

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Injury and Violence											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)													
				20.0	17.8	15.6	14.2	13.0	8.8	12.3	Decreased, 2011-2023	No quadratic change	Increased
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													
					6.5	7.0	5.6	4.5	3.5	2.7	Decreased, 2013-2023	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

**Total
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)													
						2.6	3.8	2.1	1.7	1.8	No linear change	Not available [§]	No change
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)													
								4.0	2.2	2.8	No linear change	Not available	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													
			5.5	5.4	6.1	7.1	8.6	11.2	13.2		Increased, 2011-2023	No quadratic change	No change

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

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§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Injury and Violence											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)													
				7.0	6.1	6.4	6.4	7.9	6.9	8.0	No linear change	No quadratic change	No change
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													
				24.9	23.5	20.6	19.8	19.5	15.0	19.0	Decreased, 2011-2023	No quadratic change	Increased
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)													
								6.1	7.2	6.5	No linear change	Not available [§]	No change

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Injury and Violence											Linear Change*	Quadratic Change*	Change from 2021-2023[†]			
Health Risk Behavior and Percentages																
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023						
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)											9.4	10.3	10.6	No linear change	Not available [§]	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)											6.9	8.6	8.2	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Injury and Violence											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)											No linear change	No quadratic change	No change
			10.9	10.9	10.6	7.3	8.1	9.2					
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)											Decreased, 2011-2023	No quadratic change	Increased
			20.3	21.9	19.5	15.7	17.4	12.1	17.1				
QN25: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)											No linear change	No quadratic change	No change
			14.8	14.5	13.8	12.6	13.9	12.1	11.9				

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Total Injury and Violence											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN26: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)													
				25.5	25.7	26.9	29.5	32.4	38.2	33.4	Increased, 2011-2023	No quadratic change	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
				16.9	14.7	14.0	15.7	16.0	20.5	16.5	No linear change	No quadratic change	No change
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
				13.2	15.2	11.7	12.6	11.9	16.4	12.5	No linear change	No quadratic change	Decreased
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
				10.5	9.8	6.7	7.2	7.0	9.0	7.7	Decreased, 2011-2023	Decreased, 2011-2015 No change, 2015-2023	No change

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Virginia High School Survey
Trend Analysis Report**

Total Injury and Violence		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †	
		2003	2005	2007	2009	2011	2013	2015	2017	2019				2021
QN30: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)														
					3.4	3.8	1.9	2.0	1.8	2.3	1.9	Decreased, 2011-2023	No quadratic change	No change

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Tobacco Use		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †		
		2003	2005	2007	2009	2011	2013	2015	2017	2019				2021	2023
QN32: Percentage of students who smoked a cigarette before age 13 years (even one or two puffs)															
									8.0	7.2	6.0	4.9	Decreased, 2017-2023	Not available [§]	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)															
					5.4	3.5	2.2	1.7	1.3	0.7	0.5	Decreased, 2011-2023	No quadratic change	No change	
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															
					3.6	2.6	1.6	1.2	1.1	0.6	0.5	Decreased, 2011-2023	No quadratic change	No change	
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															
					15.0	11.1	8.2	6.5	5.5	2.8	2.0	Decreased, 2011-2023	No quadratic change	No change	

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Tobacco Use		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN36: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)													
						16.8	11.8	19.9	14.3	8.1	Decreased, 2015-2023	Not available [§]	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													
						2.7	3.1	6.3	5.2	3.7	Increased, 2015-2023	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													
						2.0	1.9	4.2	3.5	3.1	Increased, 2015-2023	Not available	No change

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Total Tobacco Use		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
		2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN37: Percentage of students who usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], during the 30 days before the survey, among students who currently used electronic vapor products)														
										3.4	5.7	No linear change	Not available [§]	No change
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)														
								4.2	3.8	1.8	1.5	Decreased, 2017-2023	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)														
					1.5	1.7	1.6	1.2	1.2	0.5	0.5	Decreased, 2011-2023	No quadratic change	No change

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Total Tobacco Use		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)													
				1.4	1.3	1.1	0.9	0.9	0.3	0.4	Decreased, 2011-2023	No quadratic change	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
				18.1	14.9	10.5	9.0	7.2	4.4	3.4	Decreased, 2011-2023	No quadratic change	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)													
							10.3	8.7	5.1	4.0	Decreased, 2017-2023	Not available [§]	No change

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Tobacco Use											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
						14.9	21.8	15.5	8.5		Decreased, 2017-2023	Not available [§]	Decreased
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)													
					18.7	13.3	20.5	14.8	8.0		Decreased, 2015-2023	Not available	Decreased
QN39: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)													
			12.0	11.3	7.4	6.4	4.7	2.8	2.2		Decreased, 2011-2023	No quadratic change	No change

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

**Total
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
			18.1	18.2	14.6	14.7	15.6	14.0	10.9		Decreased, 2011-2023	No quadratic change	No change
QN42: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)													
			30.5	27.3	23.4	24.5	25.4	19.4	15.8		Decreased, 2011-2023	No quadratic change	No change
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							12.3	12.7	10.5	7.0	Decreased, 2017-2023	Not available [§]	No change

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Total
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN47: Percentage of students who tried marijuana for the first time before age 13 years													
				8.1	7.5	6.1	5.5	5.2	3.5	3.3	Decreased, 2011-2023	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
				18.0	17.9	16.2	16.5	17.3	13.3	9.5	Decreased, 2011-2023	No change, 2011-2019 Decreased, 2019-2023	No change

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

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Total Sexual Behaviors		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †	
		2003	2005	2007	2009	2011	2013	2015	2017	2019				2021
QN56: Percentage of students who ever had sexual intercourse														
									32.2	22.8	22.5	Decreased, 2019-2023	Not available [§]	No change
QN57: Percentage of students who had sexual intercourse for the first time before age 13 years														
									2.9	2.3	2.7	No linear change	Not available	No change
QN58: Percentage of students who had sexual intercourse with four or more persons during their life														
									7.5	5.2	3.9	Decreased, 2019-2023	Not available	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)														
									22.0	15.0	16.3	Decreased, 2019-2023	Not available	No change

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§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Total Sexual Behaviors		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													
								18.6	18.4	13.9	No linear change	Not available [§]	No change
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)													
								59.2	52.5	56.8	No linear change	Not available	No change
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									18.2	17.1	No linear change	Not available	No change

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Sexual Behaviors		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN82: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)													
								6.7	3.7	4.0	Decreased, 2019-2023	Not available [§]	No change

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]													
				11.1	12.0	13.0	12.7	14.8	16.4	13.7	Increased, 2011-2023	No quadratic change	No change
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]													
				17.2	14.7	15.1	15.5	15.8	15.3	15.7	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
				28.1	28.8	30.0	28.8	30.2	30.8	28.3	No linear change	No quadratic change	No change

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Dietary Behaviors		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
		2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)														
					14.6	14.4	13.1	13.2	14.1	14.0	8.6	Decreased, 2011-2023	No change, 2011-2019 Decreased, 2019-2023	Decreased
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)														
					40.6	42.9	40.7	40.9	44.7	46.0	41.1	No linear change	No quadratic change	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)														
					20.6	27.1	30.0	32.2	32.0	34.6	32.2	Increased, 2011-2023	Increased, 2011-2015 No change, 2015-2023	No change

