Virginia Middle School Survey 10-year Trend Analysis Report

Injury and Violence	н	ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	<u> </u>		
QN6: Percentage of bicycle)	students who ran	rely or never wore a	bicycle helmet (an	mong students who	had ridden a			
64.3	58.7	59.4	60.3	53.4	52.9	Decreased, 2013-2023	No quadratic change	No change
QN7: Percentage of students who used ro		•	helmet when rolle	erblading or skateb	parding (among			
69.7	67.0	65.1	65.4	59.7	55.0	Decreased, 2013-2023	No quadratic change	No change
QN10: Percentage of	of students who w	vere ever in a physic	cal fight					
44.4	42.8	46.0	45.8	38.7	38.1	Decreased, 2013-2023	No change, 2013-2017 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.

Virginia Middle School Survey 10-year Trend Analysis Report

Total
Injury and Violence

njury and Violence		lealth Risk Behavi	or and Percentag	Linear Change*	Quadratic Change [*]	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023			
QN13: Percentage	e of students who w	vere ever bullied on	school property	:				
43.8	42.1	43.0	39.6	35.8	35.6	Decreased, 2013-2023	No quadratic change	No change
QN14: Percentage Instagram, Facebo	e of students who wok, or other social	vere ever electronic media)	ally bullied (count	ing being bullied th	nrough texting,			·,
19.8	18.5	19.5	21.0	26.1	22.7	Increased, 2013-2023	No quadratic change	No change
QN15: Percentage	e of students who e	ver seriously thoug	ht about killing the	emselves				
17.5	16.5	21.4	21.7	25.9	16.5	No linear change	Increased, 2013-2019 Decreased, 2019-2023	Decreased
QN16: Percentage	e of students who e	ver made a plan abo	out how they would	d kill themselves				
11.1	9.3	14.5	14.3	19.2	10.3	Increased, 2013-2023	Increased, 2013-2019 Decreased, 2019-2023	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.

Virginia Middle School Survey 10-year Trend Analysis Report

bacco Use	Н	ealth Risk Behavi	or and Percentage	Linear Change*	Quadratic Change [*]	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023	_		
QN20: Percentage survey)	e of students who cu	ırrently smoked ciş	garettes (on at least	1 day during the 3	30 days before the			
2.5	1.6	2.4	1.9	3.1	0.6	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	Decreased
QNFRCIG: Percer 30 days before the	ntage of students w survey)	ho currently smoke	ed cigarettes freque	ently (on 20 or mor	re days during the			
0.4	0.3	0.3	0.2	0.8	0.2	No linear change	No quadratic change	No change
QNDAYCIG: Perbefore the survey)	centage of students	who currently smo	oked cigarettes dail	y (on all 30 days d	luring the 30 days			,
0.2	0.3	0.2	0.1	0.5	0.2	No linear change	No quadratic change	No change
QN22: Percentage	e of students who ev	ver used an electro	nic vapor product					
		12.5	14.9	9.2	10.0	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.

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Н	ealth Risk Behavio	Linear Change*	Quadratic Change*	Change from 2021-2023			
2015	2017	2019	2021	2023	_		
		electronic vapor pro	oducts frequently (on 20 or more			
0.8	0.8	0.9	0.9	0.7	No linear change	Not available§	No change
	s who currently use	d electronic vapor	products daily (on	all 30 days during			
0.4	0.6	0.5	0.8	0.4	No linear change	Not available	No change
	2015 Intage of students will days before the sur 0.8 Centage of students when survey)	2015 2017 Intage of students who currently used endays before the survey) 0.8 0.8 Centage of students who currently used the survey)	2015 2017 2019 Intage of students who currently used electronic vapor produys before the survey) 0.8 0.8 0.9 Integer of students who currently used electronic vapor produce the survey)	ntage of students who currently used electronic vapor products frequently (days before the survey) 0.8 0.9 0.9 centage of students who currently used electronic vapor products daily (on the survey)	2015 2017 2019 2021 2023 Intage of students who currently used electronic vapor products frequently (on 20 or more days before the survey) 0.8 0.8 0.9 0.9 0.7 Therefore the survey of the survey o	2015 2017 2019 2021 2023 Intage of students who currently used electronic vapor products frequently (on 20 or more days before the survey) 0.8 0.9 0.9 0.7 No linear change electronic vapor products daily (on all 30 days during the survey)	2015 2017 2019 2021 2023 Intage of students who currently used electronic vapor products frequently (on 20 or more days before the survey) 0.8 0.9 0.9 0.7 No linear change Not available electronic vapor products daily (on all 30 days during the survey)

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

acco Use	н	ealth Risk Behavio	or and Percentage	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
issolvable tobacco	o products [such as	urrently used smoke Copenhagen, Grizz ducts, on at least 1 (zly, Skoal, Camel S	Snus, or Velo Nico	tine Lozenges],			
		2.2	2.2	2.0	0.9	Decreased, 2017-2023	Not available§	No chang
MEDCIZI . D.	entage of students w	ho currently used s						
lip, snus, or dissol	vable tobacco prod	ucts [such as Coper or more days during			J, U			
lip, snus, or dissol	vable tobacco prod				0.3	No linear change	Not available	No ch
ip, snus, or dissol- ny electronic vapo QNDAYSKL: Per lip, snus, or dissol-	vable tobacco products, on 20 corproducts, on 20 corproducts.	or more days during	0.5 d smokeless tobacc	0.7 co daily (chewing t koal, or Camel Snu	0.3	No linear change	Not available	No char

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	ealth Risk Behavio	or and Percentage	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
		urrently smoked cig , or Backwoods, or						
		1.9	1.9	2.7	0.9	Decreased, 2017-2023	Not available§	Decreased
		who currently smok s before the survey)		ly (cigars, cigarillos	s, or little cigars,			
				ly (cigars, cigarillos	s, or little cigars,	No linear change	Not available	No chang
n 20 or more days NDAYCGR: Per	s during the 30 day	0.3 s who currently sme	0.4	0.7	0.4	No linear change	Not available	No chang

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

obacco Use	Н	ealth Risk Behavio		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023	_		
QNTB2: Percentage before the survey)	e of students who	currently smoked c	igarettes or cigars	(on at least 1 day of	during the 30 days	,		
		3.0	2.6	4.2	1.0	Decreased, 2017-2023	Not available [§]	Decreased
QNTB3: Percentage least 1 day during th			igarettes or cigars	or used smokeless	tobacco (on at			
	•	3.7	3.5	4.5	1.4	Decreased, 2017-2023	Not available	Decreased
QNTB4: Percentage electronic vapor pro-					tobacco or			
		6.1	7.7	6.4	3.9	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.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	ealth Risk Behavi	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change f 2021-2	
2013	2015	2017	2019	2021	2023				
						-			
	ge of students who		cigarettes or used e	electronic vapor pro	oducts (on at leas	t			

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	ealth Risk Behavi	or and Percentag	Linear Change*	Quadratic Change*	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023			
N27: Percentage	e of students who de	rank alcohol for the	e first time before a	age 11 years (other	than a few sips)			
9.3	7.9	10.3	12.0	10.6	6.9	No linear change	Increased, 2013-2019 Decreased, 2019-2023	Decreased
N29: Percentage	e of students who tr	ied marijuana for t	he first time before	age 11 years				
2.6	2.3	3.2	2.8	0.9	1.1	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	No change
	e of students who even a doctor told the Percocet)							
		4.9	10.0	12.0	7.6	Increased, 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.

