

*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.

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
													63.3	60.3	61.3	50.0	Decreased, 2015-2021	Not available [§]	Decreased
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																			
														5.0	4.0	3.4	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN49: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														42.0	37.5	No linear change	Not available [§]	No change
QN54: 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)														18.8	18.9	No linear change	Not available	No change
QN55: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)														18.9	16.1	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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									
QN56: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)																27.8	14.7	11.4	Decreased, 2017-2021			Not available [§]	No change	
QN59: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)																17.7	21.4	18.4	No linear change			Not available	No change	
QN60: Percentage of students who ever used marijuana (one or more times during their life)																6.9	7.6	4.2	No linear change			Not available	Decreased	
QN62: Percentage of students who have ever taken an over-the-counter drug to get high																2.6	2.0	1.6	2.0	No linear change			Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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					
QN63: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																				
													4.2	3.4	4.4	No linear change	Not available [§]	No change		
QN64: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)																				
													12.9	12.9	14.6	13.0	13.3	No linear change	Not available	No change
QN65: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)																				
														14.8	17.4	13.8	No linear change	Not available	No change	
QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																				
													3.6	5.1	4.1	8.0	Increased, 2015-2021	Not available	Increased	

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN68: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)																		
													79.1	82.9	79.7	No linear change	Not available [§]	No change
QN69: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																		
											22.1	19.5	19.3	16.4	17.3	Decreased, 2013-2021	Not available	No change
QN70: 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)																		
														71.1	71.5	No linear change	Not available	No change
QN71: Percentage of students who most of the time or always have their teeth or mouth been painful or sore (during the 12 months before the survey)																		
														4.1	3.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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							
QN72: Percentage of students who were most of the time or always self-conscious or embarrassed because of their teeth or mouth (during the 12 months before the survey)																5.8	4.7	No linear change	Not available§	No change		
QN73: Percentage of students who strongly agree or agree that they feel good about themselves																77.4	79.2	70.7	No linear change	Not available	Decreased	
QN74: 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)																41.0	32.4	27.2	28.4	Decreased, 2015-2021	Not available	No change
QN76: Percentage of students who most of the time or always feel safe and secure in their neighborhood																80.5	79.9	81.3	85.9	Increased, 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 Middle 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										
QN77: Percentage of students who most of the time or always feel safe and secure at school																									
																			72.5	69.1	71.3	72.7	No linear change	Not available [§]	No change
QN78: Percentage of students who participate in after school or community activities (such as sports, band, drama, or clubs, one or more hours during an average week)																									
																					56.4	61.0	No linear change	Not available	No change
QN79: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																									
																			80.0	80.6	74.3	73.7	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)																									
																					1.8	3.5	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																Decreased, 2013-2021	Not available [§]	No change
						61.7	55.8	57.0	55.9	50.3								
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																No linear change	Not available	No change
						67.7	64.1	64.2	67.4	63.4								
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																No linear change	Not available	No change
						18.2	15.9	16.5	18.0	18.2								
QN10: Percentage of students who were ever in a physical fight																No linear change	Not available	No change
						32.0	26.9	33.6	34.5	27.8								

*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.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN12: Percentage of students who were ever bullied on school property																Decreased, 2013-2021	Not available [§]	No change
											49.9	47.8	49.4	44.6	43.0			
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																No linear change	Not available	No change
											27.1	22.8	24.9	26.3	32.0			
QN14: Percentage of students who ever seriously thought about killing themselves																Increased, 2013-2021	Not available	No change
											22.7	20.2	27.2	29.1	31.7			
QN15: Percentage of students who ever made a plan about how they would kill themselves																Increased, 2013-2021	Not available	No change
											14.3	12.2	18.2	20.0	24.5			

