# **Virginia High School Survey** 10-year Trend Analysis Report

	Н	ealth Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
-		le with a driver who	o had been drinkin	g alcohol (in a car	or other vehicle,			
17.8	15.6	14.2	13.0	8.8	12.3	Decreased, 2013-2023	No quadratic change	Increased

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

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2017 carried a weapon on e the survey) 3.8		2021 auch as a gun, knife	2023	<del></del>		
e the survey)		such as a gun, knife	, or club, on at	,		
3.8						
	2.1	1.7	1.8	No linear change	Not available§	No change
				No linear change	Not available	No change
S	hooting, on at least	shooting, on at least 1 day during the 1 4.0	shooting, on at least 1 day during the 12 months before the 4.0 2.2		shooting, on at least 1 day during the 12 months before the survey)	shooting, on at least 1 day during the 12 months before the survey)  4.0 2.2 2.8 No linear change Not available

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

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

### **Virginia High School Survey** 10-year Trend Analysis Report

ury and Violence	н	ealth Risk Behavio	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
		ere threatened or in during the 12 mont			erty (such as a			
6.1	6.4	6.4	7.9	6.9	8.0	Increased, 2013-2023	No quadratic change	No change
QN16: Percentage survey)	of students who w	ere in a physical fig	tht (one or more ti	mes during the 12	months before the			,
23.5	20.6	19.8	19.5	15.0	19.0	Decreased, 2013-2023	No quadratic change	Increased
QN19: Percentage want to)	of students who w	ere ever physically	forced to have sex	xual intercourse (w	hen they did not			,
			6.1	7.2	6.5	No linear change	Not available <sup>§</sup>	No change

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

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

Total Injury an	d Violence	н	ealth Risk Behavio	r and Percentage	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
	2013	2015	2017	2019	2021	2023	_		
[counti	ing such thing	gs as kissing, touc	xperienced sexual vi hing, or being physic ing the 12 months b	cally forced to have			No linear change	Not available <sup>§</sup>	No change
dating forced	or going out v to have sexua	with to do sexual al intercourse] tha	xperienced sexual da things [counting suc t they did not want t d or went out with so	th things as kissing o do, one or more	g, touching, or being the l	ng physically 12 months before			
				6.9	8.6	8.2	No linear change	Not available	No change

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

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

ry and Violence		ealth Risk Behavi	Linear Change <sup>*</sup>	Change from 2021-2023 †				
2013	2015	2017	2019	2021	2023	<del>_</del>		
omeone they wer	e of students who e	ut with [counting su	ich things as being		something, or			
who dated or went	t out with someone	during the 12 mont	hs before the surve	ey)	-	No linear change	No quadratia abanga	No chang
					9.2	No linear change	No quadratic change	No chang
vho dated or went 10.9 2N24: Percentage	t out with someone	during the 12 mont	7.3	8.1	9.2	No linear change	No quadratic change	No chang
who dated or went	t out with someone	during the 12 mont	7.3	8.1	9.2	No linear change  Decreased, 2013-2023	No quadratic change  Decreased, 2013-2017 No change, 2017-2023	No chang
20.924: Percentagurvey) 21.9 20.0025: Percentagurvey	t out with someone  10.9  e of students who w	during the 12 mont  10.6  vere bullied on school  15.7  vere electronically but	7.3  ool property (ever description)  17.4  oullied (counting be	8.1 luring the 12 month 12.1 leing bullied throug	9.2 as before the 17.1		Decreased, 2013-2017	

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

# Virginia High School Survey 10-year Trend Analysis Report

Total Injury and Violence

	Н	lealth Risk Behavi	Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023			
2013	2015	2017	2019	2021	2023	_		
	e of students who for ne usual activities, o				row so that they			
25.7	26.9	29.5	32.4	38.2	33.4	Increased, 2013-2023	No quadratic change	No change
N27: Percentage urvey)	e of students who so	eriously considered	attempting suicide	e (during the 12 mo	onths before the			,
14.7	14.0	15.7	16.0	20.5	16.5	Increased, 2013-2023	No quadratic change	No change
QN28: Percentago perfore the survey)	e of students who n	nade a plan about h	ow they would atte	empt suicide (durin	g the 12 months			
15.2	11.7	12.6	11.9	16.4	12.5	No linear change	No quadratic change	Decreased
N29: Percentage he survey)	e of students who a	ctually attempted so	uicide (one or more	e times during the	12 months before			
9.8	6.7	7.2	7.0	9.0	7.7	No linear change	Decreased, 2013-2017 No change, 2017-2023	No change

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

Total Injury and V	<b>Tiolence</b>	Health Risk	Behavior and Percent	ages		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
202	13 201	5 2017	7 2019	2021	2023	_		
			attempt that resulted in 12 months before the s		, or overdose that			
3.8	1.9	2.0	1.8	2.3	1.9	Decreased, 2013-2023	Decreased, 2013-2017 No change, 2017-2023	No change

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

### **Virginia High School Survey** 10-year Trend Analysis Report

	Н	lealth Risk Behavi	or and Percentag		Linear Change*	Quadratic Change*	Change from 2021-2023	
2013	2015	2017	2019	2021	2023			
N32: Percentage	e of students who si	moked a cigarette b	efore age 13 years	(even one or two p	ouffs)			
		8.0	7.2	6.0	4.9	Decreased, 2017-2023	Not available§	No change
NFRCIG: Perce 0 days before the	entage of students w survey)	ho currently smoke	ed cigarettes freque	ently (on 20 or mor	re days during the			,
3.5	2.2	1.7	1.3	0.7	0.5	Decreased, 2013-2023	No quadratic change	No change
NDAYCIG: Per	rcentage of students	s who currently smo	oked cigarettes dail	ly (on all 30 days d	uring the 30 days			
efore the survey)		1.0	1.1	0.6	0.5	Decreased, 2013-2023	No quadratic change	No change
efore the survey) 2.6	1.6	1.2	1.1	0.0	0.0	2010 2010 2020	Tvo quadratic change	2.12.22
2.6	1.6 e of students who co				:	,	To quadrate change	

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

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

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

	Н	ealth Risk Behavio	or and Percentage		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023	
2013	2015	2017	2019	2021	2023	<u> </u>		
ape pens, e-cigars		urrently used an ele th pens, and mods [ the survey)						
	16.8	11.8	19.9	14.3	8.1	Decreased, 2015-2023	Not available§	Decreased
ALEBET ID D	ntage of students w	who currently used o	electronic vapor pr	oducts frequently (	on 20 or more			
	days before the sur							
			6.3	5.2	3.7	Increased, 2015-2023	Not available	No change
ays during the 30	2.7	rvey)				·	Not available	No change

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

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

al pacco Use								
	H	ealth Risk Behavi	or and Percentag		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023	
2013	2015	2017	2019	2021	2023	_		
convenience store, e-cigars, e-hookah	, supermarket, disco s, hookah pens, and	sually got their electount store, or gas stated mods [such as JU] no currently used electors.	ation (including e- UL, SMOK, Suori	cigarettes, vapes, vand, value, d	ape pens,			
				3.4	5.7	No linear change	Not available§	No change
		urrently used smoke Copenhagen, Grizz	zly, Skoal, Camel	Snus, or Velo Nico				
		ducts, on at least 1	day during the 30	days before the sur				
		ducts, on at least 1 4.2	day during the 30	days before the sur		Decreased, 2017-2023	Not available	No chang
not counting any e	entage of students		3.8 ed cigars frequent	1.8	1.5	Decreased, 2017-2023	Not available	No chang

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

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

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

Total
Tobacco Use

	Н	ealth Risk Behavi	or and Percentag	Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023		
2013	2015	2017	2019	2021	2023	<del></del>		
QNDAYCGR: Perall 30 days during the			oked cigars daily (	cigars, cigarillos, o	or little cigars, on			
1.3	1.1	0.9	0.9	0.3	0.4	Decreased, 2013-2023	No quadratic change	No change
QNTB2: Percentagoefore the survey)	e of students who	currently smoked	cigarettes or cigars	(on at least 1 day of	during the 30 days	;		
14.9	10.5	9.0	7.2	4.4	3.4	Decreased, 2013-2023	No quadratic change	No change
QNTB3: Percentag			cigarettes or cigars	or used smokeless	tobacco (on at			
	•	10.3	8.7	5.1	4.0	Decreased, 2017-2023	Not available§	No change

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

Not enough years of data to calculate.

### **Virginia High School Survey** 10-year Trend Analysis Report

	Н	lealth Risk Behavi	or and Percentag		Linear Change*	Quadratic Change*	Change from 2021-2023	
2013	2015	2017	2019	2021	2023			
		currently smoked of 1 day during the 30			tobacco or			
		14.9	21.8	15.5	8.5	Decreased, 2017-2023	Not available <sup>§</sup>	Decreased
	ge of students who	currently smoked ourvey)	rigarettes or used e	lectronic vapor pro	ducts (on at least			
	18.7	13.3	20.5	14.8	8.0	Decreased, 2015-2023	Not available	Decreased

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

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

### **Virginia High School Survey** 10-year Trend Analysis Report

ohol and Other D	O	ealth Risk Behavi	or and Percentag	Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023	_		
QN41: Percentage	of students who h	ad their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
18.2	14.6	14.7	15.6	14.0	10.9	Decreased, 2013-2023	No quadratic change	No change
QN42: Percentage during the 30 days			hol (at least one dr	ink of alcohol, on a	t least 1 day			
27.3	23.4	24.5	25.4	19.4	15.8	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	No change
	e or five or more dr	rinks of alcohol in a		r or more drinks of male, within a coup				
		12.3	12.7	10.5	7.0	Decreased, 2017-2023	Not available§	No change

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

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

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

Total
Alcohol and Other Drug Use

Alcohol and Other D	rug Use							
	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QN47: Percentage	e of students who tr	ied marijuana for tl	ne first time before	age 13 years				
7.5	6.1	5.5	5.2	3.5	3.3	Decreased, 2013-2023	No quadratic change	No change
QN48: Percentage survey)	e of students who c	urrently used marij	uana (one or more	times during the 30	) days before the			
17.9	16.2	16.5	17.3	13.3	9.5	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	No change

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

### **Virginia High School Survey** 10-year Trend Analysis Report

**Total** Sexual Behaviors

	Н	ealth Risk Behavi	or and Percentage		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †	
2013	2015	2017	2019	2021	2023	<u> </u>		
N56: Percentage	of students who e	ver had sexual inter	course 32.2	22.8	22.5	Decreased, 2019-2023	Not available <sup>§</sup>	No change
QN57: Percentage	of students who h	ad sexual intercours	se for the first time	before age 13 year 2.3	2.7	No linear change	Not available	No change
N58: Percentage	of students who ha	ad sexual intercours	se with four or mor	re persons during the	heir life			
			7.5	5.2	3.9	Decreased, 2019-2023	Not available	No change
	of students who was months before the	rere currently sexua	lly active (had sex	ual intercourse wit	h at least one			
, 0		• *	22.0	15.0	16.3	Decreased, 2019-2023	Not available	No change

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

### **Virginia High School Survey** 10-year Trend Analysis Report

ual Behaviors	Н	lealth Risk Behavi	or and Percentage		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †	
2013	2015	2017	2019	2021	2023	_		
QN60: Percentage who were currently		rank alcohol or used	d drugs before last	sexual intercourse	(among students			
			18.6	18.4	13.9	No linear change	Not available§	No change
QN61: Percentage currently sexually a		sed a condom durin	g last sexual interc	course (among stud	ents who were			,
			59.2	52.5	56.8	No linear change	Not available	No change
QN62: Percentage partner (to prevent pamong students who	pregnancy, not co	unting emergency c						
				18.2	17.1	No linear change	Not available	No change

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

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

Total Sexual Behaviors	н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN82: Percentage of as chlamydia or gond				disease (STD) other	r than HIV, such			
			6.7	3.7	4.0	Decreased, 2019-2023	Not available <sup>§</sup>	No change

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

Not enough years of data to calculate.

