

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Total Injury and Violence

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
	2013	2015	2017	2019	2021	2023			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)	64.3	58.7	59.4	60.3	53.4	52.9	Decreased, 2013-2023	No quadratic change	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)	69.7	67.0	65.1	65.4	59.7	55.0	Decreased, 2013-2023	No quadratic change	No change
QN10: Percentage of students who were ever in a physical 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,  $p < 0.05$ .

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

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Total Injury and Violence

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
	2013	2015	2017	2019	2021	2023			
QN13: Percentage of students who were 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 of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)	19.8	18.5	19.5	21.0	26.1	22.7	Increased, 2013-2023	No quadratic change	No change
QN15: Percentage of students who ever seriously thought about killing themselves	17.5	16.5	21.4	21.7	25.9	16.5	No linear change	Increased, 2013-2019 Decreased, 2019-2023	Decreased
QN16: Percentage of students who ever made a plan about how they would 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,  $p < 0.05$ .

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

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Total  
Tobacco Use**

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
	2013	2015	2017	2019	2021	2023			
Q20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)									
	2.5	1.6	2.4	1.9	3.1	0.6	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)									
	0.4	0.3	0.3	0.2	0.8	0.2	No linear change	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)									
	0.2	0.3	0.2	0.1	0.5	0.2	No linear change	No quadratic change	No change
Q22: Percentage of students who ever used an electronic vapor product									
			12.5	14.9	9.2	10.0	Decreased, 2017-2023	Not available <sup>§</sup>	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Total  
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
	0.8	0.8	0.9	0.9	0.7	No linear change	Not available <sup>§</sup>	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
	0.4	0.6	0.5	0.8	0.4	No linear change	Not available	No change
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)								
	5.6	4.9	6.1	4.5	4.2	No linear change	Not available	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Total  
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN24: 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)								
		2.2	2.2	2.0	0.9	Decreased, 2017-2023	Not available <sup>§</sup>	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
		0.3	0.5	0.7	0.3	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)								
		0.2	0.3	0.7	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Total  
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN25: 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)								
		1.9	1.9	2.7	0.9	Decreased, 2017-2023	Not available <sup>§</sup>	Decreased
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)								
		0.3	0.4	0.7	0.4	No linear change	Not available	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)								
		0.2	0.3	0.7	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Total Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
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)								
		3.0	2.6	4.2	1.0	Decreased, 2017-2023	Not available <sup>§</sup>	Decreased
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)								
		3.7	3.5	4.5	1.4	Decreased, 2017-2023	Not available	Decreased
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)								
		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,  $p < 0.05$ .

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Total  
Tobacco Use**

Health Risk Behavior and Percentages						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)								
	5.8	5.5	6.9	5.4	3.7	Decreased, 2015-2023	Not available <sup>§</sup>	No change

\*Based on trend analyses using a logistic regression model controlling 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 Middle School Survey 10-year Trend Analysis Report

**Total  
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages	Linear Change*	Quadratic Change*	Change from 2021-2023 †					
2013	2015	2017	2019	2021	2023			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)								
9.3	7.9	10.3	12.0	10.6	6.9	No linear change	Increased, 2013-2019 Decreased, 2019-2023	Decreased
QN29: Percentage of students who tried marijuana for the 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
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)								
		4.9	10.0	12.0	7.6	Increased, 2017-2023	Not available <sup>§</sup>	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 Middle School Survey 10-year Trend Analysis Report

**Total  
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)								
		3.0	1.6	1.4	0.8	Decreased, 2017-2023	Not available <sup>§</sup>	No change

\*Based on trend analyses using a logistic regression model controlling 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 Middle School Survey 10-year Trend Analysis Report

**Total  
Dietary Behaviors**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
QN39: Percentage of students who did 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: Percentage of students who ate breakfast on all 7 days (during the 7 days before 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.

<sup>†</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Total  
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 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)								
8.3	7.7	9.2	12.4	9.7	9.6	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)								
33.6	32.7	32.0	29.0	31.3	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,  $p < 0.05$ .