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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 ever tried to kill themselves																8.6	8.0	11.2	13.0	8.2	No linear change	Not available [§]	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																		
													3.7	3.8	4.6	No linear change	Not available [§]	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
											2.0	1.5	2.0	1.8	1.6	No linear change	Not available	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
											0.3	0.1	0.1	0.2	0.3	No linear change	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
											0.1	0.1	0.1	0.2	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 Middle 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				
QN21: Percentage of students who ever used an electronic vapor product																No linear change	Not available [§]	Decreased	
													10.8	14.8	8.1				
QN22: 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	No change	
													4.3	3.4	6.0	3.8			
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	No change	
													0.7	0.2	0.9	0.7			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.5	0.2	0.4	0.4	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)																		
												4.6	4.0	6.8	4.0	No linear change	Not available	No change
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													1.4	1.5	1.5	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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								
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)																0.1	0.4	0.2	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)																0.1	0.3	0.2	No linear change	Not available			No change
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																1.1	1.8	1.6	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 Middle 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						
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)																4.6	7.2	5.3	No linear change	Not available [§]	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																3.0	2.8	3.0	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)																0.1	0.3	0.2	No linear change	Not available	No change
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)																0.1	0.3	0.2	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																		
											7.6	6.0	9.7	11.1	9.4	Increased, 2013-2021	Not available§	No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years																		
											1.9	1.4	2.1	1.7	0.9	No linear change	Not available	No change
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																		
													4.6	12.5	12.5	Increased, 2017-2021	Not available	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
													2.3	1.5	0.5	Decreased, 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 Middle 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				
QN36: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available [§]	No change	
						26.0	26.1	27.2	27.2	27.6									
QN37: Percentage of students who were trying to lose weight																No linear change	Not available	No change	
						48.6	48.6	47.4	49.6	49.7									
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																Increased, 2013-2021	Not available	Increased	
						11.1	7.5	10.9	12.0	20.5									
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2021	Not available	No change	
						49.2	53.0	45.9	38.6	34.7									

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Female 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			
QN39: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	Not available [§]	No change
											51.0	51.0	48.8	45.3	47.6			
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	Not available	No change
											9.5	8.6	9.5	14.9	10.0			
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	Not available	No change
											28.0	25.2	27.9	22.3	26.1			

*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 Middle 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				
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
												60.6	60.6	53.8	48.7		Decreased, 2015-2021	Not available [§]	No change
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																			
													1.5	2.2	0.9		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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					
QN49: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																21.0	21.2	No linear change	Not available [§]	No change
QN54: 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)																20.1	21.5	No linear change	Not available	No change
QN55: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)																20.8	23.4	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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				
QN56: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)																			
													23.2	20.2	9.4	Decreased, 2017-2021	Not available [§]	Decreased	
QN59: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)																			
													19.7	22.0	17.4	No linear change	Not available	No change	
QN60: Percentage of students who ever used marijuana (one or more times during their life)																			
													7.2	7.2	2.9	Decreased, 2017-2021	Not available	Decreased	
QN62: Percentage of students who have ever taken an over-the-counter drug to get high																			
													2.1	2.8	2.3	1.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN63: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
													3.4	5.4	3.0	No linear change	Not available [§]	No change
QN64: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)																		
										11.2	11.2	11.0	10.4	13.1	No linear change	Not available	No change	
QN65: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)																		
													12.5	13.6	12.4	No linear change	Not available	No change
QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																		
										3.3	5.0	4.4	5.5	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 Middle 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			
QN68: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)																		
													78.8	80.9	78.3	No linear change	Not available [§]	No change
QN69: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																		
										19.6	19.1	16.9	17.9	15.7	Decreased, 2013-2021	Not available	No change	
QN70: 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)																		
													73.4	70.8	No linear change	Not available	No change	
QN71: Percentage of students who most of the time or always have their teeth or mouth been painful or sore (during the 12 months before the survey)																		
													4.3	3.1	No linear change	Not available	No change	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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				
QN72: Percentage of students who were most of the time or always self-conscious or embarrassed because of their teeth or mouth (during the 12 months before the survey)																			
													12.8	9.6		No linear change	Not available [§]	No change	
QN73: Percentage of students who strongly agree or agree that they feel good about themselves																			
													64.3	59.1	44.5	Decreased, 2017-2021	Not available	Decreased	
QN74: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																			
													36.8	34.4	30.3	30.0	Decreased, 2015-2021	Not available	No change
QN76: Percentage of students who most of the time or always feel safe and secure in their neighborhood																			
													83.2	80.7	78.3	85.7	No linear change	Not available	Increased