### **Virginia High School Survey** 10-year Trend Analysis Report

	Н	lealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	<u> </u>		
	entage of students v			or body mass index	, based on sex-			
12.0	13.0	12.7	14.8	16.4	13.7	Increased, 2013-2023	No quadratic change	No change
	tage of students wh ex- and age-specific				ile for body mass			
	15.1	15.5	15.8	15.3	15.7	No linear change	No quadratic change	No change
14.7								
	e of students who d	escribed themselve	s as slightly or ver	y overweight				

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

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

# Virginia High School Survey 10-year Trend Analysis Report

Total Dietary Behaviors

etary Behaviors	Н	ealth Risk Behavi	or and Percentag	Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023			
QN69: Percentage	e of students who d	id not eat fruit (one	or more times dur	ing the 7 days before	ore the survey)			
14.4	13.1	13.2	14.1	14.0	8.6	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	Decreased
QN70: Percentage survey)	e of students who d	id not eat green sala	ad (one or more tir	mes during the 7 da	ys before the			
42.9	40.7	40.9	44.7	46.0	41.1	No linear change	No quadratic change	No change
		id not drink a can, t						
27.1	30.0	32.2	32.0	34.6	32.2	Increased, 2013-2023	Increased, 2013-2017 No change, 2017-2023	No change

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

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

**Dietary Behaviors Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2021-2023 † 2013 2015 2017 2019 2021 2023 QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) 21.7 16.4 16.7 17.0 17.0 15.6 Decreased, 2013-2023 Decreased, 2013-2017 No change No change, 2017-2023

(such as Coke, Pep	si, or Sprite, not c	ounting diet soda or	diet pop, during the	ne 7 days before the	e survey)			
14.8	10.4	10.1	9.8	8.6	9.1	Decreased, 2013-2023	Decreased, 2013-2017 No change, 2017-2023	No change
QN75: Percentage	of students who	lid not eat breakfast	(during the 7 days	before the survey)				
13.1	14.1	13.6	18.4	21.8	18.7	Increased, 2013-2023	No quadratic change	No change

QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day

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

### **Virginia High School Survey** 10-year Trend Analysis Report

tary Behaviors	Н	lealth Risk Behavio	or and Percentage	es	Linear Change*	Quadratic Change*	Change from 2021-2023 †	
2013	2015	2017	2019	2021	2023	_		
QNBK7DAY: Perc	centage of student	s who ate breakfast	on all 7 days (duri	ng the 7 days befor	e the survey)			
38.3	37.7	37.4	33.0	29.7	28.6	Decreased, 2013-2023	No quadratic change	No change

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

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

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

Total Physical Activity

nysical Activity								
	F	lealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
	ctivity that increase	were physically actived their heart rate an						
44.3	45.2	42.3	41.4	40.3	42.8	No linear change	No quadratic change	No change
least 1 day (in any		s who did not partic ctivity that increase survey)				Increased, 2013-2023	No quadratic change	No change
13.2	10.9	17.0	17.5	17.5	10.3	mereased, 2013-2023	140 quadratic change	140 change
	cal activity that incr	s who were physica reased their heart ra						
23.8	25.1	22.4	22.0	21.9	23.9	No linear change	No quadratic change	No change

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

ical Activity	Н	ealth Risk Behavio	or and Percentage	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
			1 6				<u> </u>	
	er electronic devic	spent 3 or more hou e watching shows of spent doing school	or videos, playing g	games, accessing th	a TV, computer, he Internet, or			

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

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

### **Virginia High School Survey** 10-year Trend Analysis Report

	Н	lealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
	of students who sa	aw a dentist (for a cey)	check-up, exam, tec	eth cleaning, or oth	er dental work,			
	75.6	76.1	76.2	70.8	74.6	No linear change	Not available§	No change
QNNODNT: Perc dental work)	entage of students	who never saw a de	entist (for a check-	up, exam, teeth cle	aning, or other			
	1.7	1.8	2.0	3.8	2.6	Increased, 2015-2023	Not available	No change
QN85: Percentage	of students who g	ot 8 or more hours	of sleep (on an ave	erage school night)				
	27.6	27.0	25.4	24.0	22.8	Decreased, 2015-2023	Not available	No change
QN86: Percentage	e of students who e	xperienced unstable	e housing (during t	he 30 days before t	the survey)			
		2.7	3.1	2.4	2.4	No linear change	Not available	No change

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

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

### **Virginia High School Survey** 10-year Trend Analysis Report

	ealth Risk Behavio	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2015	2017	2019	2021	2023			
of students who de	escribed their grade	s in school as mos	tly A's or B's (durin	ng the 12 months	,		
78.9	81.5	78.4	77.9	76.5	No linear change	Not available <sup>§</sup>	No change
•	of students who do	of students who described their grade	of students who described their grades in school as mos	of students who described their grades in school as mostly A's or B's (during	of students who described their grades in school as mostly A's or B's (during the 12 months	of students who described their grades in school as mostly A's or B's (during the 12 months	of students who described their grades in school as mostly A's or B's (during the 12 months

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

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

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

Total
Demographic

Health Risk Behavior and Percentages

Linear Change\*
Quadratic Change\*
Change from 2021-2023 †

QN65: Percentage of students who described themselves as transgender.

1.4

2.5 3.3 Increased, 2019-2023 Not available<sup>§</sup>

No change

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

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

al ntal	Health	н	ealth Risk Behavio	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023
_	2013	2015	2017	2019	2021	2023			
			ported that their motion, during the 30 c			always not good			
					31.7	26.9	Decreased, 2021-2023	Not available <sup>§</sup>	Decreased

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

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

Гotal Birth Control								
	I	Iealth Risk Behavio	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023	_		
	anon) before last	who used an IUD (s sexual intercourse wi sexually active)						
				4.6	4.4	No linear change	Not available§	No change
implant (such as In control ring (such a	nplanon or Nexplans NuvaRing) before	s who used birth con mon); or a shot (such ore last sexual interco e currently sexually a	as Depo-Provera ourse with an oppo	), patch (such as C	rthoEvra), or birth			
				26.3	24.6	No linear change	Not available	No change
pills; an IUD, or in	nplant, or a shot, o	ts who used both a cor r patch, or birth cont nancy, among studer	rol ring before las	t sexual intercours	e with an			
				7.8	9.7	No linear change	Not available	No change

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

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

otal irth Control	н	ealth Risk Behavi	or and Percentago	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QNBCNONE: Per intercourse with an								
				13.3	9.4	No linear change	Not available§	No change

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

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

otal dverse Childhood F	_	ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN92: Percentage them do sexual thir sexual intercourse)	ngs they did not wa							
				7.0	5.8	No linear change	Not available§	No change
QN94: Percentage always hit, beat, kid					the time or			1
				2.3	2.0	No linear change	Not available	No change
QN95: Percentage always slapped, hit					ost of the time or			
				2.0	1.3	No linear change	Not available	No change

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

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

otal dverse Childhood E	•	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN112: Percentage to make sure their b clothes and enough	asic needs were n	net (such as looking						
				89.1	87.9	No linear change	Not available <sup>§</sup>	No change
QN115: Percentage jail, prison, or a det		have ever been sepa	arated from a pare	nt or guardian beca	use they went to			
				12.3	12.5	No linear change	Not available	No change

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

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

### **Virginia High School Survey** 10-year Trend Analysis Report

Male

Injury and Violence								
	Н	lealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
		de with a driver who before the survey)	o had been drinkin	g alcohol (in a car	or other vehicle,			
17.4	14.3	13.8	11.9	8.3	11.3	Decreased, 2013-2023	No quadratic change	Increased
	the 30 days before	rove a car or other the survey, among						
7.2	8.2	6.0	5.1	3.6	3.3	Decreased, 2013-2023	No quadratic change	No change
	e of students who c the 30 days before	arried a weapon on the survey)	school property (s	uch as a gun, knife	e, or club, on at			
	4.0	5.3	2.8	1.9	2.5	Decreased, 2015-2023	Not available§	No change

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

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

ale jury and Violence								
	Н	ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
	e of students who ca ort such as target sh							
			6.1	3.7	4.2	No linear change	Not available <sup>§</sup>	No change
	e of students who d			insafe at school or	on their way to or	:		
5.2	5.6	7.0	7.2	9.9	8.8	Increased, 2013-2023	No quadratic change	No change
	e of students who w				erty (such as a	<del> </del>		

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

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

### **Virginia High School Survey** 10-year Trend Analysis Report

Male

ry and Violence	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
QN16: Percentage survey)	of students who w	vere in a physical fi	ght (one or more ti	imes during the 12	months before the			
30.2	27.3	24.8	25.8	19.7	23.7	Decreased, 2013-2023	No quadratic change	No change
QN19: Percentage want to)	of students who w	vere ever physically	forced to have sex	xual intercourse (w	hen they did not			
			3.7	3.3	3.9	No linear change	Not available§	No change
[counting such thir	of students who exigs as kissing, toucher or more times dur	hing, or being phys	sically forced to ha	ve sexual intercou				
			5.9	4.6	5.4	No linear change	Not available	No change

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

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

ale ury and Violence								
	Н	Iealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
dating or going ou forced to have sex	t with to do sexual ual intercourse] that	xperienced sexual d things [counting su tt hey did not want d or went out with s	ch things as kissin to do, one or more	g, touching, or being the 1	ng physically 2 months before			
			4.1	4.5	3.1	No linear change	Not available <sup>§</sup>	No chang
someone they were njured with an ob-	e dating or going o ject or weapon] on	xperienced physical ut with [counting su e or more times dur during the 12 mont	I dating violence (I things as being the 12 months	peing physically hu hit, slammed into before the survey,	urt on purpose by something, or	No linear change	Not available <sup>§</sup>	No chang
someone they were injured with an ob-	e dating or going o ject or weapon] on	ut with [counting su e or more times dur	I dating violence (I things as being the 12 months	peing physically hu hit, slammed into before the survey,	urt on purpose by something, or	No linear change	Not available <sup>§</sup> No quadratic change	
someone they wer injured with an ob who dated or went 8.1	e dating or going o ject or weapon] one t out with someone 9.5	ut with [counting su e or more times dur during the 12 mont	I dating violence (lach things as being the 12 months has before the surve	peing physically hu hit, slammed into before the survey, ey) 7.0	art on purpose by something, or among students			No chang

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

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

ale jury and Violence								
	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
	e of students who wok, or other social i				h texting,			
9.3	9.0	8.9	10.0	7.3	8.1	No linear change	No quadratic change	No change
				7.10	0.1	Tto imear change	110 quadratic change	Tto change
	e of students who fe	elt sad or hopeless	(almost every day f	for >=2 weeks in a	,	Two inioni change	Tvo quadratic change	Two entange
		elt sad or hopeless	(almost every day f	for >=2 weeks in a	,	Increased, 2013-2023	Increased, 2013-2019 No change, 2019-2023	Decreased
stopped doing som	ne usual activities, e	elt sad or hopeless over during the 12 r 20.6	(almost every day f nonths before the s 24.0	for >=2 weeks in a survey)  26.3	row so that they 20.9		Increased, 2013-2019	

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

# Virginia High School Survey 10-year Trend Analysis Report

Male Injury and Violence

ijury and Violence		ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN28: Percentage before the survey)	of students who n	nade a plan about ho	ow they would atte	empt suicide (durin	g the 12 months			
11.7	8.1	9.4	9.2	9.9	9.7	No linear change	No quadratic change	No change
QN29: Percentage the survey)	of students who a	ctually attempted su	nicide (one or more	e times during the	12 months before			
9.3	4.6	5.4	4.7	5.9	5.2	Decreased, 2013-2023	Decreased, 2013-2017 No change, 2017-2023	No change
QN30: Percentage had to be treated by					, or overdose that			
4.3	1.3	1.4	1.4	1.8	1.5	Decreased, 2013-2023	Decreased, 2013-2017 No change, 2017-2023	No change

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

Male	
Tobacco	Use

	Н	ealth Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
N32: Percentage	e of students who si	noked a cigarette b	efore age 13 years	(even one or two p	ouffs)			
		9.7	8.3	5.4	5.6	Decreased, 2017-2023	Not available§	No change
NFRCIG: Perce ) days before the	ntage of students w survey)	ho currently smoke	ed cigarettes freque	ently (on 20 or mor	e days during the	· · · · · · · · · · · · · · · · · · ·		+
4.2	2.8	2.2	1.9	0.9	0.6	Decreased, 2013-2023	No quadratic change	No change
NDAYCIG: Perefore the survey)	centage of students	who currently smo	oked cigarettes dail	y (on all 30 days d	uring the 30 days	· · · · · · · · · · · · · · · · · · ·		,
3.4	1.8	1.6	1.5	0.7	0.6	Decreased, 2013-2023	No quadratic change	No change
N33: Percentage	e of students who c	urrently smoked cig	garettes (on at least	1 day during the 3	0 days before the	,		
11.6	8.6	7.3	6.1	2.5	2.4	Decreased, 2013-2023	No quadratic change	No change