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Total Other	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
	2013	2015	2017	2019	2021	2023			
QN46: Percentage of students who got 8 or more hours of sleep (on an average school night)									
	62.0	60.4	57.6	49.2	53.2	Decreased, 2015-2023	Not available <sup>§</sup>	No change	
QN47: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)									
		3.4	3.1	2.1	1.8	Decreased, 2017-2023	Not available	No change	
QN48: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)									
	83.7	83.2	77.9	79.6	79.6	Decreased, 2015-2023	Not available	No change	

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

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

<sup>§</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

Total  
Mental Health

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
	2013	2015	2017	2019	2021	2023			
QN17: Percentage of students who ever tried to kill themselves									
	6.3	5.8	8.5	9.3	7.3	7.0	No linear change	Increased, 2013-2019 Decreased, 2019-2023	No change
QN45: 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)									
					21.8	18.4	No linear change	Not available <sup>§</sup>	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Male Injury and Violence

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023†
	2013	2015	2017	2019	2021	2023			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)	66.6	61.7	61.7	64.2	56.6	56.7	Decreased, 2013-2023	No quadratic change	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)	71.5	69.7	66.0	63.4	55.0	58.8	Decreased, 2013-2023	No quadratic change	No change
QN10: Percentage of students who were ever in a physical fight	56.2	58.1	57.8	56.5	49.5	49.4	Decreased, 2013-2023	No quadratic change	No change
QN13: Percentage of students who were ever bullied on school property	38.0	36.3	36.9	34.8	28.3	29.3	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 Middle School Survey  
10-year Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)								
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 ever seriously thought about killing themselves								
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 ever made a plan about how they would 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.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Male Tobacco Use

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
	2013	2015	2017	2019	2021	2023			
Q20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)									
	2.7	1.5	2.6	2.0	4.7	0.4	No linear change	No change, 2013-2017 Decreased, 2017-2023	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)									
	0.5	0.5	0.4	0.1	1.4	0.2	No linear change	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)									
	0.3	0.5	0.2	0.1	0.8	0.2	No linear change	No quadratic change	No change
Q22: Percentage of students who ever used an electronic vapor product									
			14.0	15.1	10.3	9.1	Decreased, 2017-2023	Not available <sup>§</sup>	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Male  
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
	0.9	1.2	0.9	1.1	0.4	No linear change	Not available <sup>§</sup>	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
	0.4	0.9	0.7	1.1	0.1	No linear change	Not available	Decreased
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)								
	6.9	6.1	6.2	5.2	3.3	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 Middle School Survey 10-year Trend Analysis Report

#### Male Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
QN24: 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)								
		2.8	2.7	2.6	1.0	Decreased, 2017-2023	Not available <sup>§</sup>	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
		0.4	0.6	1.2	0.3	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)								
		0.3	0.4	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,  $p < 0.05$ .

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

<sup>§</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

Male  
Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023†
2013	2015	2017	2019	2021	2023			
QN25: 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)								
		2.5	2.0	3.8	0.7	Decreased, 2017-2023	Not available§	Decreased
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)								
		0.3	0.4	1.2	0.4	No linear change	Not available	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)								
		0.2	0.3	1.2	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Male  
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
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)								
		3.4	2.7	5.7	0.6	Decreased, 2017-2023	Not available <sup>§</sup>	Decreased
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)								
		4.3	4.1	6.0	1.0	Decreased, 2017-2023	Not available	Decreased
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)								
		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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Male  
Tobacco Use**

Health Risk Behavior and Percentages						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)								
	6.9	6.8	7.0	6.8	2.6	Decreased, 2015-2023	Not available <sup>§</sup>	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 Middle School Survey 10-year Trend Analysis Report

Male Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
Health Risk Behavior and Percentages								
2013	2015	2017	2019	2021	2023			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)								
10.8	9.6	10.7	12.9	11.6	6.0	Decreased, 2013-2023	Increased, 2013-2019 Decreased, 2019-2023	Decreased
QN29: Percentage of students who tried marijuana for the first time before 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
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)								
		5.2	7.7	11.4	5.5	No linear change	Not available <sup>§</sup>	Decreased

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

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Male Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
Health Risk Behavior and Percentages								
2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)								
		3.6	1.8	2.2	0.8	Decreased, 2017-2023	Not available <sup>§</sup>	No change

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

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

<sup>§</sup>Not enough years of data to calculate.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Male  
Dietary Behaviors**

Health Risk Behavior and Percentages						Linear Change*	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)								
58.6	60.6	59.1	48.9	45.1	49.4	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 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 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)									
	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Male Other	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
	2013	2015	2017	2019	2021	2023			
	QN46: Percentage of students who got 8 or more hours of sleep (on an average school night)								
	63.3	60.3	61.3	61.3	50.0	57.0	Decreased, 2015-2023	Not available <sup>§</sup>	No change
	QN47: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
		5.0	4.0	4.0	3.4	1.8	Decreased, 2017-2023	Not available	No change
	QN48: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
	80.0	80.6	74.3	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,  $p < 0.05$ .

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Male  
Mental Health**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
QN17: Percentage of students who ever tried to kill themselves								
4.2	3.7	6.0	5.9	6.4	4.0	No linear change	Increased, 2013-2019 Decreased, 2019-2023	No change
QN45: 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)								
				13.3	10.9	No linear change	Not available <sup>§</sup>	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Female Injury and Violence

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023†
	2013	2015	2017	2019	2021	2023			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)	61.7	55.8	57.0	55.9	50.3	48.4	Decreased, 2013-2023	No quadratic change	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)	67.7	64.1	64.2	67.4	63.4	51.2	Decreased, 2013-2023	No quadratic change	No change
QN10: Percentage of students who were ever in a physical fight	32.0	26.9	33.6	34.5	27.8	26.1	No linear change	No change, 2013-2019 Decreased, 2019-2023	No change
QN13: Percentage of students who were ever bullied on school property	49.9	47.8	49.4	44.6	43.0	42.0	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 Middle School Survey 10-year Trend Analysis Report

#### Female Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)								
27.1	22.8	24.9	26.3	32.0	29.6	Increased, 2013-2023	No quadratic change	No change
QN15: Percentage of students who ever seriously thought about killing themselves								
22.7	20.2	27.2	29.1	31.7	23.2	Increased, 2013-2023	Increased, 2013-2019 Decreased, 2019-2023	Decreased
QN16: Percentage of students who ever made a plan about how they would 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,  $p < 0.05$ .

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

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Female Tobacco Use

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
	2013	2015	2017	2019	2021	2023			
Q20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)									
	2.0	1.5	2.0	1.8	1.6	0.9	Decreased, 2013-2023	No quadratic change	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)									
	0.3	0.1	0.1	0.2	0.3	0.3	No linear change	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)									
	0.1	0.1	0.1	0.2	0.3	0.3	No linear change	No quadratic change	No change
Q22: Percentage of students who ever used an electronic vapor product									
			10.8	14.8	8.1	10.6	No linear change	Not available <sup>§</sup>	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Female  
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023†
2013	2015	2017	2019	2021	2023			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
	0.7	0.2	0.9	0.7	1.0	No linear change	Not available <sup>§</sup>	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
	0.5	0.2	0.4	0.4	0.7	No linear change	Not available	No change
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)								
	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.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Female  
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023†
2013	2015	2017	2019	2021	2023			
QN24: 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)								
		1.4	1.5	1.5	0.9	No linear change	Not available <sup>§</sup>	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
		0.1	0.4	0.2	0.2	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)								
		0.1	0.3	0.2	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Female  
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN25: 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)								
		1.1	1.8	1.6	0.7	No linear change	Not available <sup>§</sup>	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)								
		0.1	0.3	0.2	0.4	No linear change	Not available	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)								
		0.1	0.3	0.2	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Female  
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
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)								
		2.4	2.5	2.8	1.1	No linear change	Not available <sup>§</sup>	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)								
		3.0	2.8	3.0	1.4	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)								
		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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages						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	4.0	6.8	4.0	4.6	No linear change	Not available <sup>§</sup>	No change

\*Based on trend analyses using a logistic regression model controlling 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 Middle School Survey  
10-year Trend Analysis Report

Female  
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023†
2013	2015	2017	2019	2021	2023			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)								
7.6	6.0	9.7	11.1	9.4	7.9	No linear change	No quadratic change	No change
QN29: Percentage of students who tried marijuana for the 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
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)								
		4.6	12.5	12.5	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

Female  
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)								
		2.3	1.5	0.5	0.9	Decreased, 2017-2023	Not available <sup>§</sup>	No change

\*Based on trend analyses using a logistic regression model controlling 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 Middle School Survey 10-year Trend Analysis Report

**Female  
Dietary Behaviors**

Health Risk Behavior and Percentages						Linear Change*	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)								
49.2	53.0	45.9	38.6	34.7	37.8	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,  $p < 0.05$ .

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### 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 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)								
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.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Female Other	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
	2013	2015	2017	2019	2021	2023			
	QN46: Percentage of students who got 8 or more hours of sleep (on an average school night)								
	60.6	60.6	53.8	48.7	49.6	Decreased, 2015-2023	Not available <sup>§</sup>	No change	
	QN47: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
		1.5	2.2	0.9	1.7	No linear change	Not available	No change	
	QN48: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
	87.6	86.0	81.7	85.4	80.7	Decreased, 2015-2023	Not available	No change	

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

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Female  
Mental Health**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN17: Percentage of students who ever tried to kill themselves								
8.6	8.0	11.2	13.0	8.2	9.6	No linear change	No quadratic change	No change
QN45: 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)								
				30.2	26.5	No linear change	Not available <sup>§</sup>	No change

\*Based on trend analyses using a logistic regression model controlling 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 Middle School Survey 10-year Trend Analysis Report

**White\***  
**Injury and Violence**

Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2013	2015	2017	2019	2021	2023			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)								
56.2	48.7	51.1	53.4	38.1	48.3	No linear change	No quadratic change	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)								
64.4	60.6	60.7	61.5	48.0	51.5	Decreased, 2013-2023	No quadratic change	No change
QN10: Percentage of students who were ever in a physical fight								
35.4	37.3	38.8	36.4	25.1	31.2	Decreased, 2013-2023	No quadratic change	No change
QN13: Percentage of students who were ever bullied on school property								
46.5	44.1	45.9	40.8	37.8	42.0	Decreased, 2013-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**White\***  
**Injury and Violence**

Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2013	2015	2017	2019	2021	2023			
QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)								
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 ever seriously thought about killing themselves								
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 ever made a plan about how they would 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.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**White\*  
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2013	2015	2017	2019	2021	2023			
QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
2.1	1.1	1.3	1.7	2.3	0.4	No linear change	No quadratic change	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
0.3	0.0	0.0	0.0	0.5	0.0	Not available	Not available <sup>¶</sup>	Not available
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
0.2	0.0	0.0	0.0	0.5	0.0	Not available	Not available	Not available
QN22: Percentage of students who ever used an electronic vapor product								
		10.1	14.9	9.9	7.0	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

White* Tobacco Use	Health Risk Behavior and Percentages					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>	
	2013	2015	2017	2019	2021	2023			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)									
	0.8	0.6	0.5	0.5	0.9	0.5	No linear change	Not available <sup>¶</sup>	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)									
	0.4	0.6	0.2	0.2	0.9	0.1	No linear change	Not available	Decreased
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)									
	4.4	3.9	6.1	6.1	3.9	3.3	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**White\*  
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2013	2015	2017	2019	2021	2023			
QN24: 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)								
		1.5	2.1	1.4	0.5	Decreased, 2017-2023	Not available <sup>¶</sup>	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
		0.0	0.3	0.0	0.1	Not available	Not available	Not available
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)								
		0.0	0.1	0.0	0.1	Not available	Not available	Not available

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

White* Tobacco Use	Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
	2013	2015	2017	2019	2021	2023			
QN25: 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)									
			0.4	1.7	1.3	0.5	No linear change	Not available <sup>¶</sup>	No change
QNFRFCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)									
			0.0	0.1	0.0	0.3	Not available	Not available	Not available
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)									
			0.0	0.1	0.0	0.1	Not available	Not available	Not available

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

White* Tobacco Use	Health Risk Behavior and Percentages					Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>	
	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)									
			1.3	2.4	2.3	0.7	No linear change	Not available <sup>¶</sup>	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)									
			2.3	3.4	2.5	0.9	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)									
			4.7	7.8	4.1	3.2	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

White\*  
Tobacco Use

Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
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 <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

White* Alcohol and Other Drug Use						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
Health Risk Behavior and Percentages								
2013	2015	2017	2019	2021	2023			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)								
8.1	6.2	8.2	10.9	10.3	6.2	No linear change	Increased, 2013-2019 Decreased, 2019-2023	No change
QN29: Percentage of students who tried marijuana for the 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 of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)								
		3.9	7.9	7.5	6.1	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

White* Alcohol and Other Drug Use						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
Health Risk Behavior and Percentages								
2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)								
		2.2	0.6	1.2	0.1	Decreased, 2017-2023	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

White\*  
Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2013	2015	2017	2019	2021	2023			
QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
7.5	6.2	6.8	9.6	14.4	8.3	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)								
58.0	60.8	57.6	45.9	43.7	45.0	Decreased, 2013-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**White\***  
**Physical Activity**

	Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
	2013	2015	2017	2019	2021	2023			
<hr/> 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)									
	61.1	62.6	60.2	56.1	57.3	62.4	No linear change	No quadratic change	No change
<hr/> QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									
	5.8	5.4	5.7	7.2	5.7	5.5	No linear change	No quadratic change	No change
<hr/> QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									
	36.6	35.7	36.5	32.4	35.4	37.2	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

White* Other	Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
	2013	2015	2017	2019	2021	2023			
	QN46: Percentage of students who got 8 or more hours of sleep (on an average school night)								
	66.1	61.7	59.5	55.0	56.0	Decreased, 2015-2023	Not available <sup>¶</sup>	No change	
	QN47: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
		2.1	1.8	1.8	1.6	No linear change	Not available	No change	
	QN48: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
	89.1	86.9	84.7	87.3	83.7	No linear change	Not available	No change	

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**White\*  
Mental Health**

Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2013	2015	2017	2019	2021	2023			
QN17: Percentage of students who ever tried to kill themselves								
4.4	4.7	6.4	6.8	4.8	5.3	No linear change	No quadratic change	No change
QN45: 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)								
				20.1	19.2	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Black* Injury and Violence						Health Risk Behavior and Percentages	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2013	2015	2017	2019	2021	2023				
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)									
83.3	81.4	76.7	75.7	66.3	62.9	Decreased, 2013-2023	No quadratic change	No change	
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)									
85.5	80.9	76.0	76.1	76.7	74.8	No linear change	No quadratic change	No change	
QN10: Percentage of students who were ever in a physical fight									
65.2	62.2	61.9	67.2	49.6	48.3	Decreased, 2013-2023	No quadratic change	No change	
QN13: Percentage of students who were ever bullied on school property									
37.6	43.0	38.0	35.8	33.9	28.9	Decreased, 2013-2023	No quadratic change	No change	

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

Black\*  
Injury and Violence

Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2013	2015	2017	2019	2021	2023			
QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)								
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 ever seriously thought about killing themselves								
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 ever made a plan about how they would 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.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Black* Tobacco Use	Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
	2013	2015	2017	2019	2021	2023			
QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)									
	2.8	1.5	3.4	1.5	2.2	0.4	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)									
	0.6	0.3	0.6	0.0	0.9	0.4	No linear change	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)									
	0.2	0.3	0.3	0.0	0.9	0.4	No linear change	No quadratic change	No change
QN22: Percentage of students who ever used an electronic vapor product									
			15.2	13.2	6.0	16.4	No linear change	Not available <sup>¶</sup>	Increased

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

Black\*  
Tobacco Use

Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2013	2015	2017	2019	2021	2023			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
	0.6	0.7	0.6	1.1	0.4	No linear change	Not available <sup>¶</sup>	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
	0.3	0.3	0.6	1.1	0.4	No linear change	Not available	No change
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.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Black* Tobacco Use						Health Risk Behavior and Percentages	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>			
2013	2015	2017	2019	2021	2023							
QN24: 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)						2.5	2.3	1.7	1.5	No linear change	Not available <sup>¶</sup>	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)						0.6	0.1	0.9	0.4	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)						0.2	0.0	0.9	0.4	Not available	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Black* Tobacco Use	Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
	2013	2015	2017	2019	2021	2023			
QN25: 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)									
			3.2	2.2	3.6	1.2	Decreased, 2017-2023	Not available <sup>¶</sup>	No change
QNFRFCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)									
		0.4	0.3	0.9	0.4	No linear change	Not available	No change	
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)									
		0.1	0.3	0.9	0.4	No linear change	Not available	No change	

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Black* Tobacco Use						Health Risk Behavior and Percentages	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>			
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)						4.8	2.5	3.8	1.3	Decreased, 2017-2023	Not available <sup>¶</sup>	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)						5.2	3.6	4.6	2.4	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)						6.4	6.2	5.3	5.2	No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

Black* Tobacco Use						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
Health Risk Behavior and Percentages								
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)								
	8.9	6.3	4.9	3.0	5.2	Decreased, 2015-2023	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Black* Alcohol and Other Drug Use								
Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2013	2015	2017	2019	2021	2023			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)								
11.0	11.6	12.1	12.9	8.2	9.3	No linear change	No quadratic change	No change
QN29: Percentage of students who tried marijuana for the 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 change
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)								
		6.5	13.6	9.4	7.0	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

Black* Alcohol and Other Drug Use						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
Health Risk Behavior and Percentages								
2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)								
		4.0	2.6	1.8	0.4	Decreased, 2017-2023	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Black* Dietary Behaviors	Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
	2013	2015	2017	2019	2021	2023			
QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey)									
	10.3	8.4	10.9	11.4	10.4	14.7	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)									
	49.5	50.5	45.0	37.0	41.9	38.8	Decreased, 2013-2023	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Black* Physical Activity	Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
	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)									
	49.9	50.3	47.8	45.1	47.2	42.5	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)									
	12.7	12.6	12.9	19.2	7.0	14.9	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)									
	32.0	34.5	30.2	25.0	29.5	32.0	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
	2013	2015	2017	2019	2021	2023			
	QN46: Percentage of students who got 8 or more hours of sleep (on an average school night)								
	55.8	60.0	55.4	55.4	46.3	49.6	Decreased, 2015-2023	Not available <sup>¶</sup>	No change
	QN47: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
		5.4	5.4	2.2	1.5		Decreased, 2017-2023	Not available	No change
	QN48: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
	74.1	78.2	63.2	70.0	74.6		No linear change	Not available	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis,  $p < 0.05$ .

<sup>¶</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

Black\*  
Mental Health

Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 <sup>§</sup>
2013	2015	2017	2019	2021	2023			
QN17: Percentage of students who ever tried to kill themselves								
7.8	7.8	11.4	13.0	5.4	10.1	No linear change	No quadratic change	No change
QN45: 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)								
				19.7	17.8	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

<sup>§</sup>Based on t-test analysis, p < 0.05.

<sup>¶</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Hispanic Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)								
71.7	71.5	73.2	61.7	74.8	61.8	No linear change	No quadratic change	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)								
70.5	70.1	73.1	66.7	72.0	54.2	No linear change	No change, 2013-2019 Decreased, 2019-2023	Decreased
QN10: Percentage of students who were ever in a physical fight								
43.3	41.2	45.2	44.3	39.8	38.3	No linear change	No quadratic change	No change
QN13: Percentage of students who were ever bullied on school property								
42.2	37.4	39.6	38.5	40.1	28.7	Decreased, 2013-2023	No quadratic change	Decreased

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

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

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Hispanic Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)								
23.7	14.5	16.4	20.2	25.5	23.2	No linear change	No quadratic change	No change
QN15: Percentage of students who ever seriously thought about killing themselves								
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 of students who ever made a plan about how they would 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,  $p < 0.05$ .