Virginia Middle School Survey 10-year Trend Analysis Report

Total Alcoho	ol and Other D	J	ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 [†]
-	2013	2015	2017	2019	2021	2023			
_	31: Percentage ebase)	of students who e	ver used cocaine (a	ny form of cocaine	e, including powder	r, crack, or			_
			3.0	1.6	1.4	0.8	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.

Virginia Middle School Survey 10-year Trend Analysis Report

ietary Behaviors	H	lealth Risk Behavi	or and Percentag		Linear Change*	Quadratic Change*	Change from 2021-2023 †	
2013	2015	2017	2019	2021	2023			
QN39: Percentage	e of students who d	id not eat breakfast	(during the 7 days	before the survey)				
9.2	6.6	9.6	10.4	15.5	11.5	Increased, 2013-2023	No quadratic change	No change
QNBK7DAY: Pe	rcentage of student	s who ate breakfast	on all 7 days (duri	ng the 7 days before	re the survey)			
53.9	56.8	52.6	43.9	39.7	43.6	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.

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Physical Activity Health Risk Behavior and Percentages Linear Change* Quadratic Change* Change from 2021-2023 [†] 2013 2015 2017 2019 2021 2023 QN40: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 55.8 55.8 53.4 51.1 50.4 54.8 No quadratic change No change No linear change QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at

9.7

31.3

9.6

33.6

No linear change

No linear change

No quadratic change

No quadratic change

12.4

29.0

least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of

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

9.2

32.0

the time during the 7 days before the survey)

7.7

32.7

8.3

33.6

the 7 days before the survey)

Based on t-test analysis, p < 0.05.

Total

No change

No change

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

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	ealth Risk Behavi	or and Percentag		Linear Change*	Quadratic Change [*]	Change from 2021-2023	
2013	2015	2017	2019	2021	2023			
QN46: Percentag	e of students who g	ot 8 or more hours	of sleep (on an ave	erage school night)				
	62.0	60.4	57.6	49.2	53.2	Decreased, 2015-2023	Not available§	No change
QN47: Percentag	e of students who u	sually did not sleep	in their parent's or	r guardian's home (during the 30			
•	•	3.4	3.1	2.1	1.8	Decreased, 2017-2023	Not available	No change
		escribed their grade	es in school as mos	stly A's or B's (durin	ng the 12 months			
QN48: Percentagoefore the survey)		Č						

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Total Mental Health

		or and Percentage	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
2015	2017	2019	2021	2023	_		
students who ev	er tried to kill then	nselves	:				
5.8	8.5	9.3	7.3	7.0	No linear change	Increased, 2013-2019 Decreased, 2019-2023	No change
	students who ev	students who ever tried to kill then 5.8 8.5	students who ever tried to kill themselves 5.8 8.5 9.3	students who ever tried to kill themselves	students who ever tried to kill themselves 5.8 8.5 9.3 7.3 7.0	students who ever tried to kill themselves 5.8 8.5 9.3 7.3 7.0 No linear change	students who ever tried to kill themselves 5.8 8.5 9.3 7.3 7.0 No linear change Increased, 2013-2019

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Male Injury and Violence

ury and Violence		lealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
	of students who rai	rely or never wore a	a bicycle helmet (a	mong students who	had ridden a			
bicycle)								
66.6	61.7	61.7	64.2	56.6	56.7 parding (among	Decreased, 2013-2023	No quadratic change	No change
66.6 QN7: Percentage		rely or never wore a				Decreased, 2013-2023 Decreased, 2013-2023	No quadratic change No quadratic change	No change
66.6 QN7: Percentage students who used 71.5	of students who rai	rely or never wore a e a skateboard) 66.0	helmet when rolle	erblading or skateb	parding (among			
66.6 QN7: Percentage students who used 71.5	of students who ran I rollerblades or rod 69.7	rely or never wore a e a skateboard) 66.0	helmet when rolle	erblading or skateb	parding (among			
QN7: Percentage students who used 71.5 QN10: Percentage 56.2	of students who rail rollerblades or rod 69.7	rely or never wore as a skateboard) 66.0 vere ever in a physic 57.8	63.4 cal fight 56.5	erblading or skateb	parding (among 58.8	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.

Virginia Middle School Survey 10-year Trend Analysis Report

jury and Violence	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN14: Percentage Instagram, Faceboo			ally bullied (count	ing being bullied th	nrough texting,			
12.8	14.4	14.4	16.2	20.0	15.7	Increased, 2013-2023	No quadratic change	No change
QN15: Percentage	of students who e	ver seriously though	ht about killing the	emselves	,			
12.6	13.0	16.1	14.6	19.7	9.9	No linear change	No change, 2013-2019 Decreased, 2019-2023	Decreased
QN16: Percentage	of students who e	ver made a plan abo	out how they woul	d kill themselves				
8.0	6.7	11.0	9.0	13.7	6.9	No linear change	Increased, 2013-2017 No change, 2017-2023	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.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	ealth Risk Behavi	or and Percentage	es		Linear Change*	near Change [*] Quadratic Change [*] Chang 202	
2013	2015	2017	2019	2021	2023	_		
QN20: Percentage survey)	e of students who cu	urrently smoked cig	garettes (on at least	1 day during the 3	0 days before the			
2.7	1.5	2.6	2.0	4.7	0.4	No linear change	No change, 2013-2017 Decreased, 2017-2023	Decreased
QNFRCIG: Perce 30 days before the	entage of students w	ho currently smoke	ed cigarettes freque	ently (on 20 or mor	e days during the			
0.5	0.5	0.4	0.1	1.4	0.2	No linear change	No quadratic change	No change
	rcentage of students	who currently smo	oked cigarettes dail	y (on all 30 days d	uring the 30 days			
QNDAYCIG: Per before the survey)		wile contently since	8					
		0.2	0.1	0.8	0.2	No linear change	No quadratic change	No change
before the survey) 0.3	-	0.2	0.1	0.8	0.2	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.

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	lealth Risk Behavio	or and Percentage	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
	entage of students w	who currently used e	electronic vapor pr	oducts frequently (on 20 or more			
	0.9	1.2	0.9	1.1	0.4	No linear change	Not available§	No change
QNDAYEVP: Per he 30 days before		s who currently used	d electronic vapor	products daily (on	all 30 days during	No linear change	Not available	Decreased
	0.4	0.9	0.7			-		
ape pens, e-cigars	e of students who co	urrently used an ele	ectronic vapor prod					,

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

pacco Use	н	ealth Risk Behavio	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
dissolvable tobacco	e of students who co o products [such as lectronic vapor pro	Copenhagen, Grizz	zly, Skoal, Camel	Snus, or Velo Nico	tine Lozenges],			
		2.8	2.7	2.6	1.0	Decreased, 2017-2023	Not available§	No change
dip, snus, or dissol	entage of students wable tobacco products, on 20 of	ucts [such as Coper or more days during	nhagen, Grizzly, S g the 30 days befor	koal, or Camel Snure the survey)	is], not counting			
		0.4	0.6	1.2	0.3	No linear change	Not available	No change
	2 1	who currently use	d smokeless tobac	co daily (chewing t	tobacco, snuff,			
	rcentage of students vable tobacco prod or products, on all 3	ucts [such as Coper	nhagen, Grizzly, S	koal, or Camel Snu				

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Male	
Tobacco	Use

lale obacco Use	He	ealth Risk Behavio	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023	_		
QN25: Percentage Middleton's [includ								
		2.5	2.0	3.8	0.7	Decreased, 2017-2023	Not available§	Decreased
QNFRCGR: Perce on 20 or more days				ly (cigars, cigarillos	s, or little cigars,			
		0.3	0.4	1.2	0.4	No linear change	Not available	No change
QNDAYCGR: Per all 30 days during t			oked cigars daily (cigars, cigarillos, o	r little cigars, on			
		0.2	0.3	1.2	0.3	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Male Tobacco Use

obacco Use	Н	ealth Risk Behavio	or and Percentage	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QNTB2: Percentage before the survey)	e of students who	currently smoked c	igarettes or cigars	(on at least 1 day of	during the 30 days			
		3.4	2.7	5.7	0.6	Decreased, 2017-2023	Not available [§]	Decreased
QNTB3: Percentage least 1 day during the			igarettes or cigars	or used smokeless	tobacco (on at			
		4.3	4.1	6.0	1.0	Decreased, 2017-2023	Not available	Decreased
QNTB4: Percentage electronic vapor pro					tobacco or			,
		7.3	8.1	7.7	2.9	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.

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Male Tobac	co Use								
	Health Risk Behavior and Percentages							Quadratic Change*	Change from 2021-2023 †
	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)

> 7.0 6.8 6.9 6.8 2.6 Decreased, 2015-2023 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.

Virginia Middle School Survey 10-year Trend Analysis Report

cohol and Other E	_	ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN27: Percentage	e of students who d	rank alcohol for the	e first time before a	age 11 years (other	than a few sips)			
10.8	9.6	10.7	12.9	11.6	6.0	Decreased, 2013-2023	Increased, 2013-2019 Decreased, 2019-2023	Decreased
QN29: Percentage	e of students who tr	ied marijuana for tl	ne first time before	e age 11 years				
3.3	3.1	4.1	3.8	0.8	0.9	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	No change
	w a doctor told the	ver took prescription to use it (counting						
		5.2	7.7	11.4	5.5	No linear change	Not available§	Decreased

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

		Linear Change [*]	Quadratic Change*	Change from 2021-2023 †			
2015	2017	2019	2021	2023			
lents who eve					Decreased 2017-2023	Not available [§]	No change
			ents who ever used cocaine (any form of cocaine	ents who ever used cocaine (any form of cocaine, including powde	ents who ever used cocaine (any form of cocaine, including powder, crack, or	ents who ever used cocaine (any form of cocaine, including powder, crack, or	ents who ever used cocaine (any form of cocaine, including powder, crack, or

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Male **Dietary Behaviors Linear Change*** **Health Risk Behavior and Percentages** Quadratic Change* Change from 2021-2023 † 2013 2015 2017 2019 2021 2023 QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey) 7.4 5.9 8.0 8.8 9.8 8.7 No linear change No quadratic change No change QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) Decreased, 2013-2023 No quadratic change No change 58.6 60.6 59.1 48.9 45.1 49.4

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

Virginia Middle School Survey 10-year Trend Analysis Report

Male **Physical Activity Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2021-2023 [†] 2013 2015 2017 2019 2021 2023 QN40: 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) 60.5 60.6 57.8 56.9 53.1 60.2 No quadratic change No linear 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) 7.0 6.9 8.7 10.0 9.5 8.6 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) 39.1 39.9 35.9 35.6 36.2 40.4 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.

Virginia Middle School Survey 10-year Trend Analysis Report

ther	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN46: Percentage	of students who go	ot 8 or more hours	of sleep (on an ave	erage school night)				
	63.3	60.3	61.3	50.0	57.0	Decreased, 2015-2023	Not available§	No change
QN47: Percentage days before the sur		sually did not sleep	in their parent's o	r guardian's home (during the 30			
		5.0	4.0	3.4	1.8	Decreased, 2017-2023	Not available	No change
QN48: Percentage before the survey)	of students who do	escribed their grade	es in school as mos	stly A's or B's (duri	ng the 12 months			
	80.0	80.6	74.3	73.7	78.4	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.

Virginia Middle School Survey 10-year Trend Analysis Report

Male Mental Health

			Linear Change*	Quadratic Change*	Change from 2021-2023 †		
2015	2017	2019	2021	2023	_		
tudents who ev	er tried to kill then	nselves		· ·			
3.7	6.0	5.9	6.4	4.0	No linear change	Increased, 2013-2019 Decreased, 2019-2023	No change
	tudents who ev	tudents who ever tried to kill ther 3.7 6.0	tudents who ever tried to kill themselves 3.7 6.0 5.9	tudents who ever tried to kill themselves 3.7 6.0 5.9 6.4	tudents who ever tried to kill themselves	tudents who ever tried to kill themselves 3.7 6.0 5.9 6.4 4.0 No linear change	tudents who ever tried to kill themselves 3.7 6.0 5.9 6.4 4.0 No linear change Increased, 2013-2019 Decreased, 2019-2023

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Female Injury and Violence

	Н	Iealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023	<u> </u>		
QN6: Percentage picycle)	of students who ran	rely or never wore a	a bicycle helmet (a	mong students who	had ridden a			
61.7	55.8	57.0	55.9	50.3	48.4	Decreased, 2013-2023	No quadratic change	No change
QN7: Percentage		rely or never wore a le a skateboard) 64.2	a helmet when rolle	erblading or skateb	oarding (among 51.2	Decreased, 2013-2023	No quadratic change	No change
QN7: Percentage tudents who used 67.7	of students who ran rollerblades or rod 64.1	le a skateboard)	67.4	_		Decreased, 2013-2023	No quadratic change	No change
QN7: Percentage tudents who used 67.7	of students who ran rollerblades or rod 64.1	le a skateboard) 64.2	67.4	_		Decreased, 2013-2023 No linear change	No quadratic change No change, 2013-2019 Decreased, 2019-2023	No change
QN7: Percentage students who used 67.7 QN10: Percentage 32.0	of students who rai rollerblades or rod 64.1 e of students who v 26.9	de a skateboard) 64.2 vere ever in a physi	67.4 cal fight 34.5	63.4	51.2		No change, 2013-2019	

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

Virginia Middle School Survey 10-year Trend Analysis Report

njury and Violence		ealth Risk Behavi	or and Percentag	es	Linear Change* Quadratic Change*				
2013	2015	2017	2019	2021	2023	_			
QN14: Percentage Instagram, Faceboo			ally bullied (count	ing being bullied th	nrough texting,	,			
27.1	22.8	24.9	26.3	32.0	29.6	Increased, 2013-2023	No quadratic change	No change	
QN15: Percentage	of students who e	ver seriously though	nt about killing the	emselves					
22.7	20.2	27.2	29.1	31.7	23.2	Increased, 2013-2023	Increased, 2013-2019 Decreased, 2019-2023	Decreased	
QN16: Percentage	e of students who e	ver made a plan abo	out how they woul	d kill themselves					
14.3	12.2	18.2	20.0	24.5	13.9	Increased, 2013-2023	Increased, 2013-2019 Decreased, 2019-2023	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.

Virginia Middle School Survey 10-year Trend Analysis Report

obacco Use	Н	ealth Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN20: Percentage survey)	of students who cu	rrently smoked cig	garettes (on at least	1 day during the 3	30 days before the			
2.0	1.5	2.0	1.8	1.6	0.9	Decreased, 2013-2023	No quadratic change	No change
QNFRCIG: Percen 30 days before the s		ho currently smoke	ed cigarettes freque	ntly (on 20 or mor	re days during the			
0.3	0.1	0.1	0.2	0.3	0.3	No linear change	No quadratic change	No change
QNDAYCIG: Perc before the survey)	entage of students	who currently smo	oked cigarettes dail	y (on all 30 days d	luring the 30 days			
0.1	0.1	0.1	0.2	0.3	0.3	No linear change	No quadratic change	No change
QN22: Percentage	of students who ev	ver used an electron	nic vapor product					
		10.8	14.8	8.1	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.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	lealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
	ntage of students v days before the su	who currently used or rvey)	electronic vapor pr	oducts frequently (on 20 or more	,		
	0.7	0.2	0.9	0.7	1.0	No linear change	Not available [§]	No change
NDAYEVP: Per he 30 days before		s who currently use	d electronic vapor	products daily (on	all 30 days during			
	0.5	0.2	0.4	0.4	0.7	No linear change	Not available	No change
ape pens, e-cigars		urrently used an ele ah pens, and mods [the survey)						
	4.3	3.4	6.0	3.8	4.7	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

emale obacco Use								
	H	lealth Risk Behavio	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
dissolvable tobacco	products [such as	urrently used smoke Copenhagen, Grizz ducts, on at least 1 (ly, Skoal, Camel	Snus, or Velo Nico	tine Lozenges],			
		1.4	1.5	1.5	0.9	No linear change	Not available§	No change
dip, snus, or dissol	vable tobacco prod	who currently used s lucts [such as Coper or more days during	hagen, Grizzly, S	koal, or Camel Snu				,
		0.1	0.4	0.2	0.2	No linear change	Not available	No change
dip, snus, or dissol	vable tobacco prod	s who currently used lucts [such as Coper 30 days during the 3	hagen, Grizzly, S	koal, or Camel Snu				,
		0.1	0.3	0.2	0.2	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
	of students who co							
	of students who co], or Backwoods, o	n at least 1 day dur	ring the 30 days bet	fore the survey)	No linear change	Not available [§]	No chang
						No linear change	Not available [§]	No chang
Aiddleton's [includ		l, or Backwoods, o	n at least 1 day dur 1.8 sed cigars frequent	ing the 30 days bet	O.7	No linear change	Not available [§]	No chan

0.2

0.2

No linear change

0.1

0.3

No change

Not available

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

obacco Use	Н	ealth Risk Behavio	or and Percentage	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QNTB2: Percentag before the survey)	e of students who	currently smoked c	igarettes or cigars	(on at least 1 day of	during the 30 days			
		2.4	2.5	2.8	1.1	No linear change	Not available§	No change
QNTB3: Percentag least 1 day during the			rigarettes or cigars	or used smokeless	tobacco (on at			,
		3.0	2.8	3.0	1.4	No linear change	Not available	No change
QNTB4: Percentag					tobacco or			,
		4.6	7.2	5.3	4.6	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Female Tobacco Use								
	Н	ealth Risk Behavi	or and Percentage	es		Linear Change [*]	Quadratic Change*	Change from 2021-2023 †
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)

> 4.6 6.8 4.0 4.0 4.6 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.

nale cohol and Other D	_	ealth Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN27: Percentage	e of students who d	rank alcohol for the	e first time before a	ge 11 years (other	than a few sips)			
7.6	6.0	9.7	11.1	9.4	7.9	No linear change	No quadratic change	No change
QN29: Percentage	e of students who tr	ried marijuana for t	he first time before	age 11 years				
1.9	1.4	2.1	1.7	0.9	1.3	No linear change	No quadratic change	No change
	e of students who e w a doctor told the Percocet)							
		4.6	12.5	12.5	9.8	Increased, 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.

Female Alcoho	e bl and Other D		ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
_	2013	2015	2017	2019	2021	2023			
	31: Percentage base)	of students who ev			e, including powde		D 1 2017 2022	N 1.11 8	N. dans
			2.3	1.5	0.5	0.9	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.

Based on t-test analysis, p < 0.05.
Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Female **Dietary Behaviors Linear Change*** **Health Risk Behavior and Percentages** Quadratic Change* Change from 2021-2023 † 2013 2015 2017 2019 2021 2023 QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey) 11.1 7.5 10.9 12.0 20.5 14.3 Increased, 2013-2023 No quadratic change Decreased QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) Decreased, 2013-2023 No quadratic change No change 49.2 53.0 45.9 38.6 34.7 37.8

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

Virginia Middle School Survey 10-year Trend Analysis Report

Female Physical Activity Health Risk Behavior and Percentages Linear Change* Quadratic Change* Change from 2021-2023 [†] 2013 2015 2017 2019 2021 2023 QN40: 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) 51.0 51.0 48.8 45.3 47.6 49.5 No quadratic change No linear 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) 9.5 8.6 9.5 14.9 10.0 10.4 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) 28.0 25.2 27.9 22.3 26.1 26.7 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.

Virginia Middle School Survey 10-year Trend Analysis Report

Female

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
QN46: Percentage	of students who g	ot 8 or more hours	of sleep (on an ave	erage school night)				
	60.6	60.6	53.8	48.7	49.6	Decreased, 2015-2023	Not available§	No change
QN47: Percentage days before the sur		sually did not sleep	in their parent's o	r guardian's home (during the 30			
•	•	1.5	2.2	0.9	1.7	No linear change	Not available	No change
	of students who de	escribed their grade	es in school as mos	stly A's or B's (during	ng the 12 months			
before the survey)								

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Female

	Н	ealth Risk Behavio	or and Percentage	Linear Change [*]	Quadratic Change*	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023	_		
: Percentage	of students who ev	ver tried to kill then	nselves	:				
8.6	8.0	11.2	13.0	8.2	9.6	No linear change	No quadratic change	No change
	: Percentage	2013 2015 : Percentage of students who ex	2013 2015 2017 : Percentage of students who ever tried to kill then	2013 2015 2017 2019 : Percentage of students who ever tried to kill themselves	: Percentage of students who ever tried to kill themselves	2013 2015 2017 2019 2021 2023 : Percentage of students who ever tried to kill themselves	2013 2015 2017 2019 2021 2023 : Percentage of students who ever tried to kill themselves	2013 2015 2017 2019 2021 2023 : Percentage of students who ever tried to kill themselves

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

White*

	ee I	Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN6: Percentage bicycle)	of students who rar	ely or never wore a	bicycle helmet (an	mong students who	had ridden a			
56.2	48.7	51.1	53.4	38.1	48.3	No linear change	No quadratic change	No change
	of students who rar I rollerblades or rod		helmet when rolle	erblading or skateb	parding (among			
64.4	60.6	60.7	61.5	48.0	51.5	Decreased, 2013-2023	No quadratic change	No change
			cal fight		,			,
QN10: Percentage	e of students who w	ere ever in a physic	C					
QN10: Percentag 35.4	e of students who w 37.3	38.8	36.4	25.1	31.2	Decreased, 2013-2023	No quadratic change	No chang
35.4		38.8	36.4	25.1	31.2	Decreased, 2013-2023	No quadratic change	No chang

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

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

Vhite* njury and Violence		Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN14: Percentage Instagram, Faceboo			ally bullied (count	ing being bullied th	nrough texting,			
20.9	20.8	23.0	22.3	23.7	23.9	No linear change	No quadratic change	No change
QN15: Percentage	of students who e	ver seriously though	nt about killing the	emselves				
14.4	15.5	18.1	20.2	21.6	15.1	No linear change	Increased, 2013-2019 No change, 2019-2023	No change
QN16: Percentage	of students who e	ver made a plan abo	out how they woul	d kill themselves				
9.5	8.5	13.3	12.2	13.6	7.9	No linear change	Increased, 2013-2019 Decreased, 2019-2023	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.

Virginia Middle School Survey 10-year Trend Analysis Report

White*

	I	Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	-		
QN20: Percentage survey)	e of students who co	urrently smoked cig	garettes (on at least	t 1 day during the 3	0 days before the			
2.1	1.1	1.3	1.7	2.3	0.4	No linear change	No quadratic change	Decreased
ONFRCIG: Perce	entage of students w	ho currently emoke	ad cigarattes frague					
		no currently smoke	ed eigarettes freque	entry (on 20 or mor	e days during the			
		0.0	0.0	0.5	0.0	Not available	Not available¶	Not availab
0.3 QNDAYCIG: Per	0.0 0.0 centage of students	0.0	0.0	0.5	0.0	Not available	Not available [¶]	Not availab
0.3	0.0 0.0 centage of students	0.0	0.0	0.5	0.0	Not available Not available	Not available¶	Not availab
O days before the 0.3 ONDAYCIG: Per perfore the survey) 0.2	0.0 centage of students	0.0 who currently smo	0.0 oked cigarettes dail 0.0	0.5 ly (on all 30 days d	0.0 uring the 30 days			

^{*}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.

Not available [¶]	No change
Not available	Decreased
	Not available

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

 $^{^{\$}}$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White* Fobacco Use								
	1	Health Risk Behavi	or and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
dissolvable tobacco	o products [such as	urrently used smoke Copenhagen, Grizz ducts, on at least 1 d	ly, Skoal, Camel S	Snus, or Velo Nico	otine Lozenges],			
		1.5	2.1	1.4	0.5	Decreased, 2017-2023	Not available [¶]	No change
dip, snus, or dissol	vable tobacco prod	who currently used s lucts [such as Coper or more days during	hagen, Grizzly, Sl	koal, or Camel Sn				
dip, snus, or dissol	vable tobacco prod	lucts [such as Coper	hagen, Grizzly, Sl	koal, or Camel Sn		Not available	Not available	Not availab
dip, snus, or dissol any electronic vapo QNDAYSKL: Per dip, snus, or dissol	vable tobacco products, on 20 of products, on 20 of products.	lucts [such as Coper or more days during	the 30 days befor 0.3 d smokeless tobacchagen, Grizzly, Sl	koal, or Camel Snote the survey) 0.0 co daily (chewing koal, or Camel Snote)	0.1 tobacco, snuff,	Not available	Not available	Not availab

^{*}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.

nite* bacco Use								
	I	Health Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
			gars, cigarillos, or l n at least 1 day dur					
				6				
	mig Black & Mile	0.4	1.7	1.3	0.5	No linear change	Not available¶	No chang
NFRCGR: Perce		0.4	ked cigars frequentl	-		No linear change	Not available¶	No chang
NFRCGR: Perce	ntage of students v	0.4	ked cigars frequentl	-		No linear change Not available	Not available [¶] Not available	No chang
NFRCGR: Perce n 20 or more days NDAYCGR: Per	ntage of students v during the 30 day	0.4 who currently smoles before the survey 0.0 s who currently sm	ked cigars frequently)	y (cigars, cigarillo: 0.0	s, or little cigars,			

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

Based on t-test analysis, p < 0.05.
Not enough years of data to calculate.

White* Fobacco Use	I	Health Risk Behav	ior and Percentas	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QNTB2: Percentag before the survey)	ge of students who	currently smoked of	eigarettes or cigars	(on at least 1 day of	luring the 30 days			
		1.3	2.4	2.3	0.7	No linear change	Not available¶	No change
QNTB3: Percentag			eigarettes or cigars	or used smokeless	tobacco (on at			
		2.3	3.4	2.5	0.9	No linear change	Not available	No change
QNTB4: Percentag					tobacco or			
		4.7	7.8	4.1	3.2	No linear change	Not available	No change

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

Based on t-test analysis, p < 0.05.
Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Whit Toba	te* acco Use	н	ealth Risk Behav	ior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
	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)

> 4.8 4.3

7.0

4.1

2.9

No linear change

Not available[¶]

No change

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

 $^{^{\$}}$ Based on t-test analysis, p < 0.05. $^{\$}$ Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

White*

Alcohol and Other l	_	Iealth Risk Behav	ior and Percentas	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN27: Percentage	of students who dr	ank alcohol for the	first time before a	ge 11 years (other	than a few sips)			
8.1	6.2	8.2	10.9	10.3	6.2	No linear change	Increased, 2013-2019 Decreased, 2019-2023	No change
QN29: Percentage	of students who tr	ied marijuana for th	e first time before	age 11 years				
1.6	1.2	2.0	1.9	0.6	0.5	Decreased, 2013-2023	No quadratic change	No change
QN30: Percentage differently than how hydrocodone, and l	w a doctor told then							
		3.9	7.9	7.5	6.1	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.

White* Alcohol and Other I	9	Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QN31: Percentage freebase)	of students who e	ver used cocaine (a	ny form of cocaine	e, including powder	r, crack, or			
		2.2	0.6	1.2	0.1	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.

tary Behaviors	I	Health Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
N39: Percentage	e of students who di	id not eat breakfast 6.8	t (during the 7 days	before the survey) 14.4	8.3	Increased, 2013-2023	No quadratic change	Decreased
7.5		6.8	9.6	14.4	8.3	Increased, 2013-2023	No quadratic change	Decrease

^{*}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.

/hite* hysical Activity								
	I	Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	-		
	e of students who w ctivity that increase survey)							
61.1	62.6	60.2	56.1	57.3	62.4	No linear change	No quadratic change	No change
least 1 day (in any	rcentage of students kind of physical ac e 7 days before the	ctivity that increase						
5.8	5.4	5.7	7.2	5.7	5.5	No linear change	No quadratic change	No chang
	rcentage of students							
the 7 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.

White* Other	1	Health Risk Behav	rior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QN46: Percentage	of students who g	ot 8 or more hours	of sleep (on an ave	erage school night)				
	66.1	61.7	59.5	55.0	56.0	Decreased, 2015-2023	Not available¶	No change
QN47: Percentage days before the sur		sually did not sleep	in their parent's o	r guardian's home (during the 30			
		2.1	1.8	1.8	1.6	No linear change	Not available	No change
QN48: Percentage before the survey)	of students who d	escribed their grade	es in school as mos	etly A's or B's (duri	ng the 12 months			
	89.1	86.9	84.7	87.3	83.7	No linear change	Not available	No change

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

 $^{^{\$}}$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

2017	2019			<u> </u>		
	2019	2021	2023			
ever tried to kill then	nselves					
6.4	6.8	4.8	5.3	No linear change	No quadratic change	No change
	6.4 reported that their mo	reported that their mental health was m	6.4 6.8 4.8	6.4 6.8 4.8 5.3 reported that their mental health was most of the time or always not good	6.4 6.8 4.8 5.3 No linear change reported that their mental health was most of the time or always not good	6.4 6.8 4.8 5.3 No linear change No quadratic change reported that their mental health was most of the time or always not good

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

 $^{^{\$}}$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Rlack*

	1	Health Risk Behav	ior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN6: Percentage bicycle)	of students who rar	ely or never wore a	bicycle helmet (an	mong students who	had ridden a	,		
83.3	81.4	76.7	75.7	66.3	62.9	Decreased, 2013-2023	No quadratic change	No change
	of students who rar I rollerblades or rod		helmet when rolle	erblading or skatebo	parding (among			
85.5	80.9	76.0	76.1	76.7	74.8	No linear change	No quadratic change	No change
ONIO Parantan	e of students who w	ere ever in a physic	cal fight					
QN10: Percentage		61.9	67.2	49.6	48.3	Decreased, 2013-2023	No quadratic change	No change
65.2	62.2	01.9						
65.2	62.2 e of students who w		school property					

^{*}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.

Bla	ack*		
Inj	ury	and	Violence

Black* Injury and Violence		Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	<u> </u>		
QN14: Percentage Instagram, Faceboo			ally bullied (count	ing being bullied th	nrough texting,			
14.3	17.3	14.6	17.5	26.4	19.0	Increased, 2013-2023	No quadratic change	No change
QN15: Percentage	of students who e	ver seriously though	ht about killing the	emselves				
21.0	17.8	23.1	22.1	21.7	18.3	No linear change	No quadratic change	No change
QN16: Percentage	of students who e	ver made a plan abo	out how they would	d kill themselves				
11.5	10.1	16.3	17.5	18.7	12.5	Increased, 2013-2023	Increased, 2013-2019 No change, 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.

Virginia Middle School Survey 10-year Trend Analysis Report

Black*

	I	Health Risk Behav	ior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QN20: Percentage survey)	e of students who co	urrently smoked ci	garettes (on at least	1 day during the 3	0 days before the			
2.8	1.5	3.4	1.5	2.2	0.4	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	No change
	entage of students we survey)	ho currently smoke	ed cigarettes freque	ently (on 20 or mor	e days during the			,
		ho currently smoke	ed cigarettes freque	ently (on 20 or mor	e days during the	No linear change	No quadratic change	No chang
30 days before the 0.6 QNDAYCIG: Per	0.3 centage of students	0.6	0.0	0.9	0.4	No linear change	No quadratic change	No chang
30 days before the 0.6	0.3 centage of students	0.6	0.0	0.9	0.4	No linear change	No quadratic change No quadratic change	No chang
Ondays before the 0.6 QNDAYCIG: Perperore the survey) 0.2	0.3 occurrentage of students	0.6 who currently smo	0.0 oked cigarettes dail 0.0	0.9 y (on all 30 days d	0.4 uring the 30 days			

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

 $^{^{\$}}$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	I	Health Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
NFREVP: Perce	entage of students w		electronic vapor pr	oducts frequently (on 20 or more	1		
	days before the sui	rvey)						

QN23: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at

least 1 day during the 30 days before the survey) 9.1 4.9 3.8 3.0 6.5 No linear change Not available No change

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

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

Not enough years of data to calculate.

Black* Fobacco Use								
]	Health Risk Behav	ior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
dissolvable tobacc	o products [such as	urrently used smoke Copenhagen, Grizz ducts, on at least 1	zly, Skoal, Camel	Snus, or Velo Nico	tine Lozenges],			
		2.5	2.3	1.7	1.5	No linear change	Not available¶	No change
dip, snus, or dissol	vable tobacco prod	who currently used s lucts [such as Coper or more days during	nhagen, Grizzly, S	koal, or Camel Sn				
		0.6	0.1	0.9	0.4	No linear change	Not available	No change
dip, snus, or dissol	vable tobacco prod	s who currently used lucts [such as Coper 30 days during the 3	nhagen, Grizzly, S	koal, or Camel Sn				

^{*}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.

ick* bacco Use								
	1	Health Risk Behav	ior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
		urrently smoked cig	gars, cigarillos, or l n at least 1 day dur					
	amg Black & Mila	3.2	2.2	3.6	1.2	Decreased, 2017-2023	Not available¶	No chang
NFRCGR: Perce	entage of students v		ted cigars frequentl			Decreased, 2017-2023	Not available [¶]	No chang
NFRCGR: Perce	entage of students v	3.2 who currently smok	ted cigars frequentl			Decreased, 2017-2023 No linear change	Not available Not available	No chang
ONFRCGR: Perce in 20 or more days ONDAYCGR: Per	entage of students v s during the 30 day	3.2 who currently smoks before the survey 0.4 s who currently sm	ted cigars frequently)	y (cigars, cigarillo 0.9	s, or little cigars, 0.4			

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

 $^{^{\$}}$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

Black* Tobacco Use	I	Health Risk Behav	ior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QNTB2: Percentag before the survey)	ge of students who	currently smoked of	eigarettes or cigars	(on at least 1 day of	luring the 30 days			
		4.8	2.5	3.8	1.3	Decreased, 2017-2023	Not available¶	No change
QNTB3: Percentag			eigarettes or cigars	or used smokeless	tobacco (on at			<u> </u>
		5.2	3.6	4.6	2.4	Decreased, 2017-2023	Not available	No change
QNTB4: Percentag					tobacco or			
		6.4	6.2	5.3	5.2	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.

Black Toba	k* acco Use	1	Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
•	2013	2015	2017	2019	2021	2023			
		ge of students who days before the su		cigarettes or used of	electronic vapor pro	oducts (on at least	t		
		8.9	6.3	4.9	3.0	5.2	Decreased, 2015-2023	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.

	1	Health Risk Behav	ior and Percentas	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
N27: Percentage	of students who d	rank alcohol for the	first time before a	age 11 years (other	than a few sips)			
11.0	11.6	12.1	12.9	8.2	9.3	No linear change	No quadratic change	No chan
N29: Percentage	of students who tr	ied marijuana for tl	ne first time before	age 11 years				
3.8	4.7	3.7	4.4	1.0	1.5	Decreased, 2013-2023	No quadratic change	No chan
	w a doctor told the	ver took prescription m to use it (countin						
				9.4	7.0	No linear change	Not available¶	

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

 $^{^{\$}}$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

ck* Shol and Other l		Health Risk Behav	rior and Percentag		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §	
2013	2015	2017	2019	2021	2023			
N31: Percentage eebase)	of students who e	ver used cocaine (a	ny form of cocaine	e, including powder	r, crack, or	-		
,		4.0	2.6	1.8	0.4	Decreased, 2017-2023	Not available¶	No chan

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

 $^{^{\$}}$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

Black* Dietary Behaviors]	Health Risk Behav	ior and Percentas	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QN39: Percentage of 10.3	of students who d	id not eat breakfast 10.9	(during the 7 days	before the survey)	14.7	No linear change	No quadratic change	No change
QNBK7DAY: Perc	entage of students	s who ate breakfast	on all 7 days (duri	ing the 7 days before	re the survey)			
49.5	50.5	45.0	37.0	41.9	38.8	Decreased, 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.

ack* nysical Activity	1	Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
								2021-2023
2013	2015	2017	2019	2021	2023	•		
	e of students who w ctivity that increase survey)							
49.9	50.3	47.8	45.1	47.2	42.5	No linear change	No quadratic change	No change
least 1 day (in any	ercentage of students wind of physical ac e 7 days before the 12.6	ctivity that increase				No linear change	No quadratic change	No chang
	ercentage of students							
the 7 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.

Black* Other	1	Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QN46: Percentage	of students who g	ot 8 or more hours	of sleep (on an ave	erage school night)				
	55.8	60.0	55.4	46.3	49.6	Decreased, 2015-2023	Not available¶	No change
QN47: Percentage days before the sur		sually did not sleep	in their parent's o	r guardian's home (during the 30			
		5.4	5.4	2.2	1.5	Decreased, 2017-2023	Not available	No change
QN48: Percentage before the survey)	of students who d	escribed their grade	es in school as mos	stly A's or B's (duri	ng the 12 months			
	74.1	78.2	63.2	70.0	74.6	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.

	1	Health Risk Behav	ior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
N17: Percentage	e of students who e 7.8	ver tried to kill ther 11.4	nselves 13.0	5.4	10.1	No linear change	No quadratic change	No chang
		eported that their m			always not good			

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

 $^{^{\$}}$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Hispanic

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
QN6: Percentage picycle)	of students who ran	rely or never wore a	a bicycle helmet (an	mong students who	had ridden a			
				710			** 1 .7 1	Ma alamas
71.7	71.5	73.2	61.7	74.8	61.8	No linear change	No quadratic change	No change
QN7: Percentage		rely or never wore a				No linear change No linear change	No quadratic change No change, 2013-2019 Decreased, 2019-2023	No change Decreased
QN7: Percentage students who used 70.5	of students who ran rollerblades or rod 70.1	rely or never wore a e a skateboard)	a helmet when rolle 66.7	erblading or skateb	parding (among		No change, 2013-2019	
QN7: Percentage students who used 70.5	of students who ran rollerblades or rod 70.1	rely or never wore a e a skateboard) 73.1	a helmet when rolle 66.7	erblading or skateb	parding (among		No change, 2013-2019	Decreased
QN7: Percentage students who used 70.5 QN10: Percentage 43.3	of students who rar rollerblades or rod 70.1 e of students who w 41.2	rely or never wore as a skateboard) 73.1 vere ever in a physic	66.7 cal fight 44.3	erblading or skateb	parding (among 54.2	No linear change	No change, 2013-2019 Decreased, 2019-2023	

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

Virginia Middle School Survey 10-year Trend Analysis Report

Hispanic

njury and Violence		ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
	e of students who wok, or other social i	vere ever electronic media)	ally bullied (count	ing being bullied th	rough texting,			
23.7	14.5	16.4	20.2	25.5	23.2	No linear change	No quadratic change	No change
QN15: Percentage	e of students who e	ver seriously thoug	ht about killing the	emselves				
20.9	15.2	25.6	23.6	28.8	19.4	No linear change	Increased, 2013-2019 No change, 2019-2023	No change
QN16: Percentage	e of students who e	ver made a plan abo	out how they would	d kill themselves				
13.9	10.0	13.5	15.1	22.7	13.4	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.

Virginia Middle School Survey 10-year Trend Analysis Report

Hispanic Tobacco Use

oacco Use	Н	ealth Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
N20: Percentage urvey)	of students who cu	urrently smoked cig	garettes (on at least	1 day during the 3	30 days before the			
2.9	2.6	4.9	2.6	2.1	0.9	Decreased, 2013-2023	Increased, 2013-2017 Decreased, 2017-2023	No change
NFRCIG: Percer 0 days before the	ntage of students w survey)	ho currently smoke	ed cigarettes freque	ently (on 20 or mor	e days during the			,
0.5	1.2	0.3	0.8	0.5	0.3	No linear change	No quadratic change	No change
NDAYCIG: Percefore the survey)	centage of students	who currently smo	oked cigarettes dail	y (on all 30 days d	uring the 30 days			
0.3	1.2	0.3	0.5	0.5	0.3	No linear change	No quadratic change	No change
N22: Percentage	of students who ev	ver used an electro	nic vapor product					
		16.6	17.5	10.7	12.0	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.

Virginia Middle School Survey 10-year Trend Analysis Report

Hispanic Tobacco Use

	Н	lealth Risk Behavio	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
ONFREVP: Percer lays during the 30 c		who currently used e	electronic vapor pro	oducts frequently (on 20 or more			
	1.9	1.0	1.4	0.6	2.1	No linear change	Not available§	No change
NDAYEVP: Perc ne 30 days before t		s who currently use	d electronic vapor	products daily (on	all 30 days during			
	1.3	0.7	0.8	0.6	1.4	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	ealth Risk Behavio	or and Percentage	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-202
2013	2015	2017	2019	2021	2023	_		
issolvable tobacco	products [such as	urrently used smoke Copenhagen, Grizz ducts, on at least 1	zly, Skoal, Camel	Snus, or Velo Nico	tine Lozenges],			
		3.3	1.5	0.8	1.6	No linear change	Not available§	No chang
NFRSKL: Perce		ho currently used s		koal, or Camel Snu				
p, snus, or dissol		or more days during	the 30 days before	e the survey)				
ip, snus, or dissol			the 30 days befor	e the survey) 0.5	0.2	No linear change	Not available	No chang
p, snus, or dissol- ny electronic vapo NDAYSKL: Per ip, snus, or dissol-	or products, on 20 c	or more days during	1.0 d smokeless tobacchagen, Grizzly, S.	0.5 co daily (chewing t	obacco, snuff,	No linear change	Not available	No chan

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Hisnanic

	Н	ealth Risk Behavio	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
		urrently smoked cig , or Backwoods, or						
		3.5	2.4	2.1	1.1	Decreased, 2017-2023	Not available§	No change
		who currently smoks before the survey)		ly (cigars, cigarillos	s, or little cigars,	No linear change	Not available	No change
n 20 or more days	s during the 30 day	0.4 s who currently smo	1.2	0.5	0.5	No linear change	Not available	No chang

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

Virginia Middle School Survey 10-year Trend Analysis Report

obacco Use	Н	ealth Risk Behavio	or and Percentage	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QNTB2: Percentage before the survey)	e of students who	currently smoked c	rigarettes or cigars	(on at least 1 day of	luring the 30 days			
		5.8	3.5	3.0	1.1	Decreased, 2017-2023	Not available§	No change
QNTB3: Percentage least 1 day during the			rigarettes or cigars	or used smokeless	tobacco (on at			
		6.8	3.8	3.1	1.3	Decreased, 2017-2023	Not available	No change
QNTB4: Percentage electronic vapor pro					tobacco or			
		9.1	9.8	6.2	4.7	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.

Virginia Middle School Survey 10-year Trend Analysis Report

Hispan Tobaco		Н	ealth Risk Behavi	or and Percentago	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 [†]
_	2013	2015	2017	2019	2021	2023	_		
		ge of students who		cigarettes or used e	electronic vapor pro	oducts (on at least			

4.7

No linear change

5.4

8.4

6.5

9.2

Not available§

No change

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
QN27: Percentage	e of students who d	rank alcohol for the	e first time before a	age 11 years (other	than a few sips)			
11.7	11.1	13.7	12.6	14.3	5.1	No linear change	No change, 2013-2019 Decreased, 2019-2023	Decreased
N29: Percentage	e of students who tr	ied marijuana for t	he first time before	age 11 years				
4.2	3.5	4.4	2.2	0.7	1.9	Decreased, 2013-2023	No quadratic change	No change
	e of students who ever a doctor told the Percocet)							
		6.0	10.9	13.2	10.9	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Hispan Alcoho	ic l and Other D		ealth Risk Behav	ior and Percentag	ees		Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
_	2013	2015	2017	2019	2021	2023	_		
	31: Percentage base)	of students who e	ver used cocaine (a	any form of cocain	e, including powde	er, crack, or			
			4.0	2.8	1.2	2.2	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

etary Behaviors	н	ealth Risk Behavi	or and Percentage	es		Linear Change [*]	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN39: Percentage	e of students who d	id not eat breakfast	(during the 7 days	before the survey)				
QN39: Percentage	e of students who d	id not eat breakfast	(during the 7 days	before the survey)	16.6	Increased, 2013-2023	No quadratic change	No change
13.2	8.2	13.8		17.9	16.6	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.

Virginia Middle School Survey 10-year Trend Analysis Report

Hispanic **Physical Activity Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2021-2023 [†] 2013 2015 2017 2019 2021 2023 QN40: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 45.9 44.7 41.7 45.0 42.9 48.4 No quadratic change No linear 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) 10.5 9.4 19.2 14.5 Increased, 2013-2023 15.3 16.6 Increased, 2013-2019 No change No change, 2019-2023

25.6

29.6

No linear change

No quadratic 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

27.1

24.5

the 7 days before the survey)

27.2

26.8

No change

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

Virginia Middle School Survey 10-year Trend Analysis Report

other	н	ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN46: Percentage	of students who go	ot 8 or more hours	of sleep (on an ave	erage school night)				
	59.9	57.0	59.0	49.0	49.6	Decreased, 2015-2023	Not available§	No change
QN47: Percentage days before the surv		sually did not sleep	in their parent's o	r guardian's home (during the 30			
		4.5	3.4	1.3	2.5	No linear change	Not available	No change
QN48: Percentage before the survey)	of students who do	escribed their grade	es in school as mos	stly A's or B's (during	ng the 12 months			
	75.8	74.5	72.0	69.8	71.4	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Н	ealth Risk Behavio	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2015	2017	2019	2021	2023	_		
of students who ev	ver tried to kill then	nselves	:				
7.7	11.8	12.2	10.3	9.7	No linear change	No quadratic change	No change
	2015 of students who ev	2015 2017 of students who ever tried to kill then	2015 2017 2019 of students who ever tried to kill themselves	of students who ever tried to kill themselves	2015 2017 2019 2021 2023 of students who ever tried to kill themselves	2015 2017 2019 2021 2023 of students who ever tried to kill themselves	2015 2017 2019 2021 2023 of students who ever tried to kill themselves

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

[§]Not enough years of data to calculate.