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

Male

	Н	ealth Risk Behavio	or and Percentage	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
ape pens, e-cigars		urrently used an ele th pens, and mods [ the survey)						
	17.8	12.6	19.7	10.6	6.2	Decreased, 2015-2023	Not available§	Decreased
				1	20	<del> </del>		
	ntage of students w days before the sur	who currently used ervey)	electronic vapor pr	oducts frequently (	on 20 or more			
			electronic vapor pr 6.8	3.6	3.3	No linear change	Not available	No chang
sys during the 30	3.9 centage of students	rvey)	6.8	3.6	3.3		Not available	No chang

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

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

le pacco Use								
	H	Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
convenience store e-cigars, e-hookal	, supermarket, disc ns, hookah pens, an	usually got their elect ount store, or gas sta d mods [such as JU] ho currently used ele	ation (including e- UL, SMOK, Suori	cigarettes, vapes, v n, Vuse, and blu], o	ape pens,			
				5.1	12.5	No linear change	Not available§	No chang
lissolvable tobacc	co products [such as	currently used smokes Copenhagen, Grizzoducts, on at least 1	zly, Skoal, Camel	wing tobacco, snuf Snus, or Velo Nico	f, dip, snus, or tine Lozenges],	No linear change	Not available <sup>§</sup>	No chang
lissolvable tobacc	co products [such as	s Copenhagen, Griz	zly, Skoal, Camel	wing tobacco, snuf Snus, or Velo Nico	f, dip, snus, or tine Lozenges],	No linear change  Decreased, 2017-2023	Not available <sup>§</sup> Not available	No chang
dissolvable tobacc not counting any e	co products [such as electronic vapor products electronic vapor electronic vap	s Copenhagen, Grizz oducts, on at least 1	zly, Skoal, Camel day during the 30 5.8 red cigars frequent	wing tobacco, snuf Snus, or Velo Nico days before the sur 2.7	f, dip, snus, or tine Lozenges], vey) 2.0			

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

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

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

Male Tobacco Use

obacco Use								
	Н	ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	<del></del>		
QNDAYCGR: Per all 30 days during t			oked cigars daily (	cigars, cigarillos, o	or little cigars, on	,		
1.6	1.3	1.3	1.2	0.3	0.4	Decreased, 2013-2023	No quadratic change	No change
QNTB2: Percentage before the survey)	ge of students who	currently smoked	cigarettes or cigars	(on at least 1 day o	during the 30 days			
15.7	11.4	10.9	8.4	4.9	3.3	Decreased, 2013-2023	No quadratic change	No change
QNTB3: Percentage least 1 day during t			cigarettes or cigars	or used smokeless	tobacco (on at			,
		13.3	10.9	5.7	4.1	Decreased, 2017-2023	Not available§	No change

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

Not enough years of data to calculate.

ale bacco Use								
	Н	ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
		currently smoked of 1 day during the 30			tobacco or			
nectromic vapor pro	oducts (on at least	16.9	22.4	12.1	6.4	Decreased, 2017-2023	Not available <sup>§</sup>	Decreased
	ge of students who days before the st	currently smoked ( urvey)	cigarettes or used e	electronic vapor pro	oducts (on at leas	t		
	19.2	14.2	20.5	11.1	5.8	Decreased, 2015-2023	Not available	Decreased
	19.2	14.2						
		urrently smoked cig , or Backwoods, on						
13.8	9.2	8.8	5.8	3.7	2.2	Decreased, 2013-2023	No quadratic change	No chang

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

## **Virginia High School Survey** 10-year Trend Analysis Report

Male

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
QN41: Percentage	e of students who h	ad their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
20.4	16.4	15.8	16.4	12.6	9.3	Decreased, 2013-2023	No quadratic change	No change
	e of students who consider the survey)		hol (at least one dr	ink of alcohol, on a	t least 1 day			
25.6	23.0	23.0	22.8	16.2	13.7	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	No change
f they were femal	e of students who co e or five or more dr the 30 days before	inks of alcohol in a						
		10.7	11.9	9.2	6.2	Decreased, 2017-2023	Not available§	No change

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

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

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

Male
Alcohol and Other Drug Use

Alcohol and Other <b>E</b>		ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
QN47: Percentage	e of students who tr	ied marijuana for tl	ne first time before	age 13 years				
9.6	7.7	7.7	6.5	3.6	3.6	Decreased, 2013-2023	No quadratic change	No change
QN48: Percentage survey)	e of students who c	urrently used mariji	uana (one or more	times during the 30	days before the			
19.2	17.5	16.6	18.2	12.1	8.6	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	No change

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

# **Virginia High School Survey** 10-year Trend Analysis Report

Male

ual Behaviors	Н	ealth Risk Behavio	or and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
N56: Percentage	of students who ev	ver had sexual interd	course 34.0	22.1	24.2	Decreased, 2019-2023	Not available <sup>§</sup>	No change
N57: Percentage	of students who ha	ad sexual intercours	e for the first time 3.8	e before age 13 year 2.5	73.6	No linear change	Not available	No change
N58: Percentage	of students who ha	ad sexual intercours	e with four or mor	re persons during th	heir life 5.4	Decreased, 2019-2023	Not available	No change
QN59: Percentage person, during the 3		rere currently sexual e survey)	ly active (had sex	ual intercourse wit	h at least one	Decreased, 2019-2023	Not available	No change

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

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

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

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
		rank alcohol or use	d drugs before last	sexual intercourse	(among students			
who were currently	sexually active)		19.2	16.7	15.0	No linear change	Not available <sup>§</sup>	No chang
			17.2	10.7	13.0	No finear change	Not available	No chang
N61: Percentage		sed a condom durin	g last sexual interc	course (among stud	lents who were			

17.2

15.4

No linear change

No change

Not available

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

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

Male Sexual Behaviors	н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023	_		
QN82: Percentage of as chlamydia or gone				lisease (STD) other	r than HIV, such			_
			6.6	2.6	3.4	Decreased, 2019-2023	Not available <sup>§</sup>	No change

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

Not enough years of data to calculate.

Male Dietary Behaviors	Н	lealth Risk Behavi	or and Percentag	Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023	_		
QNOBESE: Perce and age-specific re		who had obesity (>= the 2000 CDC grov		or body mass index	, based on sex-			
14.5	14.5	14.3	17.2	19.2	14.9	No linear change	No quadratic change	Decreased
		o were overweight reference data from			ile for body mass			
14.6	14.6	14.3	15.3	13.2	14.7	No linear change	No quadratic change	No change
QN66: Percentage	e of students who d	escribed themselve	s as slightly or ver	y overweight				
23.2	25.1	24.2	25.2	29.1	24.4	No linear change	No quadratic change	Decreased

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

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

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

Male Dietary Behaviors

tary Behaviors	Н	lealth Risk Behavi	or and Percentag	Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023		
2013	2015	2017	2019	2021	2023			
QN69: Percentage	e of students who d	id not eat fruit (one	or more times dur	ring the 7 days before	re the survey)			
15.6	14.3	15.7	16.3	14.0	7.8	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	Decreased
QN70: Percentage	e of students who d	id not eat green sal	ad (one or more tir	mes during the 7 da	ys before the			
47.9	45.4	44.6	47.7	47.3	43.6	No linear change	No quadratic change	No change
	e of students who d							
23.7	27.0	28.2	29.1	32.9	30.4	Increased, 2013-2023	No quadratic change	No chang

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

ale ietary Behaviors								
	Н	ealth Risk Behavi	or and Percentag	Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023	_		
QNSODA1: Perce (such as Coke, Per								
23.7	19.5	19.1	19.4	18.5	19.4	No linear change	No quadratic change	No change
	entage of students vosi, or Sprite, not co							
16.9	12.8	11.8	11.3	10.8	10.7	Decreased, 2013-2023	No quadratic change	No change
QN75: Percentage	e of students who d	id not eat breakfast	(during the 7 days	s before the survey	,			
13.3	13.3	13.2	17.9	20.9	17.3	Increased, 2013-2023	No quadratic change	No change

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

## **Virginia High School Survey** 10-year Trend Analysis Report

Male

ary Behaviors	н	ealth Risk Behavi	or and Percentag	Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>		
2013	2015	2017	2019	2021	2023			
NBK7DAY: Perc	centage of students	s who ate breakfast	on all 7 days (duri	ing the 7 days before	re the survey)			
NBK7DAY: Perc	centage of students	s who ate breakfast	on all 7 days (duri	ing the 7 days before 34.5	re the survey) 35.6	Decreased, 2013-2023	No quadratic change	No chang

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

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

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

Male **Physical Activity Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2021-2023 <sup>†</sup> 2013 2015 2017 2019 2021 2023 QN76: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 53.6 54.2 51.6 50.3 50.9 52.0 No quadratic change No linear change No change QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 10.6 14.0 15.9 12.9 12.5 14.0 No linear change Increased, 2013-2017 No change No change, 2017-2023 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)

30.1

31.4

No linear change

No quadratic change

29.2

29.4

31.6

32.3

No change

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

le vsical Activity	н	ealth Risk Behavi	Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 <sup>†</sup>			
2013	2015	2017	2019	2021	2023	_		
smart phone, or oth	er electronic devic	spent 3 or more house watching shows of spent doing school	or videos, playing	games, accessing tl				
				70.9	77.8	Increased, 2021-2023	Not available§	Increased

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

Male

	Н	ealth Risk Behavi	Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †			
2013	2015	2017	2019	2021	2023	_		
	of students who sa	aw a dentist (for a cey)	check-up, exam, tee	eth cleaning, or oth	er dental work,			
	74.2	73.8	73.0	68.4	72.2	No linear change	Not available <sup>§</sup>	No change
QNNODNT: Perc	entage of students	who never saw a de	entist (for a check-	up, exam, teeth cle	aning, or other			
	2.0	2.5	2.8	4.9	4.0	Increased, 2015-2023	Not available	No change
QN85: Percentage	of students who g	ot 8 or more hours	of sleep (on an ave	erage school night)				
	30.0	30.7	29.0	24.0	26.7	Decreased, 2015-2023	Not available	No change
QN86: Percentage	e of students who e	xperienced unstable	e housing (during t	he 30 days before t	the survey)			
		3.9	3.9	3.4	3.0	No linear change	Not available	No change

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

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

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

Male Other

	Н	ealth Risk Behavio	Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †			
13	2015	2017	2019	2021	2023	<u> </u>		
rcentage of survey)	students who de	escribed their grade	s in school as mos	tly A's or B's (durin	ng the 12 months			
	74.5	77.1	73.5	74.5	74.9	No linear change	Not available§	No change
1	centage of	rcentage of students who desurvey)	recentage of students who described their grade survey)	recentage of students who described their grades in school as most survey)	recentage of students who described their grades in school as mostly A's or B's (during survey)	recentage of students who described their grades in school as mostly A's or B's (during the 12 months survey)	recentage of students who described their grades in school as mostly A's or B's (during the 12 months survey)	recentage of students who described their grades in school as mostly A's or B's (during the 12 months survey)

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

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

Male Demog	graphic	н	ealth Risk Behavi	or and Percentag	Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †		
_	2013	2015	2017	2019	2021	2023	_		
QNo	65: Percentage	of students who de	escribed themselve	s as transgender.	1.6	2.1	No linear change	Not available <sup>§</sup>	No change

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

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

ale ental	Health	н	ealth Risk Behavi	Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 <sup>†</sup>			
_	2013	2015	2017	2019	2021	2023	<del></del>		
			eported that their mession, during the 30 c			always not good			
					20.4	16.1	Decreased, 2021-2023	Not available§	Decreased