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

**Total
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
				24.3	21.7	17.0	16.4	16.7	15.6	17.0	Decreased, 2011-2023	Decreased, 2011-2015 No change, 2015-2023	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
				16.9	14.8	10.4	10.1	9.8	8.6	9.1	Decreased, 2011-2023	Decreased, 2011-2015 No change, 2015-2023	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
					13.1	14.1	13.6	18.4	21.8	18.7	Increased, 2013-2023	No quadratic change	No change

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Dietary Behaviors											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
					38.3	37.7	37.4	33.0	29.7	28.6	Decreased, 2013-2023	No quadratic change	No change
QN108: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not counting green salad, one or more times during the 7 days before the survey)													
								13.9	13.3	10.2	Decreased, 2019-2023	Not available [§]	Decreased

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§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: 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)													
			45.6	44.3	45.2	42.3	41.4	40.3	42.8		No linear change	No quadratic change	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
			15.6	15.2	16.9	17.0	17.3	19.3	18.3		Increased, 2011-2023	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
			24.1	23.8	25.1	22.4	22.0	21.9	23.9		No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Physical Activity		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
		2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN111: Percentage of students who spent 3 or more hours per day of screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork, on an average school day)														
										74.9	77.5	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN83: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)													
						75.6	76.1	76.2	70.8	74.6	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)													
						1.7	1.8	2.0	3.8	2.6	Increased, 2015-2023	Not available	No change
QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)													
						27.6	27.0	25.4	24.0	22.8	Decreased, 2015-2023	Not available	No change
QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)													
							2.7	3.1	2.4	2.4	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)													
						78.9	81.5	78.4	77.9	76.5	No linear change	Not available [§]	No change
QN116: Percentage of students who gambled on a sports team, gambled when playing cards or a dice game, played one of their state's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game (one or more times during the 12 months before the survey)													
									16.0	19.8	Increased, 2021-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Total Demographic	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN65: Percentage of students who described themselves as transgender.														
									1.4	2.5	3.3	Increased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Total Mental Health		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
		2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)															
										31.7	26.9	Decreased, 2021-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Total Birth Control		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)														
									4.6	4.4	No linear change	Not available [§]	No change	
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)														
									26.3	24.6	No linear change	Not available	No change	
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)														
									7.8	9.7	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Total Birth Control		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)														
									13.3	9.4	No linear change	Not available [§]	No change	

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

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

[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Adverse Childhood Experiences													
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN92: Percentage of students who reported that an adult or person at least 5 years older than them ever made them do sexual things they did not want to do (counting such things as kissing, touching, or being made to have sexual intercourse)													
									7.0	5.8	No linear change	Not available [§]	No change
QN94: Percentage of students who reported that a parent or other adult in their home most of the time or always hit, beat, kicked, or physically hurt them in any way (during their life)													
									2.3	2.0	No linear change	Not available	No change
QN95: Percentage of students who reported that their parents or other adults in their home most of the time or always slapped, hit, kicked, punched, or beat each other up (during their life)													
									2.0	1.3	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Total Adverse Childhood Experiences											Linear Change*	Quadratic Change*	Change from 2021-2023[†]
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN112: Percentage of students who reported that an adult in their household most of the time or always tried to make sure their basic needs were met (such as looking after their safety and making sure they had clean clothes and enough to eat, during their life)													
									89.1	87.9	No linear change	Not available [§]	No change
QN115: Percentage of students who have ever been separated from a parent or guardian because they went to jail, prison, or a detention center													
									12.3	12.5	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)													
			19.6	17.4	14.3	13.8	11.9	8.3	11.3		Decreased, 2011-2023	No quadratic change	Increased
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													
			7.2	8.2	6.0	5.1	3.6	3.3			Decreased, 2013-2023	No quadratic change	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)													
					4.0	5.3	2.8	1.9	2.5		Decreased, 2015-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)													
								6.1	3.7	4.2	No linear change	Not available [§]	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													
			4.7	5.2	5.6	7.0	7.2	9.9	8.8		Increased, 2011-2023	No quadratic change	No change
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)													
			8.0	7.7	8.0	8.0	9.0	7.4	8.0		No linear change	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													
			29.4	30.2	27.3	24.8	25.8	19.7	23.7		Decreased, 2011-2023	No quadratic change	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)													
							3.7	3.3	3.9		No linear change	Not available [§]	No change
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)													
							5.9	4.6	5.4		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †							
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023										
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)											4.1	4.5	3.1	No linear change	Not available [§]	No change				
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)											8.1	9.5	9.2	6.2	7.0	8.2	No linear change	No quadratic change	No change	
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)											18.4	19.0	15.9	13.5	15.1	10.9	13.7	Decreased, 2011-2023	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN25: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)													
			8.8	9.3	9.0	8.9	10.0	7.3	8.1		No linear change	No quadratic change	No change
QN26: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)													
			17.3	17.6	17.3	20.6	24.0	26.3	20.9		Increased, 2011-2023	No quadratic change	Decreased
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
			12.0	10.4	9.6	10.2	11.4	13.3	9.9		No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
			10.6	11.7	8.1	9.4	9.2	9.9	9.7		No linear change	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
			8.4	9.3	4.6	5.4	4.7	5.9	5.2		Decreased, 2011-2023	No quadratic change	No change
QN30: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)													
			3.1	4.3	1.3	1.4	1.4	1.8	1.5		Decreased, 2011-2023	Decreased, 2011-2017 No change, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Tobacco Use													
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN32: Percentage of students who smoked a cigarette before age 13 years (even one or two puffs)													
							9.7	8.3	5.4	5.6	Decreased, 2017-2023	Not available [§]	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													
				6.4	4.2	2.8	2.2	1.9	0.9	0.6	Decreased, 2011-2023	No quadratic change	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													
				4.0	3.4	1.8	1.6	1.5	0.7	0.6	Decreased, 2011-2023	No quadratic change	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
				14.4	11.6	8.6	7.3	6.1	2.5	2.4	Decreased, 2011-2023	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN36: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)													
						17.8	12.6	19.7	10.6	6.2	Decreased, 2015-2023	Not available [§]	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													
						3.9	3.9	6.8	3.6	3.3	No linear change	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													
						2.7	2.5	4.9	2.8	2.4	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN37: Percentage of students who usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], during the 30 days before the survey, among students who currently used electronic vapor products)													
									5.1	12.5	No linear change	Not available [§]	No change
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)													
							7.0	5.8	2.7	2.0	Decreased, 2017-2023	Not available	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)													
			2.1	2.3	1.8	1.5	1.6	0.6	0.7		Decreased, 2011-2023	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Tobacco Use													
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)													
				2.1	1.6	1.3	1.3	1.2	0.3	0.4	Decreased, 2011-2023	No quadratic change	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
				18.9	15.7	11.4	10.9	8.4	4.9	3.3	Decreased, 2011-2023	No quadratic change	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)													
							13.3	10.9	5.7	4.1	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Tobacco Use													
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
						16.9	22.4	12.1	6.4		Decreased, 2017-2023	Not available [§]	Decreased
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)													
					19.2	14.2	20.5	11.1	5.8		Decreased, 2015-2023	Not available	Decreased
QN39: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)													
			14.6	13.8	9.2	8.8	5.8	3.7	2.2		Decreased, 2011-2023	Decreased, 2011-2017 Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
				16.9	20.4	16.4	15.8	16.4	12.6	9.3	Decreased, 2011-2023	No change, 2011-2019 Decreased, 2019-2023	No change
QN42: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)													
				28.0	25.6	23.0	23.0	22.8	16.2	13.7	Decreased, 2011-2023	No quadratic change	No change
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							10.7	11.9	9.2	6.2	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN47: Percentage of students who tried marijuana for the first time before age 13 years													
			10.2	9.6	7.7	7.7	6.5	3.6	3.6	Decreased, 2011-2023	No quadratic change	No change	
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
			18.9	19.2	17.5	16.6	18.2	12.1	8.6	Decreased, 2011-2023	No change, 2011-2019 Decreased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse											Decreased, 2019-2023	Not available [§]	No change
								34.0	22.1	24.2			
QN57: Percentage of students who had sexual intercourse for the first time before age 13 years											No linear change	Not available	No change
								3.8	2.5	3.6			
QN58: Percentage of students who had sexual intercourse with four or more persons during their life											Decreased, 2019-2023	Not available	No change
								9.3	5.2	5.4			
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)											Decreased, 2019-2023	Not available	No change
								22.6	12.4	16.2			

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023†
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													
								19.2	16.7	15.0	No linear change	Not available§	No change
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)													
								65.5	65.1	60.8	No linear change	Not available	No change
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									17.2	15.4	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Virginia High School Survey
Trend Analysis Report**

**Male
Sexual Behaviors**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN82: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)													
								6.6	2.6	3.4	Decreased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]													
				11.4	14.5	14.5	14.3	17.2	19.2	14.9	Increased, 2011-2023	Increased, 2011-2019 No change, 2019-2023	Decreased
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]													
				18.0	14.6	14.6	14.3	15.3	13.2	14.7	Decreased, 2011-2023	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
				21.4	23.2	25.1	24.2	25.2	29.1	24.4	Increased, 2011-2023	No quadratic change	Decreased

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

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
				15.7	15.6	14.3	15.7	16.3	14.0	7.8	Decreased, 2011-2023	No change, 2011-2019 Decreased, 2019-2023	Decreased
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
				47.2	47.9	45.4	44.6	47.7	47.3	43.6	No linear change	No quadratic change	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)													
				18.6	23.7	27.0	28.2	29.1	32.9	30.4	Increased, 2011-2023	Increased, 2011-2015 No change, 2015-2023	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Male
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
				25.8	23.7	19.5	19.1	19.4	18.5	19.4	Decreased, 2011-2023	Decreased, 2011-2015 No change, 2015-2023	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
				17.5	16.9	12.8	11.8	11.3	10.8	10.7	Decreased, 2011-2023	No quadratic change	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
					13.3	13.3	13.2	17.9	20.9	17.3	Increased, 2013-2023	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Male
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
					41.3	42.5	42.5	38.2	34.5	35.6	Decreased, 2013-2023	No quadratic change	No change
QN108: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not counting green salad, one or more times during the 7 days before the survey)													
								16.7	13.3	10.5	Decreased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Physical Activity

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
			55.8	53.6	54.2	51.6	50.3	50.9	52.0		No linear change	No quadratic change	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
			10.6	10.6	12.5	14.0	14.0	15.9	12.9		Increased, 2011-2023	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
			31.1	31.6	32.3	29.2	29.4	30.1	31.4		No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Physical Activity**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †		
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023					
QN111: Percentage of students who spent 3 or more hours per day of screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork, on an average school day)											70.9	77.8	Increased, 2021-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
	QN83: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)												
						74.2	73.8	73.0	68.4	72.2	No linear change	Not available [§]	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)												
						2.0	2.5	2.8	4.9	4.0	Increased, 2015-2023	Not available	No change
	QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)												
						30.0	30.7	29.0	24.0	26.7	Decreased, 2015-2023	Not available	No change
	QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)												
							3.9	3.9	3.4	3.0	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)													
						74.5	77.1	73.5	74.5	74.9	No linear change	Not available [§]	No change
QN116: Percentage of students who gambled on a sports team, gambled when playing cards or a dice game, played one of their state's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game (one or more times during the 12 months before the survey)													
									23.2	28.5	Increased, 2021-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Male
Demographic

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN65: Percentage of students who described themselves as transgender.													
								1.5	1.6	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Male
Mental Health

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
									20.4	16.1	Decreased, 2021-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Male
Birth Control**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									2.0	2.3	No linear change	Not available [§]	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									19.8	19.0	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									7.7	9.4	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Male
Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									8.9	8.6	No linear change	Not available [§]	No change

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

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

[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male

Adverse Childhood Experiences

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN92: Percentage of students who reported that an adult or person at least 5 years older than them ever made them do sexual things they did not want to do (counting such things as kissing, touching, or being made to have sexual intercourse)													
									2.0	2.8	No linear change	Not available [§]	No change
QN94: Percentage of students who reported that a parent or other adult in their home most of the time or always hit, beat, kicked, or physically hurt them in any way (during their life)													
									2.0	1.8	No linear change	Not available	No change
QN95: Percentage of students who reported that their parents or other adults in their home most of the time or always slapped, hit, kicked, punched, or beat each other up (during their life)													
									1.9	1.1	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Male

Adverse Childhood Experiences

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]		
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023					
QN112: Percentage of students who reported that an adult in their household most of the time or always tried to make sure their basic needs were met (such as looking after their safety and making sure they had clean clothes and enough to eat, during their life)											87.9	88.4	No linear change	Not available [§]	No change
QN115: Percentage of students who have ever been separated from a parent or guardian because they went to jail, prison, or a detention center											11.7	10.7	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)													
			20.2	18.1	17.0	14.4	14.1	9.1	13.3		Decreased, 2011-2023	No quadratic change	Increased
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													
			5.4	5.6	4.8	3.9	3.4	2.0			Decreased, 2013-2023	No quadratic change	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)													
					1.0	2.1	1.4	1.6	1.0		No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Injury and Violence													
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)													
								1.7	0.7	1.3	No linear change	Not available [§]	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													
			6.2	5.2	6.6	7.1	10.1	12.4	17.8	Increased, 2011-2023	No change, 2011-2017 Increased, 2017-2023	No change	
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)													
			5.5	4.1	4.6	4.7	6.7	6.5	8.0	Increased, 2011-2023	No quadratic change	No change	

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													
			20.2	16.1	13.5	14.3	12.8	10.4	14.0		Decreased, 2011-2023	Decreased, 2011-2015 No change, 2015-2023	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)													
							8.6	11.2	9.2		No linear change	Not available [§]	No change
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)													
							13.3	16.2	16.3		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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)													
								10.0	12.4	13.2	No linear change	Not available [§]	No change
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)													
					13.5	12.3	11.7	8.5	9.2	10.3	Decreased, 2013-2023	No quadratic change	No change
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)													
				22.3	24.8	23.3	17.9	19.8	13.2	20.9	Decreased, 2011-2023	No quadratic change	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN25: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)													
			21.0	19.5	18.8	16.3	18.1	16.8	16.0		Decreased, 2011-2023	No quadratic change	No change
QN26: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)													
			33.9	33.8	37.1	38.9	41.7	49.9	46.6		Increased, 2011-2023	No quadratic change	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
			21.9	19.2	18.6	21.1	21.0	27.7	23.5		Increased, 2011-2023	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
				16.0	18.6	15.4	15.8	14.9	22.9	15.4	No linear change	No quadratic change	Decreased
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
				12.4	10.2	8.7	9.0	9.4	11.9	10.1	No linear change	Decreased, 2011-2015 No change, 2015-2023	No change
QN30: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)													
				3.7	3.2	2.4	2.6	2.2	2.8	2.2	No linear change	No quadratic change	No change

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN32: Percentage of students who smoked a cigarette before age 13 years (even one or two puffs)													
							6.0	5.9	6.6	4.1	No linear change	Not available [§]	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													
			4.4	2.7	1.7	1.1	0.7	0.5	0.3		Decreased, 2011-2023	No quadratic change	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													
			3.1	1.7	1.4	0.8	0.6	0.5	0.3		Decreased, 2011-2023	No quadratic change	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
			15.5	10.4	7.9	5.5	4.8	3.1	1.6		Decreased, 2011-2023	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN36: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)											No linear change	Not available [§]	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)											Increased, 2015-2023	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)											Increased, 2015-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN37: Percentage of students who usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], during the 30 days before the survey, among students who currently used electronic vapor products)													
									2.5	1.3	No linear change	Not available [§]	No change
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)													
						1.1	1.7	1.0	1.0		No linear change	Not available	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)													
			0.9	1.2	1.2	0.8	0.8	0.3	0.3		Decreased, 2011-2023	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
				0.8	1.0	0.8	0.5	0.7	0.3	0.3	Decreased, 2011-2023	No quadratic change	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
				17.2	13.9	9.6	6.9	5.9	4.0	3.5	Decreased, 2011-2023	No quadratic change	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)													
							7.1	6.3	4.6	4.0	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Tobacco Use													
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
							12.9	21.3	19.0	10.7	No linear change	Not available [§]	Decreased
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)													
						18.1	12.3	20.7	18.7	10.3	No linear change	Not available	Decreased
QN39: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)													
			9.0	8.2	5.5	3.8	3.5	1.9	2.3		Decreased, 2011-2023	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
			19.0	15.4	12.4	13.4	14.7	15.6	12.7		Decreased, 2011-2023	No quadratic change	No change
QN42: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)													
			33.0	28.9	23.8	26.0	28.3	22.7	18.1		Decreased, 2011-2023	No quadratic change	No change
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							13.9	13.4	11.9	7.8	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN47: Percentage of students who tried marijuana for the first time before age 13 years													
				6.0	5.0	4.4	2.9	3.8	3.4	3.0	Decreased, 2011-2023	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
				16.9	16.4	14.9	16.2	16.4	14.7	10.5	Decreased, 2011-2023	No quadratic change	No change

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Sexual Behaviors		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †	
		2003	2005	2007	2009	2011	2013	2015	2017	2019				2021
QN56: Percentage of students who ever had sexual intercourse														
									30.2	23.7	20.9	Decreased, 2019-2023	Not available [§]	No change
QN57: Percentage of students who had sexual intercourse for the first time before age 13 years														
									1.9	2.2	1.8	No linear change	Not available	No change
QN58: Percentage of students who had sexual intercourse with four or more persons during their life														
									5.6	5.3	2.3	Decreased, 2019-2023	Not available	Decreased
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)														
									21.3	17.6	16.4	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													
								17.4	19.6	12.8	No linear change	Not available [§]	No change
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)													
								52.5	43.8	52.8	No linear change	Not available	No change
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									18.9	19.0	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN82: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)													
								6.8	4.9	4.6	Decreased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]													
				10.7	9.4	11.4	11.1	12.3	13.6	12.4	Increased, 2011-2023	No quadratic change	No change
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]													
				16.5	14.8	15.7	16.6	16.4	17.4	16.8	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
				35.0	34.9	35.1	33.4	35.5	32.2	32.1	Decreased, 2011-2023	No quadratic change	No change

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

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Dietary Behaviors		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
		2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													No linear change	No quadratic change	Decreased
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													Increased, 2011-2023	No quadratic change	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)													Increased, 2011-2023	Increased, 2011-2017 No change, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Female
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
				22.9	19.7	14.2	13.7	13.7	12.8	14.4	Decreased, 2011-2023	Decreased, 2011-2017 No change, 2017-2023	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
				16.5	12.6	7.7	8.4	8.1	6.6	7.5	Decreased, 2011-2023	Decreased, 2011-2015 No change, 2015-2023	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
					12.9	14.9	14.0	18.9	22.7	20.1	Increased, 2013-2023	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
					35.4	32.7	32.1	27.4	24.7	21.2	Decreased, 2013-2023	No quadratic change	No change
QN108: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not counting green salad, one or more times during the 7 days before the survey)													
								10.8	13.2	10.0	No linear change	Not available [§]	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
			35.3	34.9	35.6	32.6	31.9	30.0	33.1		No linear change	No quadratic change	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
			20.3	19.9	21.6	20.1	20.9	22.6	23.9		No linear change	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
			17.1	15.9	17.6	15.2	14.1	14.0	16.1		No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN111: Percentage of students who spent 3 or more hours per day of screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork, on an average school day)													
									78.8	77.1	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN83: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)													
						77.1	78.7	79.6	73.3	77.2	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)													
						1.5	1.0	1.2	2.6	1.1	No linear change	Not available	No change
QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)													
						25.1	23.2	21.8	23.8	18.8	Decreased, 2015-2023	Not available	No change
QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)													
							1.3	2.2	1.4	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Other		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QN87: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)														
						83.6	86.2	83.7	81.2	78.3	Decreased, 2015-2023	Not available [§]	No change	
QN116: Percentage of students who gambled on a sports team, gambled when playing cards or a dice game, played one of their state's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game (one or more times during the 12 months before the survey)														
									8.8	10.6	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Female
Demographic

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN65: Percentage of students who described themselves as transgender.													
								1.2	2.9	4.5	Increased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Female
Mental Health

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
									42.5	38.3	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									6.4	6.6	No linear change	Not available [§]	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									30.8	30.4	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									8.0	10.1	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Female
Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									16.4	10.2	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female

Adverse Childhood Experiences

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN92: Percentage of students who reported that an adult or person at least 5 years older than them ever made them do sexual things they did not want to do (counting such things as kissing, touching, or being made to have sexual intercourse)													
									12.0	9.0	Decreased, 2021-2023	Not available [§]	Decreased
QN94: Percentage of students who reported that a parent or other adult in their home most of the time or always hit, beat, kicked, or physically hurt them in any way (during their life)													
									2.6	2.3	No linear change	Not available	No change
QN95: Percentage of students who reported that their parents or other adults in their home most of the time or always slapped, hit, kicked, punched, or beat each other up (during their life)													
									2.0	1.5	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Female

Adverse Childhood Experiences

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †		
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023					
QN112: Percentage of students who reported that an adult in their household most of the time or always tried to make sure their basic needs were met (such as looking after their safety and making sure they had clean clothes and enough to eat, during their life)											90.3	87.3	Decreased, 2021-2023	Not available [§]	Decreased
QN115: Percentage of students who have ever been separated from a parent or guardian because they went to jail, prison, or a detention center											13.0	14.4	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)													
			20.3	15.5	14.3	13.0	13.0	10.0	12.8		Decreased, 2011-2023	Decreased, 2011-2015 No change, 2015-2023	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													
			6.0	7.3	5.1	4.5	3.0	3.5			Decreased, 2013-2023	No quadratic change	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)													
			2.5	3.9	1.7	2.1	2.4				No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]							
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023										
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)											3.6	3.0	3.6	No linear change	Not available [¶]	No change				
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)											4.3	4.3	4.8	7.3	6.8	10.5	12.5	Increased, 2011-2023	No quadratic change	No change
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)											5.2	4.7	5.2	5.7	7.2	7.2	8.4	Increased, 2011-2023	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													
				22.9	19.7	18.1	15.7	17.3	14.7	18.7	Decreased, 2011-2023	Decreased, 2011-2017 No change, 2017-2023	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)													
								5.6	7.2	5.9	No linear change	Not available [¶]	No change
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)													
								9.1	11.2	12.5	Increased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]							
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023										
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)											7.1	9.4	9.1	No linear change	Not available [¶]	No change				
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)											9.4	9.3	9.2	6.3	9.0	8.8	No linear change	No quadratic change	No change	
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)											21.2	23.7	22.9	18.7	19.0	16.8	20.1	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN25: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)													
			16.3	15.8	16.5	14.9	14.7	16.3	13.7		No linear change	No quadratic change	No change
QN26: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)													
			24.2	25.2	25.3	30.6	31.0	38.8	33.5		Increased, 2011-2023	No quadratic change	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
			16.5	14.8	14.1	15.9	14.4	21.2	17.6		No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
				12.2	14.5	11.8	12.9	10.8	16.2	12.4	No linear change	No quadratic change	Decreased
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
				8.4	8.2	5.1	6.4	4.5	7.5	7.0	No linear change	Decreased, 2011-2019 Increased, 2019-2023	No change
QN30: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)													
				2.1	3.2	1.2	1.6	0.9	1.9	0.8	Decreased, 2011-2023	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White* Tobacco Use													
Health Risk Behavior and Percentages											Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN32: Percentage of students who smoked a cigarette before age 13 years (even one or two puffs)													
							8.3	7.1	5.5	5.7	Decreased, 2017-2023	Not available [¶]	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													
				5.9	3.8	2.7	2.2	1.3	1.3	0.8	Decreased, 2011-2023	No quadratic change	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													
				3.4	3.1	1.8	1.7	1.2	1.1	0.8	Decreased, 2011-2023	No quadratic change	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
				16.7	11.5	9.5	8.2	6.4	3.8	3.3	Decreased, 2011-2023	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN36: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)											Decreased, 2015-2023	Not available [¶]	Decreased
						17.0	14.8	23.4	16.9	10.1			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)											Increased, 2015-2023	Not available	No change
						2.7	3.7	7.3	7.0	5.8			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)											Increased, 2015-2023	Not available	No change
						1.6	2.4	4.6	5.3	4.7			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**White*
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN37: Percentage of students who usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], during the 30 days before the survey, among students who currently used electronic vapor products)											No linear change	Not available [¶]	No change
						5.8	4.6	2.8	2.2		Decreased, 2017-2023	Not available	No change
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)											No linear change	No quadratic change	No change
		0.5	1.2	0.6	1.0	0.9	0.4	0.6					
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)													

*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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*													
Tobacco Use													
Health Risk Behavior and Percentages											Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
			0.5	0.8	0.4	0.7	0.7	0.2	0.5		No linear change	No quadratic change	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
			20.1	14.7	11.1	10.7	7.6	6.0	4.6		Decreased, 2011-2023	No quadratic change	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)													
						12.7	9.8	7.4	5.6		Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
						18.5	25.0	19.0	10.9		Decreased, 2017-2023	Not available [¶]	Decreased
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)													
						19.5	16.9	24.0	17.8	10.0	Decreased, 2015-2023	Not available	Decreased
QN39: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)													
			12.6	9.5	6.5	6.6	4.1	3.7	2.1		Decreased, 2011-2023	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
				18.7	16.7	13.1	15.1	15.2	14.1	9.9	Decreased, 2011-2023	No quadratic change	Decreased
QN42: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)													
				35.0	30.6	26.5	29.3	30.2	27.6	20.3	Decreased, 2011-2023	No quadratic change	Decreased
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							15.4	16.3	16.1	9.4	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN47: Percentage of students who tried marijuana for the first time before age 13 years													
				6.8	5.3	4.7	4.0	3.7	3.0	3.6	Decreased, 2011-2023	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
				18.3	15.9	13.7	15.8	16.4	15.6	10.8	Decreased, 2011-2023	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White* Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse													
								30.4	24.6	23.7	Decreased, 2019-2023	Not available [¶]	No change
QN57: Percentage of students who had sexual intercourse for the first time before age 13 years													
								1.8	2.8	2.2	No linear change	Not available	No change
QN58: Percentage of students who had sexual intercourse with four or more persons during their life													
								6.8	4.9	4.1	Decreased, 2019-2023	Not available	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)													
								20.9	17.4	19.0	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													
								20.2	23.0	12.6	Decreased, 2019-2023	Not available [¶]	Decreased
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)													
								60.4	52.5	57.1	No linear change	Not available	No change
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									27.4	23.8	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN82: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)											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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]													
				8.7	10.5	12.0	11.5	12.5	14.5	11.3	Increased, 2011-2023	No quadratic change	No change
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]													
				13.9	13.5	12.3	13.6	15.2	12.8	16.2	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
				26.6	30.3	30.0	28.0	27.9	30.4	26.4	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

White*
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
				11.2	13.4	11.9	12.5	12.0	14.3	8.9	No linear change	No quadratic change	Decreased
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
				33.9	38.5	36.3	37.0	41.4	43.4	38.0	Increased, 2011-2023	No quadratic change	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)													
				21.9	27.8	31.2	31.4	31.4	31.4	31.0	Increased, 2011-2023	Increased, 2011-2015 No change, 2015-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
				24.4	23.1	17.9	17.7	17.9	20.0	21.2	No linear change	Decreased, 2011-2017 No change, 2017-2023	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
				17.0	15.3	10.5	9.8	10.3	11.5	11.6	Decreased, 2011-2023	Decreased, 2011-2017 No change, 2017-2023	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
					11.1	11.3	12.0	17.2	20.9	18.9	Increased, 2013-2023	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
					43.0	42.7	42.2	34.8	28.5	28.5	Decreased, 2013-2023	No quadratic change	No change
QN108: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not counting green salad, one or more times during the 7 days before the survey)													
								11.4	9.4	8.4	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White* Physical Activity		Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QN76: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														
			48.6	48.4	51.5	47.3	46.2	47.0	47.4		No linear change	No quadratic change	No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														
			13.7	12.6	13.1	13.8	13.6	14.6	15.6		No linear change	No quadratic change	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														
			26.2	26.5	29.4	24.9	23.8	26.7	28.5		No linear change	No quadratic change	No change	

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN111: Percentage of students who spent 3 or more hours per day of screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork, on an average school day)													
									74.9	77.3	No linear change	Not available [‡]	No change

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White* Other	Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN83: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)													
						81.7	83.1	82.3	78.1	77.9	Decreased, 2015-2023	Not available [¶]	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													
						1.1	1.2	0.9	1.7	1.6	No linear change	Not available	No change
QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)													
						30.1	28.1	25.4	24.9	23.8	Decreased, 2015-2023	Not available	No change
QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)													
							1.9	2.2	1.2	1.4	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White* Other	Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
	QN87: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)												
						83.7	85.3	84.4	83.3	81.0	No linear change	Not available [¶]	No change
	QN116: Percentage of students who gambled on a sports team, gambled when playing cards or a dice game, played one of their state's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game (one or more times during the 12 months before the survey)												
									17.7	20.2	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*
Demographic

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN65: Percentage of students who described themselves as transgender.													
								1.3	3.5	5.3	Increased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*
Mental Health

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
									34.5	28.8	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*
Birth Control

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)											No linear change	Not available [‡]	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)											No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)											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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

White*
Birth Control

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									13.3	6.4	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Adverse Childhood Experiences

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]		
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023					
QN92: Percentage of students who reported that an adult or person at least 5 years older than them ever made them do sexual things they did not want to do (counting such things as kissing, touching, or being made to have sexual intercourse)											6.8	5.4	No linear change	Not available [‡]	No change
QN94: Percentage of students who reported that a parent or other adult in their home most of the time or always hit, beat, kicked, or physically hurt them in any way (during their life)											0.8	1.2	No linear change	Not available	No change
QN95: Percentage of students who reported that their parents or other adults in their home most of the time or always slapped, hit, kicked, punched, or beat each other up (during their life)											1.0	1.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

White*

Adverse Childhood Experiences

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN112: Percentage of students who reported that an adult in their household most of the time or always tried to make sure their basic needs were met (such as looking after their safety and making sure they had clean clothes and enough to eat, during their life)											No linear change	Not available [‡]	No change
QN115: Percentage of students who have ever been separated from a parent or guardian because they went to jail, prison, or a detention center											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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)													
			15.8	20.5	16.1	15.4	12.0	8.9	13.5		Decreased, 2011-2023	No quadratic change	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													
			6.0	4.7	6.0	1.6	1.2	0.0			Not available	Not available [¶]	Not available
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)													
			2.4	3.6	1.7	1.8	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)													
								5.2	1.8	2.7	No linear change	Not available [¶]	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													
				7.4	4.9	7.7	6.8	7.5	13.8	14.9	Increased, 2011-2023	No quadratic change	No change
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)													
				8.0	6.1	7.0	7.6	8.4	5.8	8.1	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													
			26.6	30.4	24.3	27.4	23.2	16.9	21.4		Decreased, 2011-2023	No quadratic change	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)													
							5.0	5.8	5.9		No linear change	Not available [¶]	No change
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)													
							8.4	8.6	6.8		No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]							
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023										
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)											5.1	8.5	4.3	No linear change	Not available [¶]	No change				
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)											11.1	11.8	11.3	7.9	9.4	6.5	Decreased, 2013-2023	No quadratic change	No change	
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)											16.1	16.3	12.7	10.9	12.7	7.5	13.0	Decreased, 2011-2023	No quadratic change	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN25: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)													
				11.2	9.0	7.7	8.5	10.9	7.6	8.1	No linear change	No quadratic change	No change
QN26: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)													
				24.4	21.7	23.6	24.7	29.7	38.5	30.1	Increased, 2011-2023	No quadratic change	Decreased
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
				14.2	12.7	11.6	12.5	16.5	19.4	14.5	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
			11.6	14.2	9.4	10.5	11.6	14.6	12.9		No linear change	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
			10.7	10.6	8.4	7.7	9.9	13.2	9.1		No linear change	No quadratic change	No change
QN30: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)													
			4.7	4.0	3.1	2.6	1.2	4.3	3.2		No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black* Tobacco Use		Health Risk Behavior and Percentages									Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]	
		2003	2005	2007	2009	2011	2013	2015	2017	2019				2021
QN32: Percentage of students who smoked a cigarette before age 13 years (even one or two puffs)														
							7.9	6.4	5.9	4.0	Decreased, 2017-2023	Not available [¶]	No change	
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)														
					3.3	3.1	1.1	0.7	0.8	0.5	0.0	Not available	Not available	Not available
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														
					2.7	2.2	0.7	0.2	0.4	0.5	0.0	Not available	Not available	Not available
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)														
					8.9	9.7	3.7	3.6	3.1	1.4	1.3	Decreased, 2011-2023	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN36: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)													
						16.3	6.6	12.2	10.2	8.0	Decreased, 2015-2023	Not available [¶]	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													
						2.5	1.1	3.0	3.5	2.8	No linear change	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													
						1.9	0.8	1.6	2.6	2.3	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black* Tobacco Use																				
Health Risk Behavior and Percentages											Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]							
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023										
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)											1.7	2.1	1.4	1.5	No linear change	Not available [¶]	No change			
QNFRFCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)											2.6	3.2	1.8	1.7	1.4	0.5	0.3	Decreased, 2011-2023	No quadratic change	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)											2.6	2.6	1.2	1.3	0.8	0.5	0.3	Decreased, 2011-2023	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black* Tobacco Use													
Health Risk Behavior and Percentages											Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
			12.3	16.4	7.3	7.6	6.2	2.5	3.9		Decreased, 2011-2023	No quadratic change	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)													
						7.6	6.7	3.1	4.7		No linear change	Not available [¶]	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
						10.7	15.6	11.1	8.5		Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)													
						16.1	7.6	12.8	10.2	8.0	Decreased, 2015-2023	Not available [¶]	No change
QN39: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)													
				9.1	15.0	6.9	6.8	5.1	1.8	3.7	Decreased, 2011-2023	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
				12.5	19.3	14.9	12.5	15.8	11.8	10.3	Decreased, 2011-2023	No quadratic change	No change
QN42: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)													
				20.7	23.7	17.5	17.8	16.1	9.7	11.1	Decreased, 2011-2023	No quadratic change	No change
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							6.6	4.4	3.8	5.1	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN47: Percentage of students who tried marijuana for the first time before age 13 years													
			7.9	11.4	9.0	7.6	8.0	4.6	3.7		Decreased, 2011-2023	No change, 2011-2019 Decreased, 2019-2023	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
			15.5	22.0	20.1	18.0	18.8	11.8	10.1		Decreased, 2011-2023	No change, 2011-2019 Decreased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Sexual Behaviors**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse											Decreased, 2019-2023	Not available [¶]	No change
								35.7	23.6	22.5			
QN57: Percentage of students who had sexual intercourse for the first time before age 13 years											No linear change	Not available	No change
								3.9	1.8	3.7			
QN58: Percentage of students who had sexual intercourse with four or more persons during their life											Decreased, 2019-2023	Not available	No change
								9.0	4.0	3.4			
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)											Decreased, 2019-2023	Not available	No change
								24.7	15.0	14.2			

*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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Sexual Behaviors**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													
								15.2	12.0	15.1	No linear change	Not available [¶]	No change
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)													
								56.9	47.3	47.5	No linear change	Not available	No change
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									12.3	8.3	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Sexual Behaviors**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]			
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023						
QN82: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)											6.8	3.0	4.1	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black*													
Dietary Behaviors													
Health Risk Behavior and Percentages											Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [†]													
				16.8	17.6	15.1	16.9	19.3	20.8	18.8	No linear change	No quadratic change	No change
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [†]													
				23.9	16.4	18.8	19.5	18.0	15.9	17.0	Decreased, 2011-2023	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
				29.6	25.2	27.9	26.9	29.4	26.2	27.7	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
			20.6	18.1	16.9	18.7	20.4	21.0	9.1		Decreased, 2011-2023	No change, 2011-2019 Decreased, 2019-2023	Decreased
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
			54.8	53.6	50.0	50.4	56.0	54.2	49.2		No linear change	No quadratic change	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)													
			17.7	21.9	25.0	33.9	31.7	36.2	31.9		Increased, 2011-2023	Increased, 2011-2017 No change, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Black*
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
				24.1	24.2	18.3	15.9	17.0	14.3	13.3	Decreased, 2011-2023	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
				15.7	17.9	12.3	11.9	10.8	7.7	7.5	Decreased, 2011-2023	No quadratic change	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
					13.8	16.8	16.4	20.5	25.3	20.7	Increased, 2013-2023	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
					29.8	27.7	27.5	26.8	25.6	24.9	No linear change	No quadratic change	No change
QN108: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not counting green salad, one or more times during the 7 days before the survey)													
								19.6	21.8	13.8	Decreased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Physical Activity**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: 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)													
				45.3	41.5	39.6	40.2	35.9	36.4	38.2	Decreased, 2011-2023	No quadratic change	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
				19.3	18.5	24.2	20.5	23.6	26.0	20.2	No linear change	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													
				24.3	22.9	21.0	22.6	20.9	19.6	19.5	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Physical Activity

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN111: Percentage of students who spent 3 or more hours per day of screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork, on an average school day)													
									76.3	81.3	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
	QN83: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)												
						65.2	66.6	66.3	61.8	70.8	No linear change	Not available [¶]	Increased
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)												
						2.5	2.7	3.0	5.3	3.9	No linear change	Not available	No change
	QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)												
						23.5	24.6	23.6	22.5	19.9	No linear change	Not available	No change
	QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)												
							4.4	3.2	4.7	4.2	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN87: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)													
						73.8	75.1	68.7	71.4	72.6	No linear change	Not available [¶]	No change
QN116: Percentage of students who gambled on a sports team, gambled when playing cards or a dice game, played one of their state's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game (one or more times during the 12 months before the survey)													
									12.7	18.1	Increased, 2021-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Demographic

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN65: Percentage of students who described themselves as transgender.											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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Mental Health

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
									28.1	24.9	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

**Black*
Birth Control**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									3.4	0.0	Not available	Not available [‡]	Not available
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									23.6	13.0	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									6.7	3.4	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*
Birth Control

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									16.4	13.8	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Black*

Adverse Childhood Experiences

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]		
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023					
QN92: Percentage of students who reported that an adult or person at least 5 years older than them ever made them do sexual things they did not want to do (counting such things as kissing, touching, or being made to have sexual intercourse)											6.6	4.1	No linear change	Not available [‡]	No change
QN94: Percentage of students who reported that a parent or other adult in their home most of the time or always hit, beat, kicked, or physically hurt them in any way (during their life)											3.2	1.7	No linear change	Not available	No change
QN95: Percentage of students who reported that their parents or other adults in their home most of the time or always slapped, hit, kicked, punched, or beat each other up (during their life)											3.2	1.0	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Black*

Adverse Childhood Experiences

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN112: Percentage of students who reported that an adult in their household most of the time or always tried to make sure their basic needs were met (such as looking after their safety and making sure they had clean clothes and enough to eat, during their life)													
									89.1	88.5	No linear change	Not available [‡]	No change
QN115: Percentage of students who have ever been separated from a parent or guardian because they went to jail, prison, or a detention center													
									19.4	15.8	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)													
			23.5	26.5	20.4	18.1	14.6	8.9	11.0		Decreased, 2011-2023	No quadratic change	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													
			12.1	6.8	6.4	8.0	1.8	3.6			Decreased, 2013-2023	No quadratic change	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)													
					3.6	4.7	3.2	2.1	1.0		Decreased, 2015-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)													
								4.3	2.3	2.2	No linear change	Not available [§]	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													
			8.5	8.3	7.0	7.1	13.7	15.5	14.0		Increased, 2011-2023	No quadratic change	No change
QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)													
			13.2	9.5	8.6	6.3	9.0	7.4	8.3		No linear change	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													
				30.2	26.2	21.2	22.3	21.4	12.0	16.3	Decreased, 2011-2023	No quadratic change	Increased
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)													
								7.7	5.9	8.8	No linear change	Not available [§]	No change
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)													
								10.1	8.6	11.2	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)													
								6.9	4.7	10.5	No linear change	Not available [§]	No change
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)													
					12.9	13.5	14.3	8.6	4.5	13.4	No linear change	No quadratic change	Increased
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)													
			20.9	20.3	16.6	12.0	17.4	10.7	15.6		Decreased, 2011-2023	Decreased, 2011-2017 No change, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN25: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)													
			14.3	17.2	10.8	9.6	14.5	10.7	10.9		No linear change	No quadratic change	No change
QN26: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)													
			32.2	32.8	32.1	32.4	39.5	36.7	37.6		No linear change	No quadratic change	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
			22.3	16.5	14.6	17.5	18.1	14.2	14.3		Decreased, 2011-2023	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
				18.4	16.9	12.1	14.5	13.2	11.3	10.4	Decreased, 2011-2023	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
				20.2	17.5	8.0	9.4	8.8	7.7	8.1	Decreased, 2011-2023	Decreased, 2011-2015 No change, 2015-2023	No change
QN30: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)													
				7.6	7.5	2.3	2.7	3.7	2.2	2.4	Decreased, 2011-2023	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey

Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN32: Percentage of students who smoked a cigarette before age 13 years (even one or two puffs)													
							7.8	8.9	6.6	5.0	Decreased, 2017-2023	Not available [§]	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													
				7.1	4.6	1.4	1.8	2.0	0.6	0.4	Decreased, 2011-2023	No quadratic change	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													
				6.4	2.6	1.4	1.8	1.7	0.6	0.4	Decreased, 2011-2023	No quadratic change	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
				22.2	17.1	11.0	6.4	6.7	3.2	1.0	Decreased, 2011-2023	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Tobacco Use																			
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †						
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023									
QN36: 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)											18.4	10.7	22.3	12.7	6.3	Decreased, 2015-2023		Not available [§]	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)											2.8	2.9	7.7	3.4	1.7	No linear change		Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)											2.4	2.5	5.5	2.4	1.7	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic Tobacco Use											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)													
							3.4	4.2	1.8	1.1	Decreased, 2017-2023	Not available [§]	No change
QNFRFCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)													
				3.3	2.5	2.8	1.7	1.7	1.0	0.6	Decreased, 2011-2023	No quadratic change	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)													
				3.1	1.9	2.0	1.6	1.7	0.5	0.3	Decreased, 2011-2023	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Tobacco Use													
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
				23.3	18.5	12.8	7.9	8.7	4.1	1.4	Decreased, 2011-2023	No quadratic change	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)													
							8.3	9.7	4.5	1.4	Decreased, 2017-2023	Not available [§]	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
							11.9	23.8	13.7	5.3	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic Tobacco Use		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023				
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)														
						21.9	11.7	23.3	13.0	5.3	Decreased, 2015-2023	Not available [§]	Decreased	
QNTB9: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)														
				12.7	12.2	10.0	6.6	6.1	2.1	1.7	Decreased, 2011-2023	Decreased, 2011-2019 Decreased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
				30.4	23.8	17.4	16.5	16.7	14.8	15.4	Decreased, 2011-2023	No quadratic change	No change
QN42: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)													
				27.0	24.9	24.0	23.2	26.3	15.1	15.5	Decreased, 2011-2023	No quadratic change	No change
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							13.2	13.5	7.0	5.8	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN47: Percentage of students who tried marijuana for the first time before age 13 years													
				12.9	10.5	6.8	7.5	5.4	2.9	1.8	Decreased, 2011-2023	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
				23.4	22.0	19.1	18.7	20.3	8.7	8.3	Decreased, 2011-2023	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †			
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023						
QN56: Percentage of students who ever had sexual intercourse											38.4	22.0	24.5	Decreased, 2019-2023	Not available [§]	No change
QN57: Percentage of students who had sexual intercourse for the first time before age 13 years											4.3	3.0	3.0	No linear change	Not available	No change
QN58: Percentage of students who had sexual intercourse with four or more persons during their life											8.5	3.8	4.5	Decreased, 2019-2023	Not available	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)											26.6	12.4	17.1	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													
								16.4	22.6	18.3	No linear change	Not available [§]	No change
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)													
								57.3	54.3	62.0	No linear change	Not available	No change
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									10.7	11.4	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN82: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)													
								8.9	2.6	4.5	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]													
			13.0	10.8	14.9	14.5	20.0	23.5	16.3		Increased, 2011-2023	No quadratic change	Decreased
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]													
			21.8	20.7	21.0	16.7	16.2	18.9	15.0		No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
			32.3	32.0	35.9	33.2	36.3	38.6	33.6		No linear change	No quadratic change	No change

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

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
				15.3	13.9	13.0	12.3	13.4	13.7	8.4	Decreased, 2011-2023	No quadratic change	Decreased
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
				44.1	44.2	39.9	39.5	43.9	46.8	43.1	No linear change	No quadratic change	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)													
				19.2	27.2	28.0	27.4	30.1	30.5	31.3	Increased, 2011-2023	No quadratic change	No change

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
				24.5	18.0	14.1	18.8	14.6	14.3	16.6	No linear change	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)													
				16.0	12.7	8.5	11.0	7.2	6.9	8.3	Decreased, 2011-2023	Decreased, 2011-2019 No change, 2019-2023	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
				19.9	18.6	15.3	20.0	25.5	20.0		No linear change	No quadratic change	No change

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
					30.0	33.3	35.1	32.3	27.6	30.4	No linear change	No quadratic change	No change
QN108: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not counting green salad, one or more times during the 7 days before the survey)													
								17.1	17.4	12.4	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Physical Activity		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
		2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN76: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														
					36.7	33.8	33.8	30.4	33.7	31.7	39.0	No linear change	No change, 2011-2019 Increased, 2019-2023	Increased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														
					18.7	19.2	18.9	21.4	21.5	24.1	23.2	Increased, 2011-2023	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														
					18.5	15.8	17.3	13.9	18.2	16.6	21.1	No linear change	No change, 2011-2017 Increased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN111: Percentage of students who spent 3 or more hours per day of screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork, on an average school day)													
									68.9	72.9	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
	QN83: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)												
						70.2	68.0	71.8	65.3	73.5	No linear change	Not available [§]	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)												
						2.4	3.1	3.5	4.4	3.8	No linear change	Not available	No change
	QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)												
						26.4	29.6	25.4	26.9	21.7	Decreased, 2015-2023	Not available	No change
	QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)												
							3.7	4.9	2.7	3.3	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic Other		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QN87: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)														
						67.5	72.4	69.8	64.6	68.3	No linear change	Not available [§]	No change	
QN116: Percentage of students who gambled on a sports team, gambled when playing cards or a dice game, played one of their state's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game (one or more times during the 12 months before the survey)														
									18.6	23.6	Increased, 2021-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Demographic

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN65: Percentage of students who described themselves as transgender.													
								2.2	2.1	1.8	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Mental Health

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
									27.6	25.4	No linear change	Not available [§]	No change

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

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

[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									1.0	4.3	No linear change	Not available [§]	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									14.5	15.6	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									4.4	7.3	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									15.2	15.3	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey Trend Analysis Report

Hispanic Adverse Childhood Experiences

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN92: Percentage of students who reported that an adult or person at least 5 years older than them ever made them do sexual things they did not want to do (counting such things as kissing, touching, or being made to have sexual intercourse)											No linear change	Not available [§]	No change
									7.5	8.7			
QN94: Percentage of students who reported that a parent or other adult in their home most of the time or always hit, beat, kicked, or physically hurt them in any way (during their life)											Increased, 2021-2023	Not available	No change
									1.8	3.9			
QN95: Percentage of students who reported that their parents or other adults in their home most of the time or always slapped, hit, kicked, punched, or beat each other up (during their life)											No linear change	Not available	No change
									1.2	2.1			

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia High School Survey
Trend Analysis Report

Hispanic
Adverse Childhood Experiences

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN112: Percentage of students who reported that an adult in their household most of the time or always tried to make sure their basic needs were met (such as looking after their safety and making sure they had clean clothes and enough to eat, during their life)													
									86.4	86.0	No linear change	Not available [§]	No change
QN115: Percentage of students who have ever been separated from a parent or guardian because they went to jail, prison, or a detention center													
									9.9	12.6	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.