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) Not available§ 64.3 58.7 59.4 60.3 53.4 Decreased, No change 2013-2021 QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard) Not available 69.7 67.0 65.1 65.4 59.7 Decreased, No change 2013-2021 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.

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Total Injury and Violence Health Risk Behavior and Percentages Linear Change* Quadratic Change* Change from 2019-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021 QN10: Percentage of students who were ever in a physical fight 44.4 42.8 45.8 38.7 No linear change Not available§ No change 46.0 QN12: Percentage of students who were ever bullied on school property 43.8 42.1 43.0 39.6 35.8 Decreased. Not available No change 2013-2021 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. Not available Increased 2013-2021 QN14: Percentage of students who ever seriously thought about killing themselves 17.5 16.5 21.4 21.7 25.9 Not available No change Increased,

2013-2021

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Total **Injury and Violence** Linear Change* **Quadratic Change*** Change from **Health Risk Behavior and Percentages** 2019-2021 † 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021 QN15: Percentage of students who ever made a plan about how they would kill themselves Not available§ 11.1 9.3 14.5 14.3 19.2 Increased. Increased 2013-2021 QN16: Percentage of students who ever tried to kill themselves 6.3 5.8 8.5 9.3 7.3 Increased. Not available No change 2013-2021

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Total Tobaco	co Use																	
					Heal	th Risk	Behavi	or and	Percen	tages						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: puffs)	Percei	ntage of	studen	ts who	tried cig	arette si	moking	for the	first tin	ne befor	re age 1	1 years	(even o	ne or tw	VO			
													4.9	4.9	5.7	No linear change	Not available§	No change
QN19: survey)		ntage of	studen	ts who	currently	y smoke	ed cigar	ettes (or	n at leas	st 1 day	during	the 30 c	lays bef	ore the		 		
											2.5	1.6	2.4	1.9	3.1	No linear change	Not available	No change
		ercenta e surve		udents	who cur	rently si	moked o	eigarette	es frequ	ently (on 20 or	more d	ays dur	ing the	30			
											0.4	0.3	0.3	0.2	0.8	No linear change	Not available	No change
QNDA the sur		Percer	ntage of	student	ts who c	currently	smoke	d cigare	ettes da	ily (on a	all 30 da	nys duri	ng the 3	60 days	before			
											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. §Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Total Tobacco Use **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 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 12.5 14.9 No linear change Not available§ 9.2 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) No linear change 5.6 4.9 6.1 Not available No change QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) 0.8 0.8 0.9 No linear change Not available No change

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Total Tobac	cco Use																	
					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
_	AYEVP: efore th		_	studen	ts who	currently	y used e	electron	ic vapoi	r produc	ets daily	(on all	30 days	during	the 30			
												0.4	0.6	0.5	0.8	No linear change	Not available§	No change
_	35: Perc the 30	_				ntly smo	ked ciga	arettes o	or used	electron	nic vapor	r produc	ts (on 5.5	at least	1 day 5.4	No linear change	Not available	No change
dissol	vable tol	bacco p	roducts	[such a	s Coper	nhagen,		, Skoal,			bacco, s s], not co				vapor			
produ	ous, on a		•	C														

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

Virginia Middle School Survey Trend Analysis Report

Total Tobacco Use **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 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) 0.3 No linear change Not available§ 0.5 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) 0.20.3 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 2.7 No linear change 1.9 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.

Total Tobac	co Use																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	201	13 2015	2017	2019	2021	_		
					o curren					s or use	d sm	okeless to	bacco o	r electro	onic			
													6.1	7.7	6.4	No linear change	Not available§	No change
				ents who		tly smo	ked ciga	arettes o	or cigars	s or use	d sm	okeless to	obacco (d	on at lea	ıst 1			
any an		, 20 a a,			., ., ,								3.7	3.5	4.5	No linear change	Not available	No change
					who cu		smoked	cigars f	requent	tly (ciga	ars, c	igarillos,	or little	cigars, o	on 20			
													0.3	0.4	0.7	No linear change	Not available	No change
				f studer		currentl	y smoke	ed cigar	s daily	(cigars,	, ciga	rillos, or	little cig	ars, on a	all 30	-		
													0.2	0.3	0.7	No linear change	Not available	No change

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

Virginia Middle School Survey Trend Analysis Report

Total Alcohol and Other Drug Use Health Risk Behavior and Percentages Linear Change* **Quadratic Change*** Change from 2019-2021 † 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021 1991 1993 1995 1997 1999 QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) Not available§ 9.3 7.9 10.3 12.0 10.6 Increased. No change 2013-2021 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, Not available Decreased 2013-2021 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, Not available No change 2017-2021 QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase) Not available No change 3.0 1.6 1.4 Decreased, 2017-2021

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

, , eign	. 1114116	·gemen	t unu D	icui y	Behavio Heal		Behavi	or and	Percen	tages						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:	Percei	ntage of	studen	ts who	describe	d thems	selves as	s slightl	y or ver	y overw	eight							
											24.0	24.4	24.3	26.4	29.6	Increased, 2013-2021	Not available§	No change
N37:	Percei	ntage of	studen	ts who	were try	ing to lo	ose weig	ght								·		
											41.6	40.8	42.3	44.4	46.7	No linear change	Not available	No change
N38:	Percei	ntage of	studen	ts who	did not	eat brea	kfast (dı	uring th	e 7 days	s before	the sur	vey)						
											9.2	6.6	9.6	10.4	15.5	Increased, 2013-2021	Not available	Increased
QNBK	7DAY	: Percei	ntage of	f studen	ts who a	ate brea	kfast on	all 7 da	ays (dur	ing the 7	days l	pefore t	he surv	ey)	-		_	
											53.9	56.8	52.6	43.9	39.7	Decreased, 2013-2021	Not available	No change

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

Total Physic	al Acti	vity																
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
of phy		tivity th			were ph eir hear													
											55.8	55.8	53.4	51.1	50.4	No linear change	Not available [§]	No change
day (in		nd of pl	nysical	activity	ts who c													
C				•							8.3	7.7	9.2	12.4	9.7	No linear change	Not available	No change
kind of		al activ			ts who ved their													
											33.6	32.7	32.0	29.0	31.3	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.

Total Other					Healt	th Risk	Behavi	or and	Percen	ntages						Linear Change*	Quadratic Change*	Change from 2019-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
)N45:	Percer	ntage of	student	s who g	got 8 or	more h	ours of	sleep (o	n an av	erage so	chool ni	ght)						
N45:	Percer	ntage of	student	s who g	got 8 or	more he	ours of s	sleep (o	on an av	erage so	chool ni	ght) 62.0	60.4	57.6	49.2	Decreased, 2015-2021	Not available [§]	Decreased
)N46:		ntage of									chool ni	62.0				,	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.

Site-A	dded				Healt	th Risk	Behavi	or and	Percen	tages						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:	Perce	ntage of	studen	ts who e	ever car	ried a w	eapon (such as	a gun, l	knife, o	r club)			31.8	29.5	No linear change	Not available [§]	No change
						en the view survey		teasing	or nam	ne callin	ng becau	ise of th	eir race	or ethn	ic 20.4	No linear change	Not available	No change
						en the vi				ne callin	ng becau	ise some	eone tho	ought th	ey			
														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. §Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Total Site-Added **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021 1991 1993 1995 1997 1999 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, Not available§ No change 2017-2021 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) 7.4 3.6 Decreased, Not available Decreased 2017-2021 QN62: Percentage of students who have ever taken an over-the-counter drug to get high 1.6 No linear change 2.4 2.4 1.9 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.

Total Site-A	dded																	
					Heal	th Risk	Behavi	or and	Percen	itages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
		ntage of		ts who	were of	fered, so	old, or g	iven an	illegal	drug or	n school	propert	ty (durir	ng the 1	2			
													3.9	4.3	3.7	No linear change	Not available§	No change
	Percei the sur		f studen	ts who	did not	eat fruit	(not co	unting f	fruit juic	ce, one	or more	e times o	_	·		No linear change	Not available	No change
0)165							. 11 . /											
QN65:	Perce	ntage of	studen	ts who	did not	eat vege	etables (one or i	nore tin	nes dur	ing the	/ days t	13.8	ne surve	y) 13.1	No linear change	Not available	No change
					most of re the su		e or alw	ays wer	nt hungi	ry becar	use ther	e was n	ot enoug	gh food	in			
												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.

Total Site-A	dded																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	3 2015	2017	2019	2021	-		
				ts who are the su		er at ho	me with	at least	one of	their pa	arents	or guard	ians on 1	four or 1	more			
													78.9	81.8	79.1	No linear change	Not available§	No change
QN69:	Percer	ntage of	studen	ts who l	have ev	er been	told by	a doctor	r or a nu	ırse tha	t they 20.9	have astl	nma 18.2	17.2	16.5	Decreased, 2013-2021	Not available	No change
QN70: the 12	Percei months	ntage of before	student the surv	ts who s	saw a de	entist (fo	or a chec	ck-up, e	exam, te	eth clea	aning,	or other	dental w	ork, du	ring			
														72.1	71.0	No linear change	Not available	No change
		ntage of before			most of	the time	e or alwa	ays hav	e their t	teeth or	mouth	n been pa	inful or	sore (d	uring			
														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.

Total Site-A	dded																	
					Heal	th Risk	Behavi	or and	Percen	ntages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
						ost of the		r alway	s self-c	onsciou	is or eml	barrass	ed becar	use of tl	neir			
														9.3	7.2	No linear change	Not available§	No change
QN73:	Perce	ntage of	f studen	ts who	strongly	agree o	or agree	that the	y feel g	good abo	out them	iselves	71.0	69.3	57.4	Decreased, 2017-2021	Not available	Decreased
						the time y, or an		ays get	the kind	d of hel	p they no	eed (an	ong stu	idents w	ho ho			
												38.8	33.4	28.8	29.3	Decreased, 2015-2021	Not available	No change
QN76:	Perce	ntage of	f studen	ts who	most of	the time	or alw	ays feel	safe ar	nd secur	e in thei	r neigh	borhood	1				
												81.9	80.2	79.9	85.4	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.

Total Site-A	dded																	
					Heal	th Risk	Behavi	or and	Percen	tages						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:	Percei	ntage of	studen	ts who	most of	the time	e or alw	ays feel	l safe ar	nd secur	re at sch	ool						
												74.5	70.6	70.1	70.9	No linear change	Not available§	No change
					participa verage		ter scho	ol or co	mmuni	ty activ	ities (su	ich as sj	oorts, ba	ınd, dra	ma, or			
ciuos, v	one or i	nore ne	uis uui	ing an a	iverage	week)								58.7	63.3	No linear change	Not available	No change
QN79: the sur		ntage of	studen	ts who	describe	ed their	grades i	n schoo	ol as mo	stly A's	s or B's	(during	the 12 r	nonths l	before			
												83.7	83.2	77.9	79.6	Decreased, 2015-2021	Not available	No change
QNNO work)	DNT:	Percent	age of	students	s who no	ever saw	v a denti	st (for a	a check	-up, exa	am, teet	h cleani	ng, or o	ther der	ntal			
														1.3	2.9	No linear change	Not available	No change

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

Virginia Middle School Survey Trend Analysis Report

Male **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 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) Not available§ 66.6 61.7 61.7 64.2 56.6 Decreased, No change 2013-2021 QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard) 71.5 69.7 66.0 63.4 55.0 Decreased, Not available No change 2013-2021 QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) 17.0 12.3 13.7 15.3 12.8 No linear change Not available No change QN10: Percentage of students who were ever in a physical fight 58.1 57.8 56.5 49.5 Decreased, Not available No change 2013-2021

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Male

					Healt	th Risk	Behavi	or and	Percent	tages						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:	Percei	ntage of	student	ts who v	were eve	er bullie	d on scl	hool pro	operty				-					
											38.0	36.3	36.9	34.8	28.3	Decreased, 2013-2021	Not available [§]	Decreased
							onically	bullie	d (count	ing bein	ıg bullie	d throu	igh text	ing,		-		
					were eve media)		onically	/ bullied	d (count	ing bein	ıg bullie	ed throu	igh text	ing,		-		
							onically	bullied	d (count	ing bein	ng bullie	ed throu	igh text	ing, 16.2	20.0	Increased, 2013-2021	Not available	No change
nstagı	am, Fa	cebook,	or othe	r social	media)				l (count		12.8				20.0	,	Not available	No change
nstagi	am, Fa	cebook,	or othe	r social	media)						12.8				20.0	,	Not available Not available	No change
N14:	Percei	ntage of	or othe	r social	media)	iously th	nought a	ıbout ki		emselves	12.8 s 12.6	14.4	14.4	16.2		2013-2021 Increased,		

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

Male Injury	and V	iolence																
					Heal	th Risk	Behavi	ior and	Percen	tages						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	Percer	ntage of	studen	ts who	ever trie	ed to kil	l themse	elves			4.2	3.7	6.0	5.9	6.4	Increased,	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.

Male Tobacc	o Use																	
					Healt	th Risk	Behavi	or and	Percen	tages						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: puffs)	Percei	ntage of	f studen	ts who t	ried cig	arette si	moking	for the	first tim	ne befoi	re age 1	1 years	(even o	ne or tw	⁷ 0			
													5.9	6.1	6.8	No linear change	Not available§	No change
survey)				ts who							2.7	1.5	2.6	2.0	4.7	Increased, 2013-2021	Not available	Increased
QNFRO days be				udents v	who cur	rently s	moked (eigarette	es frequ	ently (o	on 20 or	more d	ays dur	ing the	30			
											0.5	0.5	0.4	0.1	1.4	No linear change	Not available	No change
QNDA the surv		Percei	ntage of	student	s who c	urrently	smoke	d cigare	ettes dai	ily (on a	all 30 da	ays duri	ng the 3	30 days	before			
											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.

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 15.1 10.3 No linear change Not available§ No change 14.0 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) 6.9 5.2 No linear change 6.1 6.2 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) 1.1 No linear change 0.9 1.2 0.9 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.

Male Tobac	co Use																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
	YEVP: efore th			studen	ts who	currently	y used e	lectron	ic vapoi	rproduc	cts daily	(on all	30 days	during	the 30			
												0.4	0.9	0.7	1.1	No linear change	Not available [§]	No change
	5: Perc the 30 c					atly smo	ked cig	arettes (or used	electron	nic vapor	r produ	6.8	at least	1 day 6.8	No linear change	Not available	No change
dissolv	able tol	oacco p	roducts	[such a	s Coper		Grizzly	, Skoal,			bacco, s s], not co				vapor			
													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.

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 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) No linear change 2.5 2.0 3.8 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.

Male Tobac	co Use																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	201	13 2015	5 2017	2019	2021	_		
					o curren					s or use	d smo	okeless to	obacco o	r electro	onic			
													7.3	8.1	7.7	No linear change	Not available§	No change
				ents who		tly smo	ked ciga	arettes o	or cigars	s or use	d smo	okeless to	obacco (d	on at lea	6.0	No linear change	Not available	No change
					who cu ore the s		smoked	cigars f	requent	tly (ciga	ars, ci	igarillos,	or little	cigars, o	on 20			
													0.3	0.4	1.2	No linear change	Not available	No change
				f studer		currentl	y smoke	ed cigar	s daily	(cigars,	, ciga	rillos, or	little cig	ars, on a	all 30			
													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.

		Other I	ð		Heal	th Risk	Behavi	or and	Percen	tages						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:	Percei	ntage of	studen	ts who	drank al	cohol fo	or the fi	rst time	before	age 11	years (o	ther tha	n a few	sips)				
											10.8	9.6	10.7	12.9	11.6	No linear change	Not available§	No change
QN28:	Percei	ntage of	studen	ts who t	tried ma	rijuana	for the	first tim	ne befor	e age 1	1 years	:		:				
											3.3	3.1	4.1	3.8	0.8	Decreased, 2013-2021	Not available	Decreased
	ow a do										a doctor Oxycontin				rently	,		
													5.2	7.7	11.4	Increased, 2017-2021	Not available	No change
		:	ctuden	te who	ever use	ed cocai	ne (anv	form of	f cocain	e. inclu	iding po	wder, c	ack, or	freebas	se)			
QN30:	Percei	ntage of	Studen	is who	ever use	a cocai	iic (airj			,	c_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.

					Healt	th Risk	Behavi	or and	Percen	tages						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:	Perce	ntage of	studen	ts who	describe	d thems	selves as	s slightl	y or ver	y overwe	eight							
											22.1	22.9	21.7	25.9	31.2	Increased, 2013-2021	Not available§	No change
N37:	Perce	ntage of	studen	ts who v	were try	ing to lo	ose weig	ght	-							-		
											35.0	33.5	37.4	39.2	43.6	Increased, 2013-2021	Not available	No change
QN38:	Perce	ntage of	studen	ts who d	did not e	eat brea	kfast (d	uring th	e 7 days	s before the	he sur	vey)						
											7.4	5.9	8.0	8.8	9.8	No linear change	Not available	No change
QNBK	7DAY	Percei	ntage of	studen	ts who a	ate brea	kfast on	all 7 da	ıys (duri	ing the 7	days b	pefore t	he surve	ey)				
											58.6	60.6	59.1	48.9	45.1	Decreased, 2013-2021	Not available	No change

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

3	al Acti				Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
of phys		tivity th												(in any e 7 days				
											60.5	60.6	57.8	56.9	53.1	No linear change	Not available§	No change
day (in	any ki	nd of pl		activity					least 60 and mad					on at leasthe time	st 1 9.5	No linear change	Not available	No change

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

Virginia Middle School Survey Trend Analysis Report

Male Other **Quadratic Change*** Change from **Health Risk Behavior and Percentages** Linear Change* 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) Not available§ 63.3 60.3 61.3 50.0 Decreased, Decreased 2015-2021 QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey) No linear change Not available No change

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Male Site-Added **Health Risk Behavior and Percentages** Linear Change* **Quadratic Change*** Change from 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) 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.

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Male Site-Added **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021 1991 1993 1995 1997 1999 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, Not available§ No change 2017-2021 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) No linear change Not available Decreased 7.6 QN62: Percentage of students who have ever taken an over-the-counter drug to get high 2.0 No linear change 2.6 2.0 1.6 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.

Male Site-A	dded																	
					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021 *
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
		ntage of the sur		ts who	were of	fered, so	old, or g	iven an	illegal	drug or	n school	propert	y (durir	ng the 12	2			
													4.2	3.4	4.4	No linear change	Not available§	No change
	Percei the sur		studen	ts who	did not	eat fruit	(not co	unting f	ruit juio	ce, one	or more	times d	luring th	ne 7 day	13.3	No linear change	Not available	No change
QN65:	Percei	ntage of	studen	ts who	did not	eat vege	tables (one or i	nore tin	nes dur	ing the	7 days b	efore th	ne surve	y)			
													14.8	17.4	13.8	No linear change	Not available	No change
					most of e the su		e or alw	ays wer	nt hungi	ry becai	use there	e was no	ot enoug	gh food	in			
												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.

Male Site-A	dded																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	201	3 2015	5 2017	2019	2021	-		
				ts who are the su		er at ho	me with	at least	one of	their pa	arents	or guar	dians on	four or	more			
													79.1	82.9	79.7	No linear change	Not available§	No change
QN69:	Perce	ntage of	studen	ts who l	have ev	er been	told by a	a doctor	r or a nu	ırse tha	t they 22.	have as 1 19.5		16.4	17.3	Decreased, 2013-2021	Not available	No change
		ntage of before			saw a de	entist (fo	or a chec	ck-up, e	xam, te	eth clea	aning,	, or othe	dental v	vork, du	ring			
														71.1	71.5	No linear change	Not available	No change
		ntage of before			most of	the time	e or alwa	ays hav	e their t	eeth or	mout	h been p	ainful or	sore (d	uring			
														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.

Male Site-A	dded																	
					Heal	th Risk	Behavi	or and	Percen	itages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	201	3 2015	2017	2019	2021	-		
						ost of the		or alway	s self-c	onsciou	us or e	mbarrass	ed becar	use of th	neir			
														5.8	4.7	No linear change	Not available§	No change
QN73:	Perce	ntage of	f studen	ts who s	strongly	agree o	or agree	that the	ey feel g	good abo	out the	emselves	77.4	79.2	70.7	No linear change	Not available	Decreased
						the time y, or an		ays get	the kind	d of hel	lp they	need (an	nong stu	idents w	ho			
												41.0	32.4	27.2	28.4	Decreased, 2015-2021	Not available	No change
QN76:	Perce	ntage of	f studen	ts who i	most of	the time	or alw	ays feel	safe ar	nd secur	re in th	neir neigh	borhood	i				
												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.

Male Site-A	dded																	
					Heal	th Risk	Behavi	or and	Percen	tages						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:	Percei	ntage of	studen	ts who	most of	the time	or alw	ays feel	l safe ar	nd secur	re at sch	ool						
												72.5	69.1	71.3	72.7	No linear change	Not available§	No change
					participa verage		ter scho	ol or co	mmuni	ty activ	vities (su	ıch as sı	ports, b	and, dra	ma, or			
ciubs, (one or i	nore ne	urs dur	ing an a	iverage	week)								56.4	61.0	No linear change	Not available	No change
QN79: the sur		ntage of	studen	ts who	describe	ed their	grades i	n schoo	ol as mo	stly A's	s or B's	(during	the 12 i	nonths	before			
												80.0	80.6	74.3	73.7	Decreased, 2015-2021	Not available	No change
QNNO work)	DNT:	Percent	age of	students	s who no	ever saw	a denti	st (for a	a check	-up, exa	am, teet	h cleani	ng, or o	ther de	ntal		-	
														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.

Femal Injury	e and V	iolence																
					Heal	th Risk	Behavi	ior and	Percen	itages						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:	Percent	age of s	students	s who ra	arely or	never w	ore a bi	cycle h	elmet (a	among s	students	who ha	d ridde	n a bicy	cle)			
											61.7	55.8	57.0	55.9	50.3	Decreased, 2013-2021	Not available [§]	No change
				who ra			ore a he	elmet w	hen roll	lerbladir	ng or sk	ateboar	ding (ar	nong st	udents			
,,,,,,	, 0 0 1 0 11		01104								67.7	64.1	64.2	67.4	63.4	No linear change	Not available	No change
QN9:	Percent	age of s	students	s who ev	ver rode	with a	driver w	vho had	been d	rinking	alcohol	(in a ca	r)	,				
											18.2	15.9	16.5	18.0	18.2	No linear change	Not available	No change
QN10:	Percei	ntage of	studen	ts who	were ev	er in a p	hysical	fight	-									
											32.0	26.9	33.6	34.5	27.8	No linear change	Not available	No change

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

Virginia Middle School Survey Trend Analysis Report

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

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Femal Injury	e and V	iolence																
					Heal	th Risk	Behav	ior and	Percen	tages						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	Percei	ntage of	f studen	ts who	ever trie	ed to kil	l thems	elves			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.

Femal Tobac	e co Use																	
					Healt	th Risk	Behavi	or and	Percer	ntages						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: puffs)	Percei	ntage of	studen	ts who t	tried cig	arette si	moking	for the	first tin	ne befor	re age 1	1 years	(even o	ne or tw	0			
													3.7	3.8	4.6	No linear change	Not available§	No change
QN19: survey		ntage of	studen	ts who	currently	y smoke	ed cigar	ettes (o	n at leas	st 1 day	during	the 30 c	lays bef	ore the				
											2.0	1.5	2.0	1.8	1.6	No linear change	Not available	No change
		ercenta e surve		udents v	who cur	rently si	moked o	cigarett	es frequ	ently (on 20 or	more d	ays dur	ing the 3	30			
											0.3	0.1	0.1	0.2	0.3	No linear change	Not available	No change
QNDA the sur		Percer	ntage of	student	ts who c	currently	smoke	d cigar	ettes da	ily (on a	all 30 da	ays duri	ng the 3	60 days 1	pefore			
											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.

Tobacco U	USE				Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021
1991 199	93	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
QN21: Per	ercenta	age of	student	ts who	ever use	ed an ele	ectronic	vapor p	product				10.8	14.8	8.1	No linear change	Not available [§]	Decreased
QN22: Perpens, e-cig	gars, e	-hook	ahs, ho	okah pe	ns, and											No linear change	Not available	No change
QNFREVE during the						rrently u	ised elec	etronic	vapor p	roducts	frequen	otly (on	20 or m	ore day	7s 0.7	No linear change	Not available	No change

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

Tobac	le cco Use				** 1		.		.							*	0 1 d d *	CI 8
					Healt	th Kisk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
	AYEVP: efore th		-	studen	ts who	currently	y used e	lectroni	c vapor	produc	ets daily	(on all	30 days	during	the 30			
												0.5	0.2	0.4	0.4	No linear change	Not available§	No change
	35: Perc					tly smo	ked ciga	arettes o	or used o	electron	ic vapoi	produc	ets (on	at least	1 day			
during	the 30 (iays be	ore the	survey	,							4.6	4.0	6.8	4.0	No linear change	Not available	No change
QN23:	: Percer	ntage of	student	ts who c	currently s Coper	hagen,	Grizzly	, Skoal,				nuff, di	p, snus,	or		No linear change	Not available	No chang

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

Virginia Middle School Survey Trend Analysis Report

Female Tobacco Use **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 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 No linear change Not available§ 0.2 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 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) 1.6 No linear change 1.1 1.8 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.

Femal Tobac	e co Use																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
					o curren					s or use	d smoke	eless toba	acco or	electro	onic			
													4.6	7.2	5.3	No linear change	Not available§	No change
						tly smo	ked ciga	arettes (or cigars	s or use	d smoke	eless toba	acco (o	n at lea	st 1			
day du	iring the	: 50 day	s belon	e the su	rvey)								3.0	2.8	3.0	No linear change	Not available	No change
					who cu		smoked	cigars f	requent	tly (ciga	ars, ciga	rillos, or	little c	eigars, o	on 20	-		
													0.1	0.3	0.2	No linear change	Not available	No change
				of studer		currentl	y smoke	ed cigar	s daily	(cigars,	cigarill	os, or litt	le ciga	ars, on a	11 30	-		
													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.

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 † 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021 1991 1993 1995 1997 1999 QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) Not available§ 7.6 9.7 11.1 9.4 Increased. No change 2013-2021 QN28: Percentage of students who tried marijuana for the first time before age 11 years 1.9 1.4 2.1 1.7 No linear change Not available No change 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, Not available No change 2017-2021 QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase) Not available No change 2.3 1.5 0.5 Decreased. 2017-2021

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Femal Weigh		agemen	t and D	Dietary	Behavi	ors												
					Heal	th Risk	Behavi	or and	Percen	tages						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:	Percei	ntage of	fstuden	ts who	describe	ed thems	selves as	s slightl	y or vei	ry overw	veight							
											26.0	26.1	27.2	27.2	27.6	No linear change	Not available§	No change
ON37:	Percei	ntage of	f studen	te who	were tru	ing to lo	nse wei	oht							-	·		
QIV37.	Terees	itage of	studen	ts wiio	were try	ing to it	ose weig	Siit			48.6	48.6	47.4	49.6	49.7	No linear change	Not available	No change
QN38:	Percei	ntage of	f studen	ts who	did not	eat brea	kfast (d	uring th	e 7 day	s before	the sur	vey)				 		
											11.1	7.5	10.9	12.0	20.5	Increased, 2013-2021	Not available	Increased
QNBK	7DAY	: Perce	ntage of	f studen	ts who	ate brea	kfast on	all 7 da	ays (dur	ing the	7 days	before t	he surv	ey)				
											49.2	53.0	45.9	38.6	34.7	Decreased, 2013-2021	Not available	No change

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

Femal Physic	e al Acti	vity																
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
of phy		tivity th												(in any ne 7 day				
		•									51.0	51.0	48.8	45.3	47.6	No linear change	Not available [§]	No change
day (in	any ki	nd of pl		activity										on at lea				
during	ile / u	ays ber	ore the	sui vey)							9.5	8.6	9.5	14.9	10.0	No linear change	Not available	No change
kind of		al activ												ys (in ar				
											28.0	25.2	27.9	22.3	26.1	No linear change	Not available	No change

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

Virginia Middle School Survey Trend Analysis Report

Female Other **Quadratic Change*** Change from **Health Risk Behavior and Percentages** Linear Change* 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) Not available§ No change 60.6 60.6 53.8 48.7 Decreased, 2015-2021 QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey) 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.

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Female Site-Added **Health Risk Behavior and Percentages** Linear Change* **Quadratic Change*** Change from 2019-2021 † 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021 1991 1993 1995 1997 1999 QN49: Percentage of students who ever carried a weapon (such as a gun, knife, or club) 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.

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Female Site-Added **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021 1991 1993 1995 1997 1999 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, Not available§ Decreased 2017-2021 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 2.9 Decreased, Not available Decreased 2017-2021 QN62: Percentage of students who have ever taken an over-the-counter drug to get high 1.1 No linear change 2.1 2.8 2.3 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.

Femalo Site-Ao																		
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
		ntage of		ts who	were off	ered, so	old, or g	iven an	illegal	drug on	school	propert	y (durin	ng the 12	2			
													3.4	5.4	3.0	No linear change	Not available§	No change
	Percei the sur		studen	ts who	did not o	eat fruit	(not con	unting f	ruit juic	ce, one	or more	times d	uring th	ne 7 day	13.1	No linear change	Not available	No change
QN65:	Percei	ntage of	studen	ts who	did not e	eat vege	tables (one or r	nore tin	nes duri	ing the	7 days b	efore th	ne surve	y)			
													12.5	13.6	12.4	No linear change	Not available	No change
				ts who i			or alw	ays wer	nt hungr	y becau	ise there	e was no	ot enoug	gh food	in			
												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.