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

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

Male Birth Control								
	I	Iealth Risk Behavio	or and Percentag	Linear Change*	Quadratic Change*	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023	_		
	anon) before last	who used an IUD (sexual intercourse wisexually active)						
				2.0	2.3	No linear change	Not available§	No change
implant (such as In control ring (such a	nplanon or Nexpla as NuvaRing) befo	s who used birth con mon); or a shot (such ore last sexual interco e currently sexually a	n as Depo-Provera ourse with an oppo	), patch (such as O	rthoEvra), or birth			
				19.8	19.0	No linear change	Not available	No change
pills; an IUD, or in	nplant, or a shot, o	ts who used both a cor or patch, or birth cont nancy, among studer	trol ring before las	t sexual intercours	e with an			
				7.7	9.4	No linear change	Not available	No change

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

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

Male Birth Control	н	ealth Risk Behavi	Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 †			
2013	2015	2017	2019	2021	2023	<u> </u>		
QNBCNONE: Per intercourse with an								
				8.9	8.6	No linear change	Not available <sup>§</sup>	No change

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

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

ale Iverse Childhood F	_	lealth Risk Behavi	Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †			
2013	2015	2017	2019	2021	2023	_		
QN92: Percentage them do sexual thir sexual intercourse)	ngs they did not wa							
				2.0	2.8	No linear change	Not available§	No change
QN94: Percentage always hit, beat, kie					the time or			
				2.0	1.8	No linear change	Not available	No change
QN95: Percentage always slapped, hit					ost of the time or			
				1.9	1.1	No linear change	Not available	No change

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

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

	H	lealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-202
2013	2015	2017	2019	2021	2023	_		
make sure their b		reported that an adu net (such as looking ir life)				No linear change	Not available <sup>§</sup>	No chan
make sure their bothes and enough	easic needs were not to eat, during their	net (such as looking	g after their safety a	and making sure the	ey had clean 88.4	No linear change	Not available <sup>§</sup>	No chan

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

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

nale ury and Violence		ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
	of students who roo during the 30 days			g alcohol (in a car	or other vehicle,			
18.1	17.0	14.4	14.1	9.1	13.3	Decreased, 2013-2023	No quadratic change	Increased
	e of students who d the 30 days before the survey)					Decreased, 2013-2023	No quadratic change	No change
	e of students who c the 30 days before		school property (s	uch as a gun, knife	, or club, on at			
	1.0	2.1	1.4	1.6	1.0	No linear change	Not available§	No change

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

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

emale njury and Violence								
	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	<u> </u>		
	e of students who ca ort such as target sh							
			1.7	0.7	1.3	No linear change	Not available <sup>§</sup>	No change
	e of students who di least 1 day during			insafe at school or o	on their way to or			
5.2	6.6	7.1	10.1	12.4	17.8	Increased, 2013-2023	No quadratic change	No change
	e of students who w				rty (such as a			
4.1	4.6	4.7	6.7	6.5	8.0	Increased, 2013-2023	No quadratic change	No change

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

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

emale njury and Violence	Н	ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN16: Percentage survey)	of students who w	vere in a physical fig	ght (one or more ti	mes during the 12	months before the			
16.1	13.5	14.3	12.8	10.4	14.0	No linear change	No quadratic change	No change
QN19: Percentage want to)	of students who w	vere ever physically	forced to have sex	kual intercourse (w	hen they did not			
			8.6	11.2	9.2	No linear change	Not available§	No change
QN20: Percentage [counting such thin not want to do, one	gs as kissing, touc	hing, or being phys	ically forced to ha					
			13.3	16.2	16.3	No linear change	Not available	No change

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

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

male jury and Violence	;							
	H	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
dating or going ou forced to have sex	e of students who e at with to do sexual aual intercourse] that a students who dated	things [counting su t they did not want	ich things as kissin to do, one or more	g, touching, or being the 1	ng physically 2 months before			
			10.0	12.4	13.2	No linear change	Not available§	No change
omeone they wer njured with an ob	e of students who e re dating or going or ject or weapon] one t out with someone	ut with [counting so e or more times dur	uch things as being ring the 12 months	hit, slammed into before the survey,	something, or	Decreased, 2013-2023	No quadratic change	No chang
10.0	12.3	11.7	0.5	). <u>2</u>	10.5	Decreased, 2013 2023	110 quadratic change	1 to chang
QN24: Percentage survey)	e of students who w	vere bullied on scho	ool property (ever o	luring the 12 mont	hs before the			
24.8	23.3	17.9	19.8	13.2	20.9	Decreased, 2013-2023	Decreased, 2013-2017 No change, 2017-2023	Increased

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

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

nale ury and Violence								
	Н	lealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
	e of students who wook, or other social i				h texting,			
19.5	18.8	16.3	18.1	16.8	16.0	No linear change	No quadratic change	No change
	e of students who fe				row so that they			
					row so that they 46.6	Increased, 2013-2023	No quadratic change	No change
stopped doing som	ne usual activities, e	38.9	months before the s	survey) 49.9	46.6	Increased, 2013-2023	No quadratic change	No change

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

## Virginia High 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 QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) 18.6 15.4 22.9 15.8 14.9 15.4 No linear change No quadratic change Decreased QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey) 10.2 8.7 9.0 9.4 11.9 10.1 No linear change No quadratic change No change QN30: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey) 3.2 2.4 2.6 2.2 2.2 2.8 No linear change No quadratic change No change

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

## **Virginia High School Survey** 10-year Trend Analysis Report

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-202
2013	2015	2017	2019	2021	2023			
N32: Percentage	of students who sr	noked a cigarette b	efore age 13 years	(even one or two p	ouffs)			
						N. 1. 1	NI . 1118	ъ
		6.0	5.9	6.6	4.1	No linear change	Not available <sup>§</sup>	Decrease
ONFRCIG: Perce				6.6 ently (on 20 or mor			Not availables	Decrease
							Not availables  No quadratic change	
0 days before the 2.7	survey) 1.7	ho currently smoke	ed cigarettes freque	ently (on 20 or mor	e days during the	Decreased, 2013-2023		No chang

3.1

1.6

4.8

Decreased, 2013-2023

No quadratic change

5.5

10.4

7.9

Decreased

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

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

	Н	ealth Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
ape pens, e-cigars		urrently used an ele ah pens, and mods [ the survey)						
	15.5	10.8	20.2	18.2	10.3	No linear change	Not available§	Decreased
	ntage of students w	who currently used ervey)	electronic vapor pr	oducts frequently (	on 20 or more			
ays during the 30					4.1	In annual 2015 2022	NT . 11.11	No ahanga
ays during the 30	1.4	2.1	5.7	6.9	4.1	Increased, 2015-2023	Not available	No change
	centage of students	s who currently use				,	Not available	No chang

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

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

nale pacco Use								
	I	Health Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
convenience store, e-cigars, e-hookah	, supermarket, disc ns, hookah pens, an	usually got their electount store, or gas stand mods [such as JU] ho currently used electors.	ation (including e- UL, SMOK, Suori	cigarettes, vapes, v n, Vuse, and blu], c	ape pens,			
				2.5	1.3	No linear change	Not available§	No chang
lissolvable tobacc	co products [such a	currently used smok s Copenhagen, Griz oducts, on at least 1	zly, Skoal, Camel	wing tobacco, snuf Snus, or Velo Nico	f, dip, snus, or tine Lozenges],	No linear change	Not available <sup>§</sup>	No chang
lissolvable tobacc	co products [such a	s Copenhagen, Griz	zly, Skoal, Camel	wing tobacco, snuf Snus, or Velo Nico	f, dip, snus, or tine Lozenges],	No linear change  No linear change	Not available <sup>§</sup> Not available	No chang
DNFRCGR: Perc	co products [such a electronic vapor pro	s Copenhagen, Griz oducts, on at least 1	zly, Skoal, Camel day during the 30  1.7  ted cigars frequent	wing tobacco, snuf Snus, or Velo Nico days before the sur 1.0	f, dip, snus, or tine Lozenges], vey)			

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

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

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

Female
Tobacco Use

Гоbacco Use								
	Н	lealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QNDAYCGR: Per all 30 days during t			oked cigars daily (	cigars, cigarillos, c	or little cigars, on	,		
1.0	0.8	0.5	0.7	0.3	0.3	Decreased, 2013-2023	No quadratic change	No change
QNTB2: Percentage before the survey)	ge of students who	currently smoked of	cigarettes or cigars	(on at least 1 day of	during the 30 days			-
13.9	9.6	6.9	5.9	4.0	3.5	Decreased, 2013-2023	No quadratic change	No change
QNTB3: Percentag			cigarettes or cigars	or used smokeless	tobacco (on at			
		7.1	6.3	4.6	4.0	Decreased, 2017-2023	Not available§	No change

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

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

'emale 'obacco Use	н	ealth Risk Behavi	or and Percentage	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QNTB4: Percenta electronic vapor pr					tobacco or			
	· ·	12.9	21.3	19.0	10.7	No linear change	Not available <sup>§</sup>	Decreased
QNTB5: Percenta 1 day during the 30	ge of students who days before the st		cigarettes or used e	lectronic vapor pro	oducts (on at least			
	18.1	12.3	20.7	18.7	10.3	No linear change	Not available	Decreased
QN39: Percentage Middleton's (include								
8.2	5.5	3.8	3.5	1.9	2.3	Decreased, 2013-2023	No quadratic change	No change

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

Not enough years of data to calculate.

# **Virginia High School Survey** 10-year Trend Analysis Report

**Female** 

	Н	ealth Risk Behavi	Linear Change*	Quadratic Change*	Change from 2021-2023			
2013	2015	2017	2019	2021	2023	<del>_</del>		
QN41: Percentage	of students who h	ad their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
15.4	12.4	13.4	14.7	15.6	12.7	No linear change	No quadratic change	No change
	e of students who co before the survey)		hol (at least one dr	ink of alcohol, on a	t least 1 day			
28.9	23.8	26.0	28.3	22.7	18.1	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	No change
QN43: Percentage f they were female	of students who co	urrently were binge	e drinking (had fou	r or more drinks of nale, within a coup	alcohol in a row			
		13.9	13.4	11.9	7.8	Decreased, 2017-2023	Not available§	Decrease

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

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

# Virginia High School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use

Alcohol and Other D		ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN47: Percentage	e of students who tr	ied marijuana for th	ne first time before	age 13 years				
5.0	4.4	2.9	3.8	3.4	3.0	Decreased, 2013-2023	No quadratic change	No change
QN48: Percentage survey)	e of students who c	urrently used mariju	uana (one or more	times during the 30	days before the			
16.4	14.9	16.2	16.4	14.7	10.5	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	No change

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

# Virginia High School Survey 10-year Trend Analysis Report

Female Sexual Behaviors

exual Behaviors	Н	ealth Risk Behavio	or and Percentag	Linear Change*	Quadratic Change*	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023			
QN56: Percentage	of students who e	ver had sexual inter	course 30.2	23.7	20.9	Decreased, 2019-2023	Not available <sup>§</sup>	No change
QN57: Percentage	of students who ha	ad sexual intercours	se for the first time	before age 13 yea	rs			
			1.9	2.2	1.8	No linear change	Not available	No change
QN58: Percentage	of students who ha	ad sexual intercours	se with four or mor	re persons during the	heir life			
			5.6	5.3	2.3	Decreased, 2019-2023	Not available	Decreased
QN59: Percentage person, during the 3			lly active (had sex	ual intercourse wit	h at least one			
			21.3	17.6	16.4	No linear change	Not available	No change

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

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

# Virginia High School Survey 10-year Trend Analysis Report

ual Behavior		ealth Risk Behavi	or and Percentage	Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023		
2013	2015	2017	2019	2021	2023	-		

43.8

52.8

QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)

52.5

QN61: Percentage of students who used a condom during last sexual intercourse (among students who were

18.9 19.0 No linear change Not available No change

Not available

No change

No linear change

currently sexually active)

**Female** 

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

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

Female Sexual Behaviors	н	ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023	_		
QN82: Percentage of as chlamydia or gone				lisease (STD) other	r than HIV, such			
			6.8	4.9	4.6	Decreased, 2019-2023	Not available <sup>§</sup>	No change