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN77: Percentage of students who most of the time or always feel safe and secure at school																		
												76.5	72.5	69.2	69.6	Decreased, 2015-2021	Not available [§]	No change
QN78: Percentage of students who participate in after school or community activities (such as sports, band, drama, or clubs, one or more hours during an average week)																		
														61.0	65.7	No linear change	Not available	No change
QN79: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																		
												87.6	86.0	81.7	85.4	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)																		
														0.9	2.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																		
											56.2	48.7	51.1	53.4	38.1	Decreased, 2013-2021	Not available [‡]	Decreased
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																		
											64.4	60.6	60.7	61.5	48.0	Decreased, 2013-2021	Not available	Decreased
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
											17.6	15.2	15.7	18.3	17.3	No linear change	Not available	No change
QN10: Percentage of students who were ever in a physical fight																		
											35.4	37.3	38.8	36.4	25.1	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 Middle School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN12: Percentage of students who were ever bullied on school property																Decreased, 2013-2021	Not available [¶]	No change
						46.5	44.1	45.9	40.8	37.8								
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																No linear change	Not available	No change
						20.9	20.8	23.0	22.3	23.7								
QN14: Percentage of students who ever seriously thought about killing themselves																Increased, 2013-2021	Not available	No change
						14.4	15.5	18.1	20.2	21.6								
QN15: Percentage of students who ever made a plan about how they would kill themselves																Increased, 2013-2021	Not available	No change
						9.5	8.5	13.3	12.2	13.6								

*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 Middle School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
QN16: Percentage of students who ever tried to kill themselves																4.4	4.7	6.4	6.8	4.8	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 Middle School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																3.8	4.5	5.0	No linear change	Not available [‡]	No change		
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																2.1	1.1	1.3	1.7	2.3	No linear change	Not available	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																0.3	0.0	0.0	0.0	0.5	Not available	Not available	Not available
QNDAYSIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																0.2	0.0	0.0	0.0	0.5	Not available	Not available	Not available

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021							
QN21: Percentage of students who ever used an electronic vapor product																10.1	14.9	9.9	No linear change	Not available [¶]	No change	
QN22: 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)																4.4	3.9	6.1	3.9	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																0.8	0.6	0.5	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 Middle School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021											
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																0.4	0.6	0.2	0.9	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)																4.8	4.3	7.0	4.1	No linear change				Not available		No change
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																1.5	2.1	1.4	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 Middle School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
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)																0.0	0.3	0.0	Not available	Not available [‡]	Not available
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)																0.0	0.1	0.0	Not available	Not available	Not available
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																0.4	1.7	1.3	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 Middle School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													4.7	7.8	4.1	No linear change	Not available [¶]	Decreased
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																		
													2.3	3.4	2.5	No linear change	Not available	No change
QNFRFCGR: 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)																		
													0.0	0.1	0.0	Not available	Not available	Not available
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)																		
													0.0	0.1	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																		
											8.1	6.2	8.2	10.9	10.3	Increased, 2013-2021	Not available [‡]	No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years																		
											1.6	1.2	2.0	1.9	0.6	No linear change	Not available	No change
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																		
													3.9	7.9	7.5	Increased, 2017-2021	Not available	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
													2.2	0.6	1.2	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 Middle School Survey Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available [¶]	No change
											23.1	22.5	23.4	27.8	25.0			
QN37: Percentage of students who were trying to lose weight																No linear change	Not available	No change
											38.9	37.6	38.9	43.1	38.5			
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																Increased, 2013-2021	Not available	No change
											7.5	6.2	6.8	9.6	14.4			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2021	Not available	No change
											58.0	60.8	57.6	45.9	43.7			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN39: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													61.1	62.6	60.2	56.1	57.3	No linear change			Not available [‡]			No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													5.8	5.4	5.7	7.2	5.7	No linear change			Not available			No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													36.6	35.7	36.5	32.4	35.4	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 Middle School Survey Trend Analysis Report