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



## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Hispanic Tobacco Use

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
	2013	2015	2017	2019	2021	2023			
QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	2.9	2.6	4.9	2.6	2.1	0.9	Decreased, 2013-2023	Increased, 2013-2017 Decreased, 2017-2023	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)	0.5	1.2	0.3	0.8	0.5	0.3	No linear change	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)	0.3	1.2	0.3	0.5	0.5	0.3	No linear change	No quadratic change	No change
QN22: Percentage of students who ever used an electronic vapor product			16.6	17.5	10.7	12.0	Decreased, 2017-2023	Not available <sup>§</sup>	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Hispanic Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
	1.9	1.0	1.4	0.6	2.1	No linear change	Not available <sup>§</sup>	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
	1.3	0.7	0.8	0.6	1.4	No linear change	Not available	No change
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)								
	7.4	6.7	8.4	5.0	5.1	No linear change	Not available	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

Hispanic  
Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023†
2013	2015	2017	2019	2021	2023			
QN24: 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)								
		3.3	1.5	0.8	1.6	No linear change	Not available <sup>§</sup>	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
		0.4	1.0	0.5	0.2	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)								
		0.3	0.7	0.5	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Hispanic Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN25: 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)								
		3.5	2.4	2.1	1.1	Decreased, 2017-2023	Not available <sup>§</sup>	No change
QNFRFCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)								
		0.4	1.2	0.5	0.5	No linear change	Not available	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)								
		0.4	0.9	0.5	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Hispanic Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
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)								
		5.8	3.5	3.0	1.1	Decreased, 2017-2023	Not available <sup>§</sup>	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)								
		6.8	3.8	3.1	1.3	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)								
		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,  $p < 0.05$ .

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

**Hispanic  
Tobacco Use**

Health Risk Behavior and Percentages						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)								
	6.5	8.4	9.2	5.4	4.7	No linear change	Not available <sup>§</sup>	No change

\*Based on trend analyses using a logistic regression model controlling 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 Middle School Survey 10-year Trend Analysis Report

#### Hispanic Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)								
11.7	11.1	13.7	12.6	14.3	5.1	No linear change	No change, 2013-2019 Decreased, 2019-2023	Decreased
QN29: Percentage of students who tried marijuana for the 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
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)								
		6.0	10.9	13.2	10.9	No linear change	Not available <sup>§</sup>	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Virginia Middle School Survey  
10-year Trend Analysis Report

Hispanic  
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)								
		4.0	2.8	1.2	2.2	No linear change	Not available <sup>§</sup>	No change

\*Based on trend analyses using a logistic regression model controlling 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 Middle School Survey 10-year Trend Analysis Report

#### Hispanic Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	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)								
13.2	8.2	13.8	12.9	17.9	16.6	Increased, 2013-2023	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
46.6	46.5	48.4	45.2	39.0	43.2	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 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 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)									
	10.5	9.4	15.3	19.2	16.6	14.5	Increased, 2013-2023	Increased, 2013-2019 No change, 2019-2023	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									
	26.8	27.2	24.5	27.1	25.6	29.6	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.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

Hispanic  
Other

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
QN46: Percentage of students who got 8 or more hours of sleep (on an average school night)								
	59.9	57.0	59.0	49.0	49.6	Decreased, 2015-2023	Not available <sup>§</sup>	No change
QN47: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)								
		4.5	3.4	1.3	2.5	No linear change	Not available	No change
QN48: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
	75.8	74.5	72.0	69.8	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,  $p < 0.05$ .

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

<sup>§</sup>Not enough years of data to calculate.

## 2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Virginia Middle School Survey 10-year Trend Analysis Report

#### Hispanic Mental Health

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
	2013	2015	2017	2019	2021	2023			
QN17: Percentage of students who ever tried to kill themselves									
	9.7	7.7	11.8	12.2	10.3	9.7	No linear change	No quadratic change	No change
QN45: 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)									
					22.1	19.2	No linear change	Not available <sup>§</sup>	No change

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

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

§Not enough years of data to calculate.