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

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

Female Dietary Behaviors	н	lealth Risk Behavi	Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †			
2013	2015	2017	2019	2021	2023			
QNOBESE: Perce and age-specific re		who had obesity (>= the 2000 CDC grow		or body mass index	, based on sex-			
9.4	11.4	11.1	12.3	13.6	12.4	Increased, 2013-2023	No quadratic change	No change
		o were overweight reference data fron			ile for body mass			
14.8	15.7	16.6	16.4	17.4	16.8	No linear change	No quadratic change	No change
QN66: Percentage	of students who d	escribed themselves	s as slightly or ver	y overweight				
34.9	35.1	33.4	35.5	32.2	32.1	Decreased, 2013-2023	No quadratic change	No change

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

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

# Virginia High 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 QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey) 12.9 10.2 11.9 11.7 14.1 9.5 No linear change No quadratic change Decreased QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) 37.7 35.5 36.9 41.5 44.6 38.4 Increased, 2013-2023 No quadratic change No change QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey) Increased, 2013-2017 30.5 33.3 36.6 35.0 36.2 34.0 No linear change No change No change, 2017-2023

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

### Virginia High 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 QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) 19.7 14.2 13.7 13.7 12.8 14.4 Decreased, 2013-2023 Decreased, 2013-2017 No change No change, 2017-2023 QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) 8.4 8.1 7.5 12.6 7.7 6.6 Decreased, 2013-2023 No quadratic change No change QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey) 12.9 14.9 14.0 18.9 22.7 20.1 No change Increased, 2013-2023 No quadratic change

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

# Virginia High School Survey 10-year Trend Analysis Report

	nale tary Behaviors	н	ealth Risk Behavi	or and Percentage	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
	2013	2015	2017	2019	2021	2023			
(	QNBK7DAY: Perc	entage of students	s who ate breakfast	on all 7 days (duri	ng the 7 days before	e the survey)			
	35.4	32.7	32.1	27.4	24.7	21.2	Decreased, 2013-2023	No quadratic change	No change

13.2

10.0

QN108: Percentage of students who did not eat other vegetables (such as carrots, broccoli, or potatoes, not

10.8

counting green salad, one or more times during the 7 days before the survey)

No change

Not available§

No linear change

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

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

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

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

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

Female Physica	al Activity	н	ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
_	2013	2015	2017	2019	2021	2023	-		
smar	t phone, or oth	er electronic devic	spent 3 or more house watching shows of spent doing school	or videos, playing	games, accessing t				
					78.8	77.1	No linear change	Not available <sup>§</sup>	No change

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

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

# **Virginia High School Survey** 10-year Trend Analysis Report

**Female** 

er	Н	ealth Risk Behavi	Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †			
2013	2015	2017	2019	2021	2023			
	e of students who sa	aw a dentist (for a cey)	check-up, exam, tec	eth cleaning, or oth	ner dental work,			
	77.1	78.7	79.6	73.3	77.2	No linear change	Not available <sup>§</sup>	No change
QNNODNT: Perc lental work)	entage of students	who never saw a do	entist (for a check-	up, exam, teeth cle	aning, or other			
	1.5	1.0	1.2	2.6	1.1	No linear change	Not available	No change
QN85: Percentage	of students who g	ot 8 or more hours	of sleep (on an ave	erage school night)	,			
	25.1	23.2	21.8	23.8	18.8	Decreased, 2015-2023	Not available	No change
QN86: Percentage	e of students who e	xperienced unstable	e housing (during t	he 30 days before t	the survey)			
		1.3	2.2	1.4	1.9	No linear change	Not available	No change

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

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

# **Virginia High School Survey** 10-year Trend Analysis Report

**Female** 

	Н	ealth Risk Behavio	or and Percentage	Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023	<u> </u>		
C	students who de	escribed their grade	s in school as mos	tly A's or B's (duri	ng the 12 months			
541 (6) /	83.6	86.2	83.7	81.2	78.3	Decreased, 2015-2023	Not available§	No change
]		Percentage of students who de	Percentage of students who described their grade ne survey)	Percentage of students who described their grades in school as mos ne survey)	Percentage of students who described their grades in school as mostly A's or B's (during survey)	Percentage of students who described their grades in school as mostly A's or B's (during the 12 months ne survey)	Percentage of students who described their grades in school as mostly A's or B's (during the 12 months ne survey)	Percentage of students who described their grades in school as mostly A's or B's (during the 12 months ne survey)

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

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

# **Virginia High School Survey** 10-year Trend Analysis Report

Fema Dem	ale ographic								
		He	alth Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
	2013	2015	2017	2019	2021	2023	_		

1.2

QN65: Percentage of students who described themselves as transgender.

2.9 Increased, 2019-2023 Not available§ 4.5

No change

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

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

ile al Health	н	ealth Risk Behavi	Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †			
2013	2015	2017	2019	2021	2023	_		
		eported that their mosion, during the 30 c			always not good			

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

Female Birth Control								
	I	Iealth Risk Behavio	or and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
	anon) before last	who used an IUD (s sexual intercourse wi sexually active)						
				6.4	6.6	No linear change	Not available§	No change
implant (such as In control ring (such a	nplanon or Nexpla as NuvaRing) befo	s who used birth con mon); or a shot (such ore last sexual interco e currently sexually a	as Depo-Provera ourse with an oppo	), patch (such as O	rthoEvra), or birth			
				30.8	30.4	No linear change	Not available	No change
pills; an IUD, or in	nplant, or a shot, o	ts who used both a cor r patch, or birth cont nancy, among studer	rol ring before las	st sexual intercours	e with an			
				8.0	10.1	No linear change	Not available	No change

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

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

ale a Control	н	ealth Risk Behavio	Linear Change*	Quadratic Change*	Change from 2021-2023 †			
2013	2015	2017	2019	2021	2023	_		
		s who did not use a ner (among students						

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

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

emale dverse Childhood l	-	ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN92: Percentage them do sexual thin sexual intercourse)	ngs they did not wa							
				12.0	9.0	Decreased, 2021-2023	Not available <sup>§</sup>	Decreased
QN94: Percentage always hit, beat, ki					the time or	,		
				2.6	2.3	No linear change	Not available	No change
QN95: Percentage always slapped, his					ost of the time or	· -		
				2.0	1.5	No linear change	Not available	No change

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

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

Female Adverse Childhood E	•	lealth Risk Behavio	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023	_		
QN112: Percentag to make sure their b clothes and enough	asic needs were n	net (such as looking						
				90.3	87.3	Decreased, 2021-2023	Not available <sup>§</sup>	Decreased
QN115: Percentag jail, prison, or a det		have ever been sepa	arated from a pare	nt or guardian beca	nuse they went to	t - t		1
				13.0	14.4	No linear change	Not available	No change

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

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

# **Virginia High School Survey** 10-year Trend Analysis Report

hite* ujury and Violence	ee							
	]	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
ON9: Percentage	of students who ro	de with a driver wh	o had been drinkin	g alcohol (in a car	or other vehicle,			
		before the survey)						
			13.0	10.0	12.8	Decreased, 2013-2023	No quadratic change	No chang
15.5  QN10: Percentage	14.3 e of students who do the 30 days before	before the survey)	13.0 vehicle when they	had been drinking	alcohol (one or	Decreased, 2013-2023	No quadratic change	No chang

2.1

2.4

No linear change

Not available¶

3.9

1.7

2.5

No change

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

hite* jury and Violenc	e							
	E	Iealth Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
	e of students who ca port such as target sh							
			3.6	3.0	3.6	No linear change	Not available¶	No chang
	e of students who di t least 1 day during t			insafe at school or o	on their way to or	<del></del>		;
ioni school (on at	, ,	•						
4.3	4.8	7.3	6.8	10.5	12.5	Increased, 2013-2023	No quadratic change	No chang
4.3  QN15: Percentage		7.3 ere threatened or in	6.8 jured with a weap	on on school prope		Increased, 2013-2023	No quadratic change	No chang

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

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

# **Virginia High School Survey** 10-year Trend Analysis Report

White\*

	1	Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN16: Percentage survey)	e of students who w	vere in a physical f	ight (one or more ti	mes during the 12	months before the	,		
19.7	18.1	15.7	17.3	14.7	18.7	No linear change	No quadratic change	No change
QN19: Percentage	e of students who w	vere ever physically	y forced to have sex	xual intercourse (w	hen they did not			
			5.6	7.2	5.9	No linear change	Not available¶	No change
[counting such thi	e of students who ex ngs as kissing, touc e or more times dur	hing, or being phy	sically forced to ha	ve sexual intercour				
			9.1	11.2	12.5	Increased, 2019-2023	Not available	No change

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

hite* ijury and Violend		Health Risk Behav	ior and Percentag		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §	
2013	2015	2017	2019	2021	2023	_		
dating or going or forced to have sex	ge of students who e ut with to do sexual kual intercourse] that g students who date	things [counting su at they did not want						
			7.1	9.4	9.1	No linear change	Not available <sup>¶</sup>	No change
someone they wer injured with an ob	ge of students who e re dating or going o oject or weapon] on the out with someone	ut with [counting su e or more times dur	l dating violence (but things as being ing the 12 months	being physically hu hit, slammed into before the survey,	art on purpose by something, or	No linear change  No linear change	Not available <sup>¶</sup> No quadratic change	No chang
someone they were injured with an observation of the who dated or wenn 9.4	re dating or going o oject or weapon] one it out with someone	ut with [counting sue or more times dur during the 12 mont	I dating violence (but things as being ing the 12 months has before the surve	being physically hu hit, slammed into before the survey, ey)	art on purpose by something, or among students			

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

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

njury and Violenco		Iealth Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	<u> </u>		
	e of students who wook, or other social n				h texting,			
15.8	16.5	14.9	14.7	16.3	13.7	No linear change	No quadratic change	No change
ON26: Percentage	e of students who fe	lt sad or hopeless (	almost every day f	for >=2 weeks in a	row so that they			
	ne usual activities, e				,			
					33.5	Increased, 2013-2023	No quadratic change	No change
stopped doing som 25.2	ne usual activities, e	ver during the 12 n	31.0	38.8	33.5	Increased, 2013-2023	No quadratic change	No change

<sup>\*</sup>Non-Hispanic. †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.

Wl	nite <sup>;</sup>	<b>k</b>	
Inj	ury	and	Violence

njury and Violence		Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN28: Percentage before the survey)	of students who m	ade a plan about h	ow they would atte	empt suicide (during	g the 12 months			
14.5	11.8	12.9	10.8	16.2	12.4	No linear change	No quadratic change	Decreased
QN29: Percentage the survey)	of students who ac	ctually attempted si	uicide (one or more	e times during the 1	2 months before			
8.2	5.1	6.4	4.5	7.5	7.0	No linear change	Decreased, 2013-2019 Increased, 2019-2023	No change
QN30: Percentage had to be treated by					or overdose that			
3.2	1.2	1.6	0.9	1.9	0.8	Decreased, 2013-2023	No quadratic change	No change

<sup>\*</sup>Non-Hispanic. †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.