White*
Other

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
												66.1	61.7	59.5	55.0		Decreased, 2015-2021	Not available [‡]	No change
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																			
													2.1	1.8	1.8		No linear change	Not available	No change

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN49: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																38.1	34.4	No linear change	Not available [¶]	No change
QN54: 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)																13.2	10.4	No linear change	Not available	No change
QN55: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)																18.6	21.3	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 Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021							
QN56: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)																31.2	20.6	7.4	Decreased, 2017-2021	Not available [‡]	Decreased	
QN59: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)																18.9	21.4	18.8	No linear change	Not available	No change	
QN60: Percentage of students who ever used marijuana (one or more times during their life)																5.2	5.3	2.4	Decreased, 2017-2021	Not available	No change	
QN62: Percentage of students who have ever taken an over-the-counter drug to get high																1.9	1.8	1.5	2.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN63: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
													2.3	3.7	3.0	No linear change	Not available [‡]	No change
QN64: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)																		
											10.1	10.4	12.4	10.1	11.1	No linear change	Not available	No change
QN65: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)																		
													13.0	11.0	11.7	No linear change	Not available	No change
QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																		
											3.0	3.6	3.0	3.6	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 Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
QN68: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)																84.2	86.1	87.3	No linear change	Not available [‡]	No change		
QN69: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																16.7	17.4	13.3	14.0	13.1	Decreased, 2013-2021	Not available	No change
QN70: 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)																78.1	82.7	No linear change	Not available	No change			
QN71: Percentage of students who most of the time or always have their teeth or mouth been painful or sore (during the 12 months before the survey)																3.6	2.4	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 Middle School Survey Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021							
QN72: Percentage of students who were most of the time or always self-conscious or embarrassed because of their teeth or mouth (during the 12 months before the survey)																8.5	6.4	No linear change	Not available [¶]	No change		
QN73: Percentage of students who strongly agree or agree that they feel good about themselves																72.1	69.1	62.0	Decreased, 2017-2021	Not available	No change	
QN74: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																43.9	37.5	32.1	36.0	Decreased, 2015-2021	Not available	No change
QN76: Percentage of students who most of the time or always feel safe and secure in their neighborhood																88.4	87.1	86.4	88.5	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 Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from											
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021														
QN77: Percentage of students who most of the time or always feel safe and secure at school																													
																	79.4	74.0	76.3	76.4	No linear change	Not available [‡]	No change						
QN78: Percentage of students who participate in after school or community activities (such as sports, band, drama, or clubs, one or more hours during an average week)																													
																								62.3	73.0	Increased, 2019-2021	Not available	Increased	
QN79: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																													
																		89.1	86.9	84.7	87.3	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)																													
																									0.7	1.6	No linear change	Not available	No change

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																		
											83.3	81.4	76.7	75.7	66.3	Decreased, 2013-2021	Not available [‡]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																		
											85.5	80.9	76.0	76.1	76.7	No linear change	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
											19.1	14.0	14.2	15.3	8.9	Decreased, 2013-2021	Not available	No change
QN10: Percentage of students who were ever in a physical fight																		
											65.2	62.2	61.9	67.2	49.6	No linear change	Not available	Decreased

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN12: Percentage of students who were ever bullied on school property															No linear change	Not available [¶]	No change	
						37.6	43.0	38.0	35.8	33.9								
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)															Increased, 2013-2021	Not available	Increased	
						14.3	17.3	14.6	17.5	26.4								
QN14: Percentage of students who ever seriously thought about killing themselves															No linear change	Not available	No change	
						21.0	17.8	23.1	22.1	21.7								
QN15: Percentage of students who ever made a plan about how they would kill themselves															Increased, 2013-2021	Not available	No change	
						11.5	10.1	16.3	17.5	18.7								

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
QN16: Percentage of students who ever tried to kill themselves																7.8	7.8	11.4	13.0	5.4	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 Middle School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																							
													7.1	6.3	3.5	No linear change	Not available [‡]	No change					
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																							
													2.8	1.5	3.4	1.5	2.2	No linear change	Not available	No change			
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																							
																0.6	0.3	0.6	0.0	0.9	No linear change	Not available	No change
QNDAYDIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																							
																0.2	0.3	0.3	0.0	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 Middle School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN21: Percentage of students who ever used an electronic vapor product																Decreased, 2017-2021	Not available [‡]	Decreased
												15.2	13.2	6.0				
QN22: 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	No change
												9.1	4.9	3.8	3.0			
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	No change
												0.6	0.7	0.6	1.1			

*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 Middle School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																0.3	0.3	0.6	1.1	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)																8.9	6.3	4.9	3.0	Decreased, 2015-2021		Not available		No change
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																2.5	2.3	1.7	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 Middle School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
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)														0.6	0.1	0.9	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	0.0	0.9	Not available	Not available	Not available
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)														3.2	2.2	3.6	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 Middle School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													6.4	6.2	5.3	No linear change	Not available [‡]	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																		
													5.2	3.6	4.6	No linear change	Not available	No change
QNFRFCGR: 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)																		
													0.4	0.3	0.9	No linear change	Not available	No change
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)																		
													0.1	0.3	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 Middle School Survey Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																		
											11.0	11.6	12.1	12.9	8.2	No linear change	Not available [‡]	No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years																		
											3.8	4.7	3.7	4.4	1.0	No linear change	Not available	Decreased
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																		
													6.5	13.6	9.4	No linear change	Not available	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
													4.0	2.6	1.8	No linear change	Not available	No change

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available [¶]	No change
						23.8	26.6	22.4	21.4	27.4								
QN37: Percentage of students who were trying to lose weight																No linear change	Not available	No change
						44.6	45.7	43.6	43.4	44.8								
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																No linear change	Not available	No change
						10.3	8.4	10.9	11.4	10.4								
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2021	Not available	No change
						49.5	50.5	45.0	37.0	41.9								

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Black*
Physical Activity**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN39: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	Not available [‡]	No change
											49.9	50.3	47.8	45.1	47.2			
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	Not available	Decreased
											12.7	12.6	12.9	19.2	7.0			
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)																Decreased, 2013-2021	Not available	No change
											32.0	34.5	30.2	25.0	29.5			

*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 Middle School Survey Trend Analysis Report

Black*
Other

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												55.8	60.0	55.4	46.3	Decreased, 2015-2021	Not available [¶]	No change
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
													5.4	5.4	2.2	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 Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN49: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																24.0	21.6	No linear change	Not available [¶]	No change
QN54: 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)																25.6	20.6	No linear change	Not available	No change
QN55: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)																18.6	17.9	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 Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN56: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)														18.4	15.6	8.9	No linear change	Not available [‡]	No change	
QN59: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)														17.6	22.1	14.4	No linear change	Not available	Decreased	
QN60: Percentage of students who ever used marijuana (one or more times during their life)														9.4	10.7	4.8	Decreased, 2017-2021	Not available	Decreased	
QN62: Percentage of students who have ever taken an over-the-counter drug to get high														2.8	3.6	1.6	1.8	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN63: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																				
													4.1	4.9	4.7	No linear change	Not available [‡]	No change		
QN64: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)																				
													17.7	18.4	17.5	13.6	16.9	No linear change	Not available	No change
QN65: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)																				
															17.7	21.0	11.1	No linear change	Not available	Decreased
QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																				
													3.0	6.4	5.1	6.5	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 Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
QN68: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)																69.5	74.5	77.4	Increased, 2017-2021	Not available [‡]	No change		
QN69: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																28.6	23.9	27.4	23.0	27.0	No linear change	Not available	No change
QN70: 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)																62.9	63.8	No linear change	Not available	No change			
QN71: Percentage of students who most of the time or always have their teeth or mouth been painful or sore (during the 12 months before the survey)																4.9	3.6	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 Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021										
QN72: Percentage of students who were most of the time or always self-conscious or embarrassed because of their teeth or mouth (during the 12 months before the survey)																7.6	5.5	No linear change	Not available [‡]	No change					
QN73: Percentage of students who strongly agree or agree that they feel good about themselves																77.6	74.1	68.7				Decreased, 2017-2021	Not available	No change	
QN74: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																33.3	30.4	21.9	22.1				Decreased, 2015-2021	Not available	No change
QN76: Percentage of students who most of the time or always feel safe and secure in their neighborhood																71.5	69.8	68.2	91.5				Increased, 2015-2021	Not available	Increased

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey

Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN77: Percentage of students who most of the time or always feel safe and secure at school																		
												63.4	62.3	57.6	66.7	No linear change	Not available [‡]	No change
QN78: Percentage of students who participate in after school or community activities (such as sports, band, drama, or clubs, one or more hours during an average week)																		
														53.9	65.1	Increased, 2019-2021	Not available	Increased
QN79: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																		
												74.1	78.2	63.2	70.0	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)																		
														1.9	2.0	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																		
											71.7	71.5	73.2	61.7	74.8	No linear change	Not available [§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																		
											70.5	70.1	73.1	66.7	72.0	No linear change	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
											18.8	13.8	14.6	17.6	19.7	No linear change	Not available	No change
QN10: Percentage of students who were ever in a physical fight																		
											43.3	41.2	45.2	44.3	39.8	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 Middle 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			
QN12: Percentage of students who were ever bullied on school property														No linear change	Not available [§]	No change		
						42.2	37.4	39.6	38.5	40.1								
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)														No linear change	Not available	No change		
						23.7	14.5	16.4	20.2	25.5								
QN14: Percentage of students who ever seriously thought about killing themselves														Increased, 2013-2021	Not available	No change		
						20.9	15.2	25.6	23.6	28.8								
QN15: Percentage of students who ever made a plan about how they would kill themselves														Increased, 2013-2021	Not available	No change		
						13.9	10.0	13.5	15.1	22.7								

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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 ever tried to kill themselves																No linear change	Not available [§]	No change
											9.7	7.7	11.8	12.2	10.3			

*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.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																		
													6.3	4.5	3.4	No linear change	Not available [§]	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
											2.9	2.6	4.9	2.6	2.1	No linear change	Not available	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
											0.5	1.2	0.3	0.8	0.5	No linear change	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
											0.3	1.2	0.3	0.5	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 Middle 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							
QN21: Percentage of students who ever used an electronic vapor product																16.6	17.5	10.7	No linear change	Not available [§]	No change	
QN22: 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)																7.4	6.7	8.4	5.0	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																1.9	1.0	1.4	0.6	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 Middle 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			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												1.3	0.7	0.8	0.6	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)																		
												6.5	8.4	9.2	5.4	No linear change	Not available	No change
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																		
													3.3	1.5	0.8	Decreased, 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 Middle 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								
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)																0.4	1.0	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)																0.3	0.7	0.5	No linear change	Not available			No change
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																3.5	2.4	2.1	No linear change	Not available			No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle 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			
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)																		
													9.1	9.8	6.2	No linear change	Not available [§]	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																		
													6.8	3.8	3.1	Decreased, 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)																		
													0.4	1.2	0.5	No linear change	Not available	No change
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)																		
													0.4	0.9	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 Middle 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			
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																		
											11.7	11.1	13.7	12.6	14.3	No linear change	Not available [§]	No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years																		
											4.2	3.5	4.4	2.2	0.7	Decreased, 2013-2021	Not available	No change
QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																		
													6.0	10.9	13.2	Increased, 2017-2021	Not available	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
													4.0	2.8	1.2	Decreased, 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 Middle 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			
QN36: Percentage of students who described themselves as slightly or very overweight																No linear change	Not available [§]	Increased
						30.2	33.9	31.9	29.2	39.0								
QN37: Percentage of students who were trying to lose weight																Increased, 2013-2021	Not available	Increased
						50.0	50.1	52.5	50.3	64.1								
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																Increased, 2013-2021	Not available	No change
						13.2	8.2	13.8	12.9	17.9								
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																Decreased, 2013-2021	Not available	No change
						46.6	46.5	48.4	45.2	39.0								

*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 Middle 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										
QN39: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																45.9	44.7	41.7	45.0	42.9	No linear change		Not available [§]		No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																10.5	9.4	15.3	19.2	16.6	Increased, 2013-2021		Not available		No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																26.8	27.2	24.5	27.1	25.6	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 Middle 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				
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
													59.9	57.0	59.0	49.0	No linear change	Not available [§]	No change
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																			
													4.5	3.4	1.3		Decreased, 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 Middle 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			
QN49: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														25.8	26.9	No linear change	Not available [§]	No change
QN54: 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)														23.7	24.0	No linear change	Not available	No change
QN55: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)														23.9	14.5	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 Middle School Survey Trend Analysis Report

Hispanic 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				
QN56: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)																			
													27.3	14.5	18.3	No linear change	Not available [§]	No change	
QN59: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)																			
													22.6	20.9	18.4	No linear change	Not available	No change	
QN60: Percentage of students who ever used marijuana (one or more times during their life)																			
													9.8	8.2	3.1	Decreased, 2017-2021	Not available	Decreased	
QN62: Percentage of students who have ever taken an over-the-counter drug to get high																			
													3.3	2.3	3.2	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 Middle 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			
QN63: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																		
													8.4	5.2	5.6	No linear change	Not available [§]	No change
QN64: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)																		
											10.1	11.8	10.7	14.3	8.8	No linear change	Not available	Decreased
QN65: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)																		
													12.9	22.3	14.7	No linear change	Not available	No change
QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																		
											4.4	8.0	7.4	7.6	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 Middle 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							
QN68: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)															75.5	78.8	75.1	No linear change	Not available [§]	No change		
QN69: Percentage of students who have ever been told by a doctor or a nurse that they have asthma															24.0	17.7	23.8	20.8	16.0	No linear change	Not available	No change
QN70: 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)															66.8	63.9	No linear change	Not available	No change			
QN71: Percentage of students who most of the time or always have their teeth or mouth been painful or sore (during the 12 months before the survey)															6.9	6.0	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 Middle 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				
QN72: Percentage of students who were most of the time or always self-conscious or embarrassed because of their teeth or mouth (during the 12 months before the survey)																			
													11.9	12.8		No linear change	Not available§	No change	
QN73: Percentage of students who strongly agree or agree that they feel good about themselves																			
													63.6	66.2	48.0	Decreased, 2017-2021	Not available	Decreased	
QN74: 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)																			
													32.7	26.2	25.5	26.6	No linear change	Not available	No change
QN76: Percentage of students who most of the time or always feel safe and secure in their neighborhood																			
													73.7	72.1	71.6	75.2	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 Middle 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			
QN77: Percentage of students who most of the time or always feel safe and secure at school																		
												68.9	65.3	65.8	62.8	No linear change	Not available [§]	No change
QN78: Percentage of students who participate in after school or community activities (such as sports, band, drama, or clubs, one or more hours during an average week)																		
													50.0	47.5	No linear change	Not available	No change	
QN79: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																		
												75.8	74.5	72.0	69.8	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)																		
														1.9	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.