Femal Site-A	-																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
				ts who are the su		er at ho	me with	at least	t one of	their pa	arents o	r guardi	ans on f	four or 1	nore			
													78.8	80.9	78.3	No linear change	Not available§	No change
QN69:	Percei	ntage of	studen	ts who l	have eve	er been	told by	a docto	r or a nu	ırse that	t they h	ave asth	ma 16.9	17.9	15.7	Decreased, 2013-2021	Not available	No change
			student the surv		saw a de	entist (fo	or a che	ck-up, e	exam, te	eth clea	aning, o	r other o	dental w	ork, du	ring			
														73.4	70.8	No linear change	Not available	No change
			student		most of	the time	e or alw	ays hav	e their t	teeth or	mouth	been pa	inful or	sore (di	ıring			
														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.

Femalo	-																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
						ost of the the sur		r alway	s self-co	onsciou	is or em	barrasse	ed becar	use of th	neir			
														12.8	9.6	No linear change	Not available§	No change
QN73:	Percei	ntage of	student	ts who s	strongly	agree o	or agree	that the	y feel g	ood abo	out them	nselves	64.3	59.1	44.5	Decreased, 2017-2021	Not available	Decreased
						the time		ays get	the kind	l of help	p they n	eed (an	ong stu	idents w	ho			
												36.8	34.4	30.3	30.0	Decreased, 2015-2021	Not available	No change
QN76:	Percei	ntage of	studen	ts who i	most of	the time	or alw	ays feel	safe an	d secur	e in the	ir neigh	borhood	i				
												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.

Femal Site-A																		
					Heal	th Risk	Behavi	or and	Percen	ıtages						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:	Percei	ntage of	studen	ts who i	most of	the time	e or alwa	ays feel	safe ar	nd secui	re at sc	hool						
												76.5	72.5	69.2	69.6	Decreased, 2015-2021	Not available [§]	No change
				ts who j			ter scho	ol or co	mmuni	ity activ	vities (s	uch as s	orts, ba	ınd, dra	ma, or			
01000,	o• o				.veruge									61.0	65.7	No linear change	Not available	No change
QN79: the sur		ntage of	studen	ts who	describe	d their	grades i	n schoo	l as mo	stly A's	s or B's	(during	the 12 r	nonths l	before	 		
												87.6	86.0	81.7	85.4	No linear change	Not available	No change
QNNC work)	DNT:	Percent	age of	students	who no	ever sav	v a denti	st (for a	check-	-up, exa	am, tee	th cleani	ng, or o	ther der	ntal			
														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.

Virginia Middle School Survey Trend Analysis Report

White* **Injury and Violence** Quadratic Change[†] Change from **Health Risk Behavior and Percentages** Linear Change[†] 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, Not available ¶ Decreased 2013-2021 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 Not available Decreased Decreased, 2013-2021 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, Not available Decreased

2013-2021

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

White*

Injury		iolence																
					Heal	th Risk	Behavi	ior and	Percer	ntages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
QN12:	Perce	ntage of	studen	ts who	were ev	er bullie	ed on sc	hool pr	operty	:	•			•		:		
											46.5	44.1	45.9	40.8	37.8	Decreased, 2013-2021	Not available¶	No change
					were ev		onically	y bullie	d (coun	ting bei	ng bulli	ed throu	igh text	ing,	•	-		
instagr	am, Fa	севоок,	, or otne	er sociai	media)						20.9	20.8	23.0	22.3	23.7	No linear change	Not available	No change
QN14:	Perce	ntage of	f studen	ts who	ever ser	iously tl	hought a	about k	illing th	emselve	es							
											14.4	15.5	18.1	20.2	21.6	Increased, 2013-2021	Not available	No change
QN15:	Perce	ntage of	fstuden	ts who	ever ma	de a pla	n about	how th	ney wou	ld kill tl	hemselv	res				-		
											9.5	8.5	13.3	12.2	13.6	Increased, 2013-2021	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.

White Injury	* v and V	iolence																
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
QN16:	Percei	ntage of	studen	ts who e	ever trie	d to kil	themse	elves	:		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.

White [:] Tobac	* co Use																	
					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change [†]	Quadratic Change	† Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	_		
QN18: puffs)	Percei	ntage of	studen	ts who t	tried cig	garette s	moking	for the	first tin	ne befoi	re age 1	1 years	(even o	ne or tw	О	,		
													3.8	4.5	5.0	No linear change	Not available¶	No change
QN19: survey		ntage of	studen	ts who	currentl	y smoke	ed cigar	ettes (o	n at leas	st 1 day	during	the 30 c	lays bef	ore the				
-											2.1	1.1	1.3	1.7	2.3	No linear change	Not available	No change
		ercenta e surve		udents v	who cur	rently s	moked o	cigarett	es frequ	ently (on 20 or	more d	ays dur	ing the	30			
											0.3	0.0	0.0	0.0	0.5	Not available	Not available	Not available
QNDA		Percer	ntage of	student	ts who c	currently	smoke	ed cigar	ettes da	ily (on a	all 30 da	ıys duri	ng the 3	0 days 1	pefore			
											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.

Virginia Middle School Survey Trend Analysis Report

White* **Tobacco Use** Quadratic Change[†] Change from **Health Risk Behavior and Percentages** Linear Change[†] 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 No linear change Not available ¶ No change 14.9 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 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 No linear change Not available No change 0.5

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

White* **Tobacco Use** Quadratic Change[†] Change from **Health Risk Behavior and Percentages** Linear Change[†] 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 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 4.1 No linear change Not available No change 4.3 7.0 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 No linear change Not available No change

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

White* **Tobacco Use** Quadratic Change[†] Change from **Health Risk Behavior and Percentages** Linear Change[†] 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) 0.41.7 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.

Virginia Middle School Survey Trend Analysis Report

White* **Tobacco Use** Quadratic Change[†] Change from **Health Risk Behavior and Percentages** Linear Change[†] 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) 4.1 No linear change Not available ¶ 7.8 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 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) 0.0 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.

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
QN26	: Perce	ntage of	f studen	ts who	drank al	cohol fo	or the fi	rst time	before	age 11 y	ears (ot	her tha	n a few	sips)	:			
											8.1	6.2	8.2	10.9	10.3	Increased, 2013-2021	Not available¶	No chang
QN28	: Perce	ntage of	f studen	ts who	tried ma	rijuana	for the	first tim	e before	e age 11	years							
											1.6	1.2	2.0	1.9	0.6	No linear change	Not available	No change
										vithout a odin, Ox					ently			
han h													2.0	7 0	7.5	Increased,	Not available	
													3.9	7.9	7.5	2017-2021	Not available	No chang
han h	cet)	ntage of	f studen	ts who	ever use	ed cocai	ne (anv	form of	cocain	e, includ	ing nov	vder, cr				,	Not available	No chang

^{*}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.

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
QN36:	Percei	ntage of	studen	ts who	describe	d thems	selves a	s slightl	y or ver	ry overwe	eight				:	:		
											23.1	22.5	23.4	27.8	25.0	No linear change	Not available¶	No chang
					-													
QN37:	Percei	ntage of	studen	ts who	were try	ring to l	ose weig	ght										
											38.9	37.6	38.9	43.1	38.5	No linear change	Not available	No chang
 QN38:	Percei	ntage of	studen	ts who	did not	eat brea	kfast (d	uring th	e 7 days	s before t	the sur	vey)						
											7.5	6.2	6.8	9.6	14.4	Increased,	Not available	No chang
											7.15	0.2	0.0	7.0	1	2013-2021	1 tot a variable	110 chang
QNBK?	7DAY:	Perce	ntage of	f studen	ts who a	ate brea	kfast on	all 7 da	ays (dur	ring the 7	days b	efore t	he surve	ey)		-		

^{*}Non-Hispanic. † Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

White* **Physical Activity** Quadratic Change[†] Change from **Health Risk Behavior and Percentages** Linear Change[†] 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) 5.7 No linear change 5.8 5.4 Not available No change 5.7 7.2 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.

Virginia Middle School Survey Trend Analysis Report

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
N45:	Percei	ntage of	studen	ts who g	got 8 or	more he	ours of	sleep (o	n an ave	erage sc	chool nig	ght)						
												66.1	61.7	59.5	55.0	Decreased,	Not available¶	No change

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.

White Site-A																		
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN49:	Perce	ntage of	f studen	ts who e	ever car	ried a w	reapon (such as	a gun, l	knife, o	r club)			38.1	34.4	No linear change	Not available¶	No change
			f studen he 12 m					teasing	or nam	e callin	g becau	ise of th	eir race	or ethn	ic 10.4	No linear change	Not available	No change
			f studen bisexua							e callin	g becau	ise some	eone the	ought th	ey			
														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.

White* Site-Added				Healt	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
QN56: Percocounselor, or months before	hotline,	during t												12			
		5)										31.2	20.6	7.4	Decreased, 2017-2021	Not available¶	Decreased
QN59: Perce	entage of	student	s who e	ver dra	nk alcol	nol (at le	east one	drink o	of alcoh	ol, on a	least 1	day du	ring the	ir life)			
												18.9	21.4	18.8	No linear change	Not available	No change
QN60: Perco	entage of	student	s who e	ver use	d marijı	ıana (or	e or mo	ore time	es during	g their l	fe)				·		
												5.2	5.3	2.4	Decreased, 2017-2021	Not available	No change
QN62: Perco	entage of	student	s who h	ave eve	er taken	an over	-the-co	unter di	rug to ge	et 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.

Virginia Middle School Survey Trend Analysis Report

Site-Added Quadratic Change[†] Change from **Health Risk Behavior and Percentages** Linear Change[†] 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 3.0 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 No change Not available

3.0

3.6

3.0

13.0 11.0 11.7 No linear change

3.6 No linear change

Not available

Not available

No change

No change

White*

QN65: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)

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)

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

White* Site-Added	d																	
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991 199	93 1	995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
QN68: Perdays (durin						er at ho	me with	at least	t one of	their pa	rents or	guardi	ans on f	our or r	nore	,		
													84.2	86.1	87.3	No linear change	Not available¶	No change
QN69: Per		~									16.7	17.4	13.3	14.0	13.1	Decreased, 2013-2021	Not available	No change
QN70: Per	rcenta	ige of	student	s who s	aw a de	entist (fo	or a che	ck-up, e	exam, te	eth clea	ning, or	other o	lental w	ork, du	ring			
the 12 mon	iths be	efore t	ne surv	ey)										78.1	82.7	No linear change	Not available	No change
QN71: Per the 12 mon					nost of	the time	e or alw	ays hav	e their t	eeth or	mouth b	een pai	nful or	sore (du	ıring	.		

^{*}Non-Hispanic. † Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

White [*] Site-A																		
					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change fron
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	017	2019	2021			
						ost of the the		or alway	s self-c	onsciou	is or emb	parrassed	becau	ise of th	eir			
		(5				5 /							8.5	6.4	No linear change	Not available¶	No change
																_		
QN73:	Percer	ntage of	studen	ts who s	strongly	agree o	or agree	that the	ey feel g	good abo	out thems	selves						
QN73:	Percei	ntage of	studen	ts who s	strongly	agree o	or agree	that the	ey feel g	good abo	out thems		72.1	69.1	62.0	Decreased, 2017-2021	Not available	No change
QN74:	Percei	ntage of	studen	ts who i	most of		e or alw						-			,	Not available	No change

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.

White Site-A																		
					Heal	th Risk	Behavi	or and	Percen	itages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
QN77:	Percei	ntage of	student	ts who r	nost of	the time	e or alw	ays feel	safe ar	nd secui	e at sch	ool			:			
												79.4	74.0	76.3	76.4	No linear change	Not available [¶]	No change
			student urs duri				ter scho	ool or co	ommuni	ty activ	ities (su	ıch as sp	orts, ba	nd, drai	ma, or 73.0	Increased, 2019-2021	Not available	Increased
QN79: the sur		ntage of	student	ts who o	describe	d their	grades i	n schoo	l as mo	stly A's	or B's	(during	the 12 n	nonths b	pefore			
												89.1	86.9	84.7	87.3	No linear change	Not available	No change
QNNC work)	DDNT:	Percent	age of s	students	who ne	ever saw	a denti	ist (for a	a check-	-up, exa	ım, teet	h cleanii	ng, or o	ther den	ntal			
														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.

lence															
		Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1995 199	7 1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
ge of studer	ts who r	arely or	never w	ore a bi	cycle h	elmet (a	among st	udents	who ha	d riddei	n a bicy	cle)	;		
								83.3	81.4	76.7	75.7	66.3	Decreased, 2013-2021	Not available¶	No change
ge of studer plades or re				ore a he	elmet w	hen roll	erbladin	g or sk	ateboar	ding (ar	nong st	udents			
		,						85.5	80.9	76.0	76.1	76.7	No linear change	Not available	No change
ge of studer	its who e	ever rode	e with a	driver w	vho had	been di	rinking a	lcohol	(in a ca	r)					
								19.1	14.0	14.2	15.3	8.9	Decreased, 2013-2021	Not available	No change
nge of stude	ents who	were ev	er in a p	hysical	fight	-		65.2	62.2	61.0	67.2	40.6	No linear share	Not and labi	Decreased
ige of stude	ints who	were ev	er iii a p	лгузг	cai	cai figiit	cai fight	cai fight	65.2	-	•	•	_	-	-

^{*}Non-Hispanic. † Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Black*

Injury	and V	iolence	:															
					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
QN12:	Perce	ntage of	f studen	ts who	were ev	er bullie	ed on sc	hool pr	operty		:		•	•	:	:		
											37.6	43.0	38.0	35.8	33.9	No linear change	Not available¶	No change
					were ev l media)		ronicall	y bullie	d (coun	ting bei	ng bulli	ed throu	ıgh text	ing,		· · · · · · · · · · · · · · · · · · ·		
											14.3	17.3	14.6	17.5	26.4	Increased, 2013-2021	Not available	Increased
QN14:	Perce	ntage of	f studen	ts who	ever ser	iously t	hought	about k	illing th	emselv	es					-		
											21.0	17.8	23.1	22.1	21.7	No linear change	Not available	No change
QN15:	Perce	ntage of	f studen	ts who	ever ma	ıde a pla	ın about	how th	ney wou	ld kill t	hemselv	res						
											11.5	10.1	16.3	17.5	18.7	Increased, 2013-2021	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.

Black Injury	* y and V	iolence																
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
QN16	: Perce	ntage of	studen	ts who e	ever trie	d to kil	l themse	lves			7.8	7.8	11.4	12.0	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.

Black [*] Tobac	k co Use																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
QN18: puffs)	Percei	ntage of	student	ts who t	tried cig	arette si	moking	for the	first tin	ne befor	e age 11	l years	(even o	ne or tw	0			
													7.1	6.3	3.5	No linear change	Not available [¶]	No change
QN19:		ntage of	student	ts who	currently	y smoke	ed cigar	ettes (o	n at leas	st 1 day	during t	the 30 d	ays bef	ore the				
3	,										2.8	1.5	3.4	1.5	2.2	No linear change	Not available	No change
		ercenta e surve		udents v	who cur	rently s	moked o	cigarett	es frequ	ently (o	on 20 or	more d	ays dur	ing the 3	30			
											0.6	0.3	0.6	0.0	0.9	No linear change	Not available	No change
QNDA		Percer	itage of	student	ts who c	urrently	smoke	d cigar	ettes dai	ily (on a	all 30 da	ys durii	ng the 3	0 days 1	pefore			
											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.

Virginia Middle School Survey Trend Analysis Report

Black* Tobacco Use Quadratic Change[†] Change from **Health Risk Behavior and Percentages** Linear Change[†] 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 15.2 13.2 6.0 Decreased, Not available ¶ Decreased 2017-2021 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) 9.1 4.9 3.8 3.0 Decreased, Not available No change 2015-2021 QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) 0.6 1.1 No linear change Not available No change 0.7 0.6

^{*}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.

Black Tobac	* co Use																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
	YEVP:			f studen	ts who	currently	y used e	lectron	c vapor	produc	ts daily	(on all	30 days	during	the 30			
j			,									0.3	0.3	0.6	1.1	No linear change	Not available¶	No change
				ents who		ntly smo	ked ciga	arettes o	or used	electron	ic vapo	r produ	ets (on	at least	1 day			
												8.9	6.3	4.9	3.0	Decreased, 2015-2021	Not available	No change
dissol	able to	bacco p	roducts	[such a	s Copei	y used s nhagen, rs before	Grizzly	, Skoal,							vapor			
													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.

Virginia Middle School Survey Trend Analysis Report

Black* **Tobacco Use** Quadratic Change[†] Change from **Health Risk Behavior and Percentages** Linear Change[†] 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 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.

Black* Tobac	co Use																	
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	_		
					o curren					or use	d smoke	eless toba	cco or	electro	nic			
													6.4	6.2	5.3	No linear change	Not available¶	No change
				ents who		tly smo	ked ciga	rettes o	or cigars	s or use	d smoke	eless toba	cco (o	n at lea	st 1			
J	Ü	J			3,								5.2	3.6	4.6	No linear change	Not available	No change
					who cu		smoked	cigars f	requent	tly (ciga	ars, ciga	rillos, or l	ittle c	igars, o	n 20			
													0.4	0.3	0.9	No linear change	Not available	No change
				f studen		currentl	y smoke	ed cigar	s daily	(cigars,	cigarill	los, or littl	e ciga	ars, on a	11 30		-	
													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.

					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	_		
QN26:	Perce	ntage of	f studen	ts who	drank al	lcohol fo	or the fi	rst time	before	age 11 y	years (o	ther tha	n a few	sips)	:			
											11.0	11.6	12.1	12.9	8.2	No linear change	Not available¶	No chang
QN28:	Perce	ntage of	f studen	ts who	tried ma	ırijuana	for the	first tim	e before	e age 11	years		-					
											3.8	4.7	3.7	4.4	1.0	No linear change	Not available	Decreased
	ow a do				ever too t (counti										rently			
Percoc													6.5	13.6	9.4	No linear change	Not available	No chang
Percoc																		
	Perce	ntage of	f studen	ts who	ever use	ed cocai	ne (any	form of	cocain	e, includ	ding po	wder, cı	ack, or	freebase	e)			

^{*}Non-Hispanic. † Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. $^{\$}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

Black* Weigh		agemen	t and D	Dietary 1	Behavio	ors												
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	•		
QN36:	Percei	ntage of	studen	ts who	describe	d thems	selves as	s slightl	y or ver	ry overv	veight	:				:		
											23.8	26.6	22.4	21.4	27.4	No linear change	Not available [¶]	No change
QN37:	Percei	ntage of	f studen	ts who	were try	ing to lo	ose weig	ght				:			:	·		
					·						44.6	45.7	43.6	43.4	44.8	No linear change	Not available	No change
QN38:	Percei	ntage of	f studen	ts who	did not e	eat brea	kfast (dı	uring th	e 7 days	s before	the sur	vey)				·		
											10.3	8.4	10.9	11.4	10.4	No linear change	Not available	No change
—— QNBK	7DAY	: Perce	ntage of	f studen	ts who a	ate breal	kfast on	all 7 da	ays (dur	ring the	7 days	before t	he surve	ey)				
											49.5	50.5	45.0	37.0	41.9	Decreased, 2013-2021	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.

Black Physi	* cal Acti	ivity																
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
of phy		tivity th			were ph eir hear													
											49.9	50.3	47.8	45.1	47.2	No linear change	Not available [¶]	No change
day (i	n any ki	nd of pl		activity	ts who o													
											12.7	12.6	12.9	19.2	7.0	No linear change	Not available	Decreased
kind o		cal activ			ts who v													
											32.0	34.5	30.2	25.0	29.5	Decreased, 2013-2021	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.

Virginia Middle School Survey Trend Analysis Report

Black*
Other

Health Risk Behavior and Percentages

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

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.

 $^{{}^{\}S}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

Black* Site-A																		
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN49:	Percei	ntage of	studen	ts who e	ever car	ried a w	eapon (such as	a gun, l	knife, o	r club)			24.0	21.6	No linear change	Not available [¶]	No change
				ts who l				teasing	or nam	ne callin	g becau	se of th	eir race	or ethn 25.6	ic 20.6	No linear change	Not available	No change
				ts who l l (durin						ne callin	g becau	se some	eone the	ought th	ey			
														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.

Black* Site-Added																	
				Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	_		
QN56: Perce counselor, or months before	notline,	during t												12			
		•										18.4	15.6	8.9	No linear change	Not available¶	No change
QN59: Perce	ntage of	student	ts who e	ever dra	nk alco	hol (at l	east on	e drink o	of alcoh	ol, on at	least 1	day du	ring the	ir life)			
												17.6	22.1	14.4	No linear change	Not available	Decreased
QN60: Perce	ntage of	student	ts who e	ever use	d marij	uana (oi	ne or m	ore time	es during	g their li	ife)						
												9.4	10.7	4.8	Decreased, 2017-2021	Not available	Decreased
QN62: Perce	ntage of	student	ts who h	nave eve	er taken	an over	r-the-co	unter di	rug to ge	et 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.

Virginia Middle School Survey Trend Analysis Report

Black* Site-Added Quadratic Change[†] Change from **Health Risk Behavior and Percentages** Linear Change[†] 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 4.7 No linear change Not available ¶ No change 4.9 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 No change Not available 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

3.0

6.4

5.1

6.5 No linear change

their home (during the 30 days before the survey)

No change

Not available

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Site-Added Quadratic Change[†] Change from **Health Risk Behavior and Percentages** Linear Change[†] 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 Not available¶ No change Increased, 2017-2021 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 No change Not available

62.9

63.8 No linear 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)

QN70: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during

4.9 3.6 No linear change Not available No change

Not available

No change

Black*

the 12 months before the survey)

^{*}Non-Hispanic.

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

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

Not enough years of data to calculate.

Black* Site-A																		
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change [†]	Quadratic Change [†]	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	-		
				ts who v				r alway	s self-c	onsciou	is or em	barrasse	ed becar	ise of tl	neir			
														7.6	5.5	No linear change	Not available [¶]	No change
QN73:	Percei	ntage of	f studen	ts who s	strongly	agree o	or agree	that the	y feel g	good abo	out them	selves	77.6	74.1	68.7	Decreased, 2017-2021	Not available	No change
				ts who i				ays get	the kind	d of hel	p they no	eed (am	ong stu	dents w	ho			
												33.3	30.4	21.9	22.1	Decreased, 2015-2021	Not available	No change
QN76:	Percei	ntage of	f studen	ts who i	most of	the time	e or alw	ays feel	safe an	nd secur	re in thei	r neigh	borhood	l				
												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.

Black [*] Site-A																		
	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:	Percei	ntage of	student	ts who i	most of	the time	or alw	ays feel	safe ar	nd secur	re at scho	ool			:			
												63.4	62.3	57.6	66.7	No linear change	Not available¶	No change
				ts who ping an a			ter scho	ol or co	mmuni	ty activ	rities (suc	ch as sp	orts, ba	nd, drai	ma, or		-	
														53.9	65.1	Increased, 2019-2021	Not available	Increased
QN79: the sur		ntage of	student	ts who	describe	d their g	grades i	n schoo	l as mo	stly A's	or B's (c	during t	he 12 n	nonths b	pefore			
												74.1	78.2	63.2	70.0	Decreased, 2015-2021	Not available	No change
QNNC work)	DDNT:	Percent	age of s	students	who no	ever saw	a denti	st (for a	a check	-up, exa	am, teeth	cleanir	ng, or o	ther den	ıtal			
														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.

_	ispanic ujury 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	-		2019-2021 †
QN6:	Percent	tage of	students	s who ra	rely or	never w	ore a bi	cycle h	elmet (a	mong s	tudents	who ha	d ridde	n a bicy	cle)			
											71.7	71.5	73.2	61.7	74.8	No linear change	Not available§	No change
						never w	ore a he	lmet w	hen roll	erbladii	ng or sk	ateboar	ding (ar	nong sti	udents			
who us	sed rolle	erblades	s or rode	e a skate	eboard)						70.5	70.1	73.1	66.7	72.0	No linear change	Not available	No change
QN9:	Percent	tage of	students	s who ev	ver rode	with a	driver w	ho had	been di	rinking	alcohol	(in a ca	r)					
											18.8	13.8	14.6	17.6	19.7	No linear change	Not available	No change
QN10:	Percei	ntage of	f studen	ts who	were ev	er in a p	hysical	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.

Virginia Middle School Survey Trend Analysis Report

Hispanic **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021 1991 1993 1995 1997 1999 QN12: Percentage of students who were ever bullied on school property 42.2 37.4 39.6 38.5 40.1 No linear change Not available§ No change QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media) 23.7 14.5 16.4 20.2 25.5 No linear change Not available No change QN14: Percentage of students who ever seriously thought about killing themselves 20.9 15.2 25.6 23.6 28.8 Increased, Not available No change 2013-2021 QN15: Percentage of students who ever made a plan about how they would kill themselves 13.9 10.0 13.5 15.1 22.7 Not available No change Increased, 2013-2021

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Hispan Injury	nic y and V	iolence	:															
					Heal	th Risk	Behav	ior and	Percen	tages						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:	: Perce	ntage of	f studen	ts who	ever trie	ed to kil	l thems	elves			9.7	7.7	11.8	12.2	10.3	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.

Hispar Tobac																		
	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: puffs)	Percei	ntage of	studen	ts who t	tried cig	arette si	moking	for the	first tin	ne befor	e age 1	1 years	(even o	ne or tw	0			
													6.3	4.5	3.4	No linear change	Not available§	No change
QN19: survey)		ntage of	studen	ts who	currently	y smoke	ed cigar	ettes (o	n at leas	st 1 day	during	the 30 d	ays bef	ore the	:			
											2.9	2.6	4.9	2.6	2.1	No linear change	Not available	No change
		ercenta e surve		udents v	who cur	rently si	moked o	cigarette	es frequ	ently (d	on 20 or	more d	ays dur	ing the 3	30			
											0.5	1.2	0.3	0.8	0.5	No linear change	Not available	No change
QNDA		Percer	itage of	student	ts who c	urrently	smoke	d cigar	ettes da	ily (on a	all 30 da	ıys duri	ng the 3	30 days 1	pefore			
											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.

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 5.0 No linear change 6.7 8.4 Not available No change QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) 0.6 No linear change 1.9 1.0 1.4 Not available No change

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Hispanic Tobacco Use **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 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. Not available No change 2017-2021

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Hispanic Tobacco Use **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 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 No linear change Not available§ 1.0 0.5 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 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) No linear change 3.5 2.4 2.1 Not available No change

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Hispanic Tobacco Use **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 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. Not available No change 2017-2021 QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey) 1.2 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) 0.4 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.

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

[§]Not enough years of data to calculate.

Hispar Alcoho		Other I	Orug U	se														
	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:	Percei	ntage of	f studen	ts who	drank al	cohol fo	or the fi	rst time	before	age 11	years (o	ther tha	ın a few	sips)				
											11.7	11.1	13.7	12.6	14.3	No linear change	Not available§	No change
QN28:	Percei	ntage of	f studen	ts who	tried ma	rijuana	for the	first tim	e befor	e age 1	1 years							
											4.2	3.5	4.4	2.2	0.7	Decreased, 2013-2021	Not available	No change
	w a do										a doctor Oxyconti				rently			
	,												6.0	10.9	13.2	Increased, 2017-2021	Not available	No change
QN30:	Percei	ntage of	f studen	ts who	ever use	d cocai	ne (any	form of	cocain	e, inclu	iding po	wder, c	rack, or	freebas	e)			
													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.

Hispar Weigh		agemen	t and D	Dietary	Behavi	ors												
	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:	Percei	ntage of	fstuden	ts who	describe	ed thems	selves a	s slightl	y or vei	ry overw	eight							
											30.2	33.9	31.9	29.2	39.0	No linear change	Not available§	Increased
ON37:	Percei	ntage of	f studen	ts who	were try	ving to 1	ose wei	oht										
Q1137.	Terees	inuge of	studen	us wild	were try	ing to r	ose weig	5111			50.0	50.1	52.5	50.3	64.1	Increased, 2013-2021	Not available	Increased
QN38:	Percei	ntage of	f studen	ts who	did not	eat brea	kfast (d	uring th	e 7 day	s before	the sur	vey)						
											13.2	8.2	13.8	12.9	17.9	Increased, 2013-2021	Not available	No change
QNBK	7DAY	: Perce	ntage of	f studen	ts who	ate brea	kfast on	all 7 da	ays (dur	ring the	7 days 1	pefore t	he surv	ey)				_
											46.6	46.5	48.4	45.2	39.0	Decreased, 2013-2021	Not available	No change

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

Virginia Middle School Survey Trend Analysis Report

Hispanic **Physical Activity Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021 1991 1993 1995 1997 1999 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, Not available No change 2013-2021 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.

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Hispanic Other **Quadratic Change*** Change from **Health Risk Behavior and Percentages** Linear Change* 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) 3.4 1.3 Decreased, Not available No change 2017-2021

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

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change* **Quadratic Change*** Change from 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) No linear change Not available§ No change 25.8 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.

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021 1991 1993 1995 1997 1999 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) 8.2 Decreased, Not available Decreased 2017-2021 QN62: Percentage of students who have ever taken an over-the-counter drug to get high No linear change 3.3 2.3 3.2 1.3 Not available No change

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 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) 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 7.6 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.

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021 1991 1993 1995 1997 1999 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 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 No linear change Not available No change

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

Based on t-test analysis, p < 0.05.

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 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 No linear change 11.9 Not available§ No change QN73: Percentage of students who strongly agree or agree that they feel good about themselves 66.2 48.0 Decreased, Not available Decreased 2017-2021 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.

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 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 65.3 65.8 62.8 No linear change 68.9 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) 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 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.