	1	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QN32: Percentage	e of students who si	noked a cigarette b	efore age 13 years	(even one or two p	ouffs)			
		8.3	7.1	5.5	5.7	Decreased, 2017-2023	Not available¶	No change
QNFRCIG: Perce	entage of students we survey)	ho currently smoke	ed cigarettes freque	ently (on 20 or mor	e days during the			
3.8	2.7	2.2	1.3	1.3	0.8	Decreased, 2013-2023	No quadratic change	No chang
QNDAYCIG: Perperson of the survey)	rcentage of students	who currently smo	ked cigarettes dail	ly (on all 30 days d	during the 30 days	<del></del>		
3.1	1.8	1.7	1.2	1.1	0.8	Decreased, 2013-2023	No quadratic change	No change
	e of students who c	urrently smoked cig	garettes (on at least	t 1 day during the 3	30 days before the			
QN33: Percentag survey)								

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

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

White* Fobacco Use	1	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QN36: Percentage vape pens, e-cigars, least 1 day during to	, e-hookahs, hooka	th pens, and mods [						
	17.0	14.8	23.4	16.9	10.1	Decreased, 2015-2023	Not available¶	Decreased
QNFREVP: Perceidays during the 30			electronic vapor pr	roducts frequently (	(on 20 or more			
	2.7	3.7	7.3	7.0	5.8	Increased, 2015-2023	Not available	No change
QNDAYEVP: Perothe 30 days before to		s who currently use	d electronic vapor	products daily (on	all 30 days during	9		
	1.6	2.4	4.6	5.3	4.7	Increased, 2015-2023	Not available	No change

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

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

hite* bbacco Use	1	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
convenience store e-cigars, e-hookah	, supermarket, disco s, hookah pens, an	sually got their election store, or gas stand mods [such as JU] no currently used elections.	ation (including e- UL, SMOK, Suori	cigarettes, vapes, v n, Vuse, and blu], c	ape pens,			
•	C							
•	C			4.6	8.8	No linear change	Not available¶	No change
dissolvable tobacc	e of students who c	urrently used smokes Copenhagen, Grizz Educts, on at least 1	zly, Skoal, Camel	wing tobacco, snuff Snus, or Velo Nico	f, dip, snus, or tine Lozenges],	No linear change	Not available¶	No chang
dissolvable tobacc	e of students who c	s Copenhagen, Grizz	zly, Skoal, Camel	wing tobacco, snuff Snus, or Velo Nico	f, dip, snus, or tine Lozenges],	No linear change  Decreased, 2017-2023	Not available¶	No change
dissolvable tobacc not counting any e	e of students who coproducts [such as electronic vapor products]	s Copenhagen, Grizz oducts, on at least 1	zly, Skoal, Camel day during the 30 4.6 red cigars frequent	wing tobacco, snuff Snus, or Velo Nico days before the sur 2.8	f, dip, snus, or tine Lozenges], vey) 2.2			

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

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

# **Virginia High School Survey** 10-year Trend Analysis Report

White\*

obacco Use	I	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QNDAYCGR: Per all 30 days during t			oked cigars daily (	cigars, cigarillos, o	or little cigars, on			
0.8	0.4	0.7	0.7	0.2	0.5	No linear change	No quadratic change	No change
QNTB2: Percentage before the survey)	ge of students who	currently smoked of	cigarettes or cigars	(on at least 1 day of	during the 30 days	3		
14.7	11.1	10.7	7.6	6.0	4.6	Decreased, 2013-2023	No quadratic change	No change
QNTB3: Percentage least 1 day during t			cigarettes or cigars	or used smokeless	tobacco (on at			
		12.7	9.8	7.4	5.6	Decreased, 2017-2023	Not available¶	

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

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

2021 r used smokeless	r used smokeless vey)		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
r used smokeless vey)	r used smokeless vey)	tobacco or	D 1 2017 2022		
vey)	vey)		D 1 2017 2022		
	•	10.0	D 1 2017 2022		
	17.0	10.9	Decreased, 2017-2023	Not available¶	Decrease
ctronic vapor pro	ectronic vapor pro	ducts (on at least	t		,
17.8	17.8	10.0	Decreased, 2015-2023	Not available	Decrease
		le cigars, such as		le cigars, such as Swisher Sweets,	le cigars, such as Swisher Sweets,

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

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

White*			
Alcohol and	Other	Drug	Use

cohol and Other	0	Health Risk Behav	vior and Percenta	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §		
2013	2015	2017	2019	2021	2023			
QN41: Percentage	e of students who ha	ad their first drink	of alcohol before a	ge 13 years (other t	than a few sips)			
16.7	13.1	15.1	15.2	14.1	9.9	Decreased, 2013-2023	No quadratic change	Decreased
	e of students who consider the survey)		hol (at least one dr	ink of alcohol, on a	t least 1 day			
30.6	26.5	29.3	30.2	27.6	20.3	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	Decreased
if they were femal	e of students who co e or five or more dr the 30 days before	inks of alcohol in						
		15.4	16.3	16.1	9.4	Decreased, 2017-2023	Not available <sup>¶</sup>	Decreased

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

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

# **Virginia High School Survey** 10-year Trend Analysis Report

White\*

	I	Health Risk Behav	ior and Percentag	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §		
2013	2015	2017	2019	2021	2023	<u> </u>		
N47: Percentage	e of students who tr	ied marijuana for tl	he first time before	e age 13 years	+-			
N47: Percentage	e of students who tr	ied marijuana for tl	he first time before 3.7	e age 13 years 3.0	3.6	Decreased, 2013-2023	No quadratic change	No change
5.3		4.0	3.7	3.0		Decreased, 2013-2023	No quadratic change	No change

<sup>\*</sup>Non-Hispanic. †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.

# **Virginia High School Survey** 10-year Trend Analysis Report

White\*

vnite* exual Behaviors	1	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QN56: Percentage	of students who e	ver had sexual inter	course					
			30.4	24.6	23.7	Decreased, 2019-2023	Not available <sup>¶</sup>	No change
QN57: Percentage	of students who h	ad sexual intercours	se for the first time	e before age 13 yea	rs			
			1.8	2.8	2.2	No linear change	Not available	No change
QN58: Percentage	of students who ha	ad sexual intercours	se with four or mo	re persons during the	heir life			
			6.8	4.9	4.1	Decreased, 2019-2023	Not available	No change
QN59: Percentage person, during the 3			ally active (had sex	ual intercourse wit	h at least one			
		•	20.9	17.4	19.0	No linear change	Not available	No change

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

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

White* Sexual Behaviors	F	Iealth Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN60: Percentage who were currently		ank alcohol or used	l drugs before last	sexual intercourse	(among students			
			20.2	23.0	12.6	Decreased, 2019-2023	Not available¶	Decreased
QN61: Percentage of currently sexually ac		sed a condom durin	g last sexual interc	course (among stud	ents who were			
			60.4	52.5	57.1	No linear change	Not available	No change
QN62: Percentage of partner (to prevent partner students who	oregnancy, not cou	inting emergency c						
				27.4	23.8	No linear change	Not available	No change

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

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

e* al Behaviors	I	Health Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
		ere tested for a sex e 12 months before		isease (STD) other	than HIV, such			
emany and or goin								

<sup>\*</sup>Non-Hispanic. \*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. Not enough years of data to calculate.

Thite* ietary Behaviors	1	Health Risk Behav	ior and Percentaş	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QNOBESE: Percent and age-specific refe				or body mass index	, based on sex-			
10.5	12.0	11.5	12.5	14.5	11.3	No linear change	No quadratic change	No change
QNOWT: Percentag index, based on sex- 13.5					ile for body mass	No linear change	No quadratic change	No change
13.3		13.0	13.2	12.0	10.2	140 inicai change	140 quadratic change	140 change
QN66: Percentage o	f students who d	escribed themselves	s as slightly or ver	y overweight				
30.3	30.0	28.0	27.9	30.4	26.4	No linear change	No quadratic change	No change

<sup>\*</sup>Non-Hispanic.

 $<sup>^{\</sup>dagger}$ 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.

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

White*	
Dietary	<b>Behaviors</b>

etary Behaviors	1	Health Risk Behav	rior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QN69: Percentage	of students who d	id not eat fruit (one	or more times dur	ing the 7 days befo	re the survey)			
13.4	11.9	12.5	12.0	14.3	8.9	Decreased, 2013-2023	No quadratic change	Decreased
QN70: Percentage survey)	of students who d	id not eat green sal	ad (one or more tir	nes during the 7 da	ys before the			
38.5	36.3	37.0	41.4	43.4	38.0	No linear change	No quadratic change	No change
		id not drink a can, l						,
27.8	31.2	31.4	31.4	31.4	31.0	No linear change	No quadratic change	No chang

<sup>\*</sup>Non-Hispanic. †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.

White* Dietary Behaviors	I	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QNSODA1: Percer (such as Coke, Peps								
23.1	17.9	17.7	17.9	20.0	21.2	No linear change	Decreased, 2013-2017 No change, 2017-2023	No change
QNSODA2: Percei (such as Coke, Peps								
15.3	10.5	9.8	10.3	11.5	11.6	No linear change	Decreased, 2013-2017 No change, 2017-2023	No change
QN75: Percentage	of students who di	id not eat breakfast	(during the 7 days	s before the survey)	)			
11.1	11.3	12.0	17.2	20.9	18.9	Increased, 2013-2023	No quadratic change	No change

<sup>\*</sup>Non-Hispanic. †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.

-01-						
2017	2019	2021	2023			
dents who ate breakfast	on all 7 days (duri	ing the 7 days before	re the survey)			
42.2	34.8	28.5	28.5	Decreased, 2013-2023	No quadratic change	No change
V	42.2 who did not eat other ve	42.2 34.8 who did not eat other vegetables (such as c	42.2 34.8 28.5	who did not eat other vegetables (such as carrots, broccoli, or potatoes, not	42.2 34.8 28.5 28.5 Decreased, 2013-2023 who did not eat other vegetables (such as carrots, broccoli, or potatoes, not	42.2 34.8 28.5 28.5 Decreased, 2013-2023 No quadratic change who did not eat other vegetables (such as carrots, broccoli, or potatoes, not

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

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

White* Physical Activity								
	]	Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	-		
	e of students who v ctivity that increase survey)							
48.4	51.5	47.3	46.2	47.0	47.4	No linear change	No quadratic change	No change
least 1 day (in any	rcentage of students kind of physical ace 7 days before the	ctivity that increase						
12.6	13.1	13.8	13.6	14.6	15.6	No linear change	No quadratic change	No change
	rcentage of students cal activity that incr the survey)							
26.5	29.4	24.9	23.8	26.7	28.5	No linear change	Decreased, 2013-2019 Increased, 2019-2023	No change

<sup>\*</sup>Non-Hispanic. †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.

sical Activity	1	Health Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	•		
art phone, or oth	er electronic devic	spent 3 or more house watching shows of spent doing school	or videos, playing g	games, accessing th				

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

## **Virginia High School Survey** 10-year Trend Analysis Report

White\*

	1	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
	e of students who saths before the surve	aw a dentist (for a cey)	check-up, exam, tec	eth cleaning, or oth	ner dental work,			
	81.7	83.1	82.3	78.1	77.9	Decreased, 2015-2023	Not available <sup>¶</sup>	No change
NNODNT: Percental work)	entage of students	who never saw a de	entist (for a check-	up, exam, teeth cle	eaning, or other			,
	1.1	1.2	0.9	1.7	1.6	No linear change	Not available	No chang
N85: Percentage	of students who g	ot 8 or more hours	of sleep (on an ave	erage school night)				
	30.1	28.1	25.4	24.9	23.8	Decreased, 2015-2023	Not available	No chang
N86: Percentage	e of students who e	xperienced unstable	e housing (during t	he 30 days before	the survey)			
		1.9	2.2	1.2	1.4	No linear change	Not available	No chang

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

ner	I	Iealth Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
N87: Percentage efore the survey)	of students who do	escribed their grade	es in school as mos	tly A's or B's (during	ng the 12 months			
store the survey)	83.7	85.3	84.4	83.3	81.0	No linear change	Not available¶	No chang

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

White\* Demographic

Health Risk Behavior and Percentages	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	
			2021-2023 §

2013	2015	2017	2019	2021	2023			
QN65: Percentage	of students who d	escribed themselve	s as transgender.	3.5	5.3	Increased, 2019-2023	Not available¶	No change

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

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

ital Health	I	Health Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	<del>_</del>		
		eported that their mession, during the 30 c			lways not good			
8								

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

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

rth Control		Health Risk Behavi	ior and Percentaş	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
	anon) before last	s who used an IUD (s sexual intercourse w sexually active)						
				4.5	6.1	No linear change	Not available <sup>¶</sup>	No change
implant (such as In control ring (such a	nplanon or Nexplans NuvaRing) before	ts who used birth cor anon); or a shot (such ore last sexual intercor e currently sexually	n as Depo-Provera ourse with an oppo	), patch (such as O osite-sex partner (to	orthoEvra), or birth to prevent			
implant (such as In control ring (such a	nplanon or Nexplans NuvaRing) before	anon); or a shot (such ore last sexual interco	n as Depo-Provera ourse with an oppo	), patch (such as O	rthoEvra), or birth	No linear change	Not available	No change
implant (such as Incontrol ring (such a pregnancy, among QNDUALBC: Perpills; an IUD, or in	nplanon or Nexplass NuvaRing) before students who were centage of students to a shot, or a shot, or	anon); or a shot (such ore last sexual interco	n as Depo-Provera ourse with an oppo- active)  ondom during last trol ring before las	34.3 sexual intercourse	arthoEvra), or birth o prevent  33.5  e and birth control we with an	No linear change	Not available	No chang

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

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

hite* rth Control	I	Iealth Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QNBCNONE: Percintercourse with an								
				13.3	6.4	No linear change	Not available¶	No change

<sup>\*</sup>Non-Hispanic. \*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. Not enough years of data to calculate.

lverse Childhood	_	Health Risk Behavi	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
	ngs they did not wa	eported that an adult ant to do (counting s						
				6.8	5.4	No linear change	Not available¶	No chang
		eported that a parent			the time or			
	cked, or physically	hurt them in any w	ay (during their iii	.6)				
		hurt them in any w	ay (during their iii	0.8	1.2	No linear change	Not available	No chang
Iways hit, beat, kid	cked, or physically	ported that their pa or beat each other u	rents or other adul	0.8	·	No linear change	Not available	No chan

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

	1	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
N112: Percentag	e of students who	reported that an adu	alt in their househo	old most of the time	e or always tried	-		
make sure their l		net (such as looking				No linear change	Not available <sup>¶</sup>	No ch
make sure their tothes and enough	e of students who	net (such as looking	after their safety a	and making sure the	ey had clean 89.3	No linear change	Not available <sup>¶</sup>	No ch

<sup>\*</sup>Non-Hispanic. \*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. Not enough years of data to calculate.

lack* ajury and Violence		Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN9: Percentage one or more times				g alcohol (in a car	or other vehicle,			
20.5	16.1	15.4	12.0	8.9	13.5	Decreased, 2013-2023	Decreased, 2013-2019 No change, 2019-2023	No change
	the 30 days before	rove a car or other the survey, among						
6.0	4.7	6.0	1.6	1.2	0.0	Not available	Not available¶	Not available
QN12: Percentage least 1 day during t			school property (s	uch as a gun, knife	, or club, on at			
	2.4	3.6	1.7	1.8	1.6	No linear change	Not available	No change

<sup>\*</sup>Non-Hispanic. \*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. Not enough years of data to calculate.

I	Health Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2015	2017	2019	2021	2023			
		5.2	1.8	2.7	No linear change	Not available¶	No chang
	id not go to school l the 30 days before t		nsafe at school or o	on their way to or			
	2015 of students who ca	Health Risk Behav  2015 2017 of students who carried a gun (not co	Health Risk Behavior and Percentage  2015 2017 2019  of students who carried a gun (not counting the days what such as target shooting, on at least 1 day during the 12	Health Risk Behavior and Percentages  2015 2017 2019 2021  of students who carried a gun (not counting the days when they carried a gurt such as target shooting, on at least 1 day during the 12 months before the	Health Risk Behavior and Percentages  2015 2017 2019 2021 2023  of students who carried a gun (not counting the days when they carried a gun only for ret such as target shooting, on at least 1 day during the 12 months before the survey)	Health Risk Behavior and Percentages  Linear Change  2015  2017  2019  2021  2023  of students who carried a gun (not counting the days when they carried a gun only for ret such as target shooting, on at least 1 day during the 12 months before the survey)	Health Risk Behavior and Percentages  Linear Change <sup>†</sup> Quadratic Change <sup>†</sup> 2015  2017  2019  2021  2023  of students who carried a gun (not counting the days when they carried a gun only for ret such as target shooting, on at least 1 day during the 12 months before the survey)

<sup>\*</sup>Non-Hispanic. \*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. Not enough years of data to calculate.

Black*		
Injury	and	Violence

njury and Violence		Iealth Risk Behav	ior and Percentas	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN16: Percentage survey)	e of students who w	ere in a physical fi	ght (one or more ti	mes during the 12	months before the	,		
30.4	24.3	27.4	23.2	16.9	21.4	Decreased, 2013-2023	No quadratic change	No change
QN19: Percentage want to)	e of students who w	ere ever physically	forced to have sex	xual intercourse (w	hen they did not			
			5.0	5.8	5.9	No linear change	Not available¶	No change
[counting such thir	e of students who ex ngs as kissing, touch e or more times dur	hing, or being phys	ically forced to ha					
			8.4	8.6	6.8	No linear change	Not available	No change

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

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

ack* jury and Violence		Health Risk Behav	ior and Percentaş	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
dating or going out forced to have sexu	with to do sexual al intercourse] that	xperienced sexual d things [counting suc t they did not want d or went out with s	ch things as kissing to do, one or more	g, touching, or being times during the 1	ng physically 2 months before			
			5.1	8.5	4.3	No linear change	Not available¶	No chang
someone they were njured with an obje who dated or went	dating or going or ect or weapon] one out with someone	xperienced physical ut with [counting su e or more times duri during the 12 montl	ch things as being ng the 12 months hs before the surve	hit, slammed into before the survey, ey)	something, or among students			
11.1	11.8	11.3	7.9	9.4	6.5	Decreased, 2013-2023	No quadratic change	No chang
QN24: Percentage survey)	of students who w	vere bullied on scho	ol property (ever d	luring the 12 mont	hs before the			
16.3	12.7	10.9	12.7	7.5	13.0	Decreased, 2013-2023	Decreased, 2013-2017 No change, 2017-2023	Increase

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

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

llack* njury and Violence		Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN25: Percentage Instagram, Faceboo					h texting,			
9.0	7.7	8.5	10.9	7.6	8.1	No linear change	No quadratic change	No change
QN26: Percentage stopped doing som					row so that they			
21.7	23.6	24.7	29.7	38.5	30.1	Increased, 2013-2023	No quadratic change	Decreased
QN27: Percentage survey)	of students who so	eriously considered	attempting suicide	e (during the 12 mg	onths before the			
12.7	11.6	12.5	16.5	19.4	14.5	Increased, 2013-2023	No quadratic change	No change

 $<sup>^*</sup>$ Non-Hispanic.  $^\dagger$ 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.

Black*		
Injury	and	Violence

Black* njury and Violence		Iealth Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN28: Percentage before the survey)	of students who m	ade a plan about ho	ow they would atte	empt suicide (during	g the 12 months			
14.2	9.4	10.5	11.6	14.6	12.9	No linear change	No quadratic change	No change
QN29: Percentage the survey)	of students who ac	ctually attempted su	nicide (one or more	e times during the 1	2 months before			
10.6	8.4	7.7	9.9	13.2	9.1	No linear change	No quadratic change	No change
QN30: Percentage had to be treated by					or overdose that			
4.0	3.1	2.6	1.2	4.3	3.2	No linear change	Decreased, 2013-2019 No change, 2019-2023	No change

<sup>\*</sup>Non-Hispanic. †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.

## **Virginia High School Survey** 10-year Trend Analysis Report

	]	Health Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
N32: Percentage	e of students who si	moked a cigarette b	pefore age 13 years	(even one or two p	ouffs)			
QN32: Percentage	of students who si	moked a cigarette b	pefore age 13 years	(even one or two p	puffs)	Decreased, 2017-2023	Not available¶	No change
	ntage of students w	_	6.4	5.9	4.0	Decreased, 2017-2023	Not available¶	No change

0.5

1.4

0.0

1.3

Not available

Decreased, 2013-2023

Not available

No quadratic change

0.2

3.6

QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the

0.4

3.1

2.2

9.7

survey)

0.7

3.7

Not available

No change

<sup>\*</sup>Non-Hispanic. †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.

Not enough years of data to calculate.

Tobacco Use	
	Health Risk Behav

obacco Use	I	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
vape pens, e-cigars	e of students who cu s, e-hookahs, hooka the 30 days before	th pens, and mods [						
	16.3	6.6	12.2	10.2	8.0	Decreased, 2015-2023	Not available <sup>¶</sup>	No ahanga
	10.5	0.0	12.2	10.2	6.0	Decreased, 2013-2023	Not available	No change
	entage of students w	ho currently used o				Decreased, 2013-2023	Not available	No change
	entage of students w	ho currently used o				No linear change	Not available	No change
days during the 30	entage of students w days before the sur 2.5	who currently used of the currently used of	electronic vapor pr	roducts frequently (	on 20 or more 2.8	No linear change		

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

	Health Risk Behavi	or and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2015	2017	2019	2021	2023	_		
products [such as	Copenhagen, Grizz	ly, Skoal, Camel S	Snus, or Velo Nico	tine Lozenges],	No linear change	Not available <sup>¶</sup>	No chang
			y (cigars, cigarillo	s, or little cigars,			,
		1.4	0.5	0.3			
I	of students who cuproducts [such as ctronic vapor products]	of students who currently used smoke products [such as Copenhagen, Grizz ctronic vapor products, on at least 1 of the students of the students who currently smoked tage of students who currently smoked the students who carrently smoked the stud	of students who currently used smokeless tobacco (chever products [such as Copenhagen, Grizzly, Skoal, Camel Statement of the students of the	of students who currently used smokeless tobacco (chewing tobacco, snuff products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nico ctronic vapor products, on at least 1 day during the 30 days before the sur  1.7 2.1 1.4  tage of students who currently smoked cigars frequently (cigars, cigarillogeness)	of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], ctronic vapor products, on at least 1 day during the 30 days before the survey)  1.7  2.1  1.4  1.5  tage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars,	of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], ctronic vapor products, on at least 1 day during the 30 days before the survey)  1.7  2.1  1.4  1.5  No linear change tage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars,	of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], ctronic vapor products, on at least 1 day during the 30 days before the survey)  1.7 2.1 1.4 1.5 No linear change Not available tage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars,

<sup>\*</sup>Non-Hispanic. \*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. Not enough years of data to calculate.

## **Virginia High School Survey** 10-year Trend Analysis Report

Black\*

obacco Use	I	Health Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QNTB2: Percentag before the survey)	e of students who	currently smoked	cigarettes or cigars	(on at least 1 day of	during the 30 days			
16.4	7.3	7.6	6.2	2.5	3.9	Decreased, 2013-2023	No quadratic change	No change
QNTB3: Percentag least 1 day during the			cigarettes or cigars	or used smokeless	tobacco (on at			
		7.6	6.7	3.1	4.7	No linear change	Not available¶	No change
QNTB4: Percentagelectronic vapor pro					tobacco or			
		10.7	15.6	11.1	8.5	Decreased, 2017-2023	Not available	No change

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

]	Health Risk Behav	vior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2015	2017	2019	2021	2023	_		
		cigarettes or used e	lectronic vapor pro	oducts (on at least			
16.1	7.6	12.8	10.2	8.0	Decreased, 2015-2023	Not available¶	No chang
	2015 ge of students who days before the st	2015 2017 ge of students who currently smoked of days before the survey)	2015 2017 2019  ge of students who currently smoked cigarettes or used e days before the survey)	2015 2017 2019 2021  ge of students who currently smoked cigarettes or used electronic vapor production of the survey)	2015 2017 2019 2021 2023  ge of students who currently smoked cigarettes or used electronic vapor products (on at least 0 days before the survey)	2015 2017 2019 2021 2023  ge of students who currently smoked cigarettes or used electronic vapor products (on at least 0 days before the survey)	2015 2017 2019 2021 2023  ge of students who currently smoked cigarettes or used electronic vapor products (on at least 0 days before the survey)

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

Black*			
Alcohol and	Other	Drug	Use

Alcohol and Other	_	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QN41: Percentage	e of students who ha	ad their first drink o	of alcohol before a	ge 13 years (other t	than a few sips)			
19.3	14.9	12.5	15.8	11.8	10.3	Decreased, 2013-2023	No quadratic change	No change
	e of students who constants before the survey)		nol (at least one dr	nk of alcohol, on a	t least 1 day			
23.7	17.5	17.8	16.1	9.7	11.1	Decreased, 2013-2023	No quadratic change	No change
if they were female	e of students who cue or five or more dr the 30 days before	inks of alcohol in a						
		6.6	4.4	3.8	5.1	No linear change	Not available¶	No change

<sup>\*</sup>Non-Hispanic. \*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. Not enough years of data to calculate.

## **Virginia High School Survey** 10-year Trend Analysis Report

Rlack\*

	I	Health Risk Behav	rior and Percentag	ges		Linear Change <sup>†</sup>	ear Change <sup>†</sup> Quadratic Change <sup>†</sup>				
2013	2015	2017	2019	2021	2023						
QN47: Percentage	e of students who tr	ied marijuana for tl	he first time before	age 13 years							
QN47: Percentage	e of students who tr	ied marijuana for tl 7.6	he first time before 8.0	e age 13 years 4.6	3.7	Decreased, 2013-2023	No quadratic change	No change			
11.4		7.6	8.0	4.6	,	Decreased, 2013-2023	No quadratic change	No chang			

<sup>\*</sup>Non-Hispanic. †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.

## **Virginia High School Survey** 10-year Trend Analysis Report

Black\*

	1	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QN56: Percentage	e of students who e	ver had sexual inter	course	· · · · · · · · · · · · · · · · · · ·				
			35.7	23.6	22.5	Decreased, 2019-2023	Not available¶	No change
QN57: Percentage	e of students who h	ad sexual intercours	se for the first time	e before age 13 year	rs			
			3.9	1.8	3.7	No linear change	Not available	No change
								_
QN58: Percentage	e of students who h	ad sexual intercours	se with four or mo	re persons during the	heir life			
QN58: Percentage	e of students who h	ad sexual intercours	se with four or mo	re persons during th	heir life	Decreased, 2019-2023	Not available	No change
QN59: Percentage		ere currently sexua	9.0		3.4	Decreased, 2019-2023	Not available	No chang

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

## **Virginia High School Survey** 10-year Trend Analysis Report

lack* exual Behaviors								
	1	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN60: Percentage who were currently		rank alcohol or use	d drugs before last	sexual intercourse	(among students			
who were currently	sexually active)		15.2	12.0	15.1	No linear change	Not available¶	No change
QN61: Percentage currently sexually a		sed a condom durir	ng last sexual intere	course (among stud	lents who were			,
	····,		56.9	47.3	47.5	No linear change	Not available	No change
QN62: Percentage partner (to prevent among students wh	pregnancy, not co	unting emergency c						
				12.3	8.3	No linear change	Not available	No chang

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

Black* Sexual Behaviors	I	Health Risk Behav	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §			
2013	2015	2017	2019	2021	2023	_		
QN82: Percentage o as chlamydia or gono				lisease (STD) other	r than HIV, such			
			6.8	3.0	4.1	No linear change	Not available¶	No change

<sup>\*</sup>Non-Hispanic. \*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. Not enough years of data to calculate.

lack* ietary Behaviors								
	]	Health Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QNOBESE: Perce and age-specific re				or body mass index	, based on sex-			
17.6	15.1	16.9	19.3	20.8	18.8	No linear change	No quadratic change	No change
		o were overweight reference data fror			tile for body mass			
16.4	18.8	19.5	18.0	15.9	17.0	No linear change	No quadratic change	No change
QN66: Percentage	of students who d	escribed themselve	s as slightly or ver	y overweight				

<sup>\*</sup>Non-Hispanic.

 $<sup>^{\</sup>dagger}$ 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.

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

Black*	
Dietary	Behaviors

Black* Dietary Behaviors	I	Health Risk Behav	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §			
2013	2015	2017	2019	2021	2023	_		
QN69: Percentage of	of students who d	id not eat fruit (one	or more times dur	ing the 7 days befo	re the survey)			
18.1	16.9	18.7	20.4	21.0	9.1	Decreased, 2013-2023	No change, 2013-2019 Decreased, 2019-2023	Decreased
QN70: Percentage of survey)	of students who d	id not eat green sala	ad (one or more tir	nes during the 7 da	ys before the			
53.6	50.0	50.4	56.0	54.2	49.2	No linear change	No quadratic change	No change
QN74: Percentage of Sprite, not counting								
21.9	25.0	33.9	31.7	36.2	31.9	Increased, 2013-2023	Increased, 2013-2017 No change, 2017-2023	No change

<sup>\*</sup>Non-Hispanic. †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.

## **Virginia High School Survey** 10-year Trend Analysis Report

etary Behaviors	1	Health Risk Behav	ior and Percenta	ges		Linear Change <sup>†</sup> Qu	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
		who drank a can, bo ounting diet soda or						
24.2	18.3	15.9	17.0	14.3	13.3	Decreased, 2013-2023	No quadratic change	No change

QN75: Percentage	e of students who d	id not eat breakfast	t (during the 7 days	s before the survey)				
13.8	16.8	16.4	20.5	25.3	20.7	Increased, 2013-2023	No quadratic change	No change

7.5

Decreased, 2013-2023

No quadratic change

7.7

Black\*

QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

10.8

11.9

17.9

12.3

No change

<sup>\*</sup>Non-Hispanic. †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.

Black* Dietary Behaviors							Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
QNBK7DAY: Per	centage of students	s who ate breakfast	on all 7 days (duri	ng the 7 days befor	e the survey)			
29.8	27.7	27.5	26.8	25.6	24.9	No linear change	No quadratic change	No change
QN108: Percentag counting green sala					potatoes, not	Decreased, 2019-2023	Not available¶	Decreased

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

lack* hysical Activity								
	]	Health Risk Behav	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §			
2013	2015	2017	2019	2021	2023			
	e of students who w ctivity that increase survey)							
41.5	39.6	40.2	35.9	36.4	38.2	No linear change	No quadratic change	No change
least 1 day (in any	rcentage of students kind of physical ac e 7 days before the	ctivity that increase						
18.5	24.2	20.5	23.6	26.0	20.2	No linear change	No change, 2013-2019 No change, 2019-2023	No change
	rcentage of students cal activity that incr the survey)							
22.9	21.0	22.6	20.9	19.6	19.5	No linear change	No quadratic change	No change

<sup>\*</sup>Non-Hispanic. †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.

ical Activity	1	Health Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	•		
						· ·		
art phone, or oth	er electronic devic	spent 3 or more house watching shows of spent doing school	or videos, playing g	games, accessing th				

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

Black* Other  Health Risk Behavior and Percentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN83: Percentage during the 12 mont		aw a dentist (for a dey)	check-up, exam, tec	eth cleaning, or oth	er dental work,			
	65.2	66.6	66.3	61.8	70.8	No linear change	Not available <sup>¶</sup>	Increased
QNNODNT: Perc	entage of students	who never saw a d	entist (for a check-	up, exam, teeth cle	aning, or other			
	2.5	2.7	3.0	5.3	3.9	No linear change	Not available	No change
QN85: Percentage	of students who g	ot 8 or more hours	of sleep (on an ave	erage school night)				,
	23.5	24.6	23.6	22.5	19.9	No linear change	Not available	No change
QN86: Percentage	of students who e	xperienced unstable	e housing (during t	he 30 days before t	the survey)			

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

## **Virginia High School Survey** 10-year Trend Analysis Report

her	1	Health Risk Behav	ior and Percenta	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §		
2013	2015	2017	2019	2021	2023	_		
	of students who d	escribed their grade	es in school as mos	tly A's or B's (duri	ng the 12 months			
efore the survey)								

18.1

Increased, 2021-2023

Not available

12.7

Increased

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

ack* emographic	1	Health Risk Behav	ior and Percenta	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §		
2013	2015	2017	2019	2021	2023	<del></del>		
QN65: Percentage	of students who de	escribed themselve	s as transgender.	1.1	0.5	No linear change	Not available <sup>¶</sup>	No change

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

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

ntal Health	I	Health Risk Behav	ior and Percentag	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §		
2013	2015	2017	2019	2021	2023	<del>-</del>		
		eported that their mesion, during the 30 c			always not good			

<sup>\*</sup>Non-Hispanic. \*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. Not enough years of data to calculate.

irth Control		Health Risk Behav	ior and Percentag	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §		
2013	2015	2017	2019	2021	2023	_		
	anon) before last	who used an IUD (sexual intercourse we sexually active)						
				3.4	0.0	Not available	Not available <sup>¶</sup>	Not available
implant (such as In control ring (such a	nplanon or Nexpla as NuvaRing) befo	es who used birth cor anon); or a shot (such ore last sexual intercor e currently sexually	n as Depo-Provera ourse with an oppo	), patch (such as O	rthoEvra), or birth	No linear change	Not available	No change
implant (such as In control ring (such a pregnancy, among	nplanon or Nexplas NuvaRing) before students who were	nnon); or a shot (such ore last sexual interco e currently sexually	n as Depo-Provera ourse with an oppo active)	), patch (such as O osite-sex partner (to 23.6	rthoEvra), or birth o prevent	No linear change	Not available	No change
implant (such as In control ring (such a pregnancy, among QNDUALBC: Per pills; an IUD, or in	nplanon or Nexplas NuvaRing) before students who were centage of students, or a shot, or	nnon); or a shot (such ore last sexual interco	n as Depo-Provera ourse with an oppo- active)  ondom during last trol ring before las	23.6  sexual intercourse t sexual intercourse	rthoEvra), or birth o prevent  13.0  e and birth control e with an	No linear change	Not available	No change

<sup>\*</sup>Non-Hispanic. †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. Not enough years of data to calculate.

Control	I	Iealth Risk Behav	ior and Percentag	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §		
2013	2015	2017	2019	2021	2023	<u> </u>		
BCNONE: Per		s who did not use a ter (among students						

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

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

dverse Childhood	_	Health Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	-		
	ngs they did not wa	eported that an adult						
				6.6	4.1	No linear change	Not available¶	No chang
		eported that a parent hurt them in any w			the time or			
• •				3.2	1.7	No linear change	Not available	No change
•								140 chang
QN95: Percentage		eported that their pa or beat each other u						Tto Chang

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

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

	1	Health Risk Behav	ior and Percenta		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2021-2023 §	
2013	2015	2017	2019	2021	2023	_		
V112: Percentag	e of students who	reported that an adu	ılt in their househo	old most of the time	e or always tried			
make sure their l		reported that an adunet (such as looking				No linear change	Not available <sup>¶</sup>	No cha
make sure their tothes and enough	e of students who	net (such as looking	after their safety a	and making sure the	ey had clean 88.5	No linear change	Not available¶	No cha

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

jury and Violence	;							
	Н	lealth Risk Behavio	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	<del></del>		
		de with a driver who before the survey)	o had been drinkin	g alcohol (in a car	or other vehicle,			
26.5	20.4	18.1	14.6	8.9	11.0	Decreased, 2013-2023	No quadratic change	No change
	the 30 days before	drove a car or other verthe survey, among						
12.1	6.8	6.4	8.0	1.8	3.6	Decreased, 2013-2023	No quadratic change	No change
	e of students who c the 30 days before	arried a weapon on the survey)	school property (s	uch as a gun, knife	e, or club, on at			
	3.6	4.7	3.2	2.1	1.0	Decreased, 2015-2023	Not available§	No change

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

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

spanic jury and Violence	н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from
2013	2015	2017	2019	2021	2023	_		2021-2023 †
QN13: Percentage hunting or for a sp								
	Ü	C	4.3	2.3	2.2	No linear change	Not available <sup>§</sup>	No change
QN14: Percentage from school (on at				insafe at school or	on their way to or			,
8.3	7.0	7.1	13.7	15.5	14.0	Increased, 2013-2023	No quadratic change	No change
QN15: Percentage gun, knife, or club					erty (such as a			
9.5	8.6	6.3	9.0	7.4	8.3	No linear change	No quadratic change	No change

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

2017  o were in a physical fi	2019 ght (one or more ti	2021	2023	_		
o were in a physical fi	ght (one or more ti	imes during the 12	· · · · · · · · · · · · · · · · · · ·			
		mies daring the 12	months before the			
22.3	21.4	12.0	16.3	Decreased, 2013-2023	No quadratic change	Increased
o were ever physically	forced to have sex	xual intercourse (w	hen they did not			
	7.7	5.9	8.8	No linear change	Not available <sup>§</sup>	No change
	o experienced sexual vouching, or being phys	7.7 o experienced sexual violence (being for buching, or being physically forced to ha	7.7 5.9 o experienced sexual violence (being forced by anyone to de	o experienced sexual violence (being forced by anyone to do sexual things buching, or being physically forced to have sexual intercourse] that they did	7.7 5.9 8.8 No linear change of experienced sexual violence (being forced by anyone to do sexual things buching, or being physically forced to have sexual intercourse] that they did	7.7 5.9 8.8 No linear change Not available <sup>§</sup> o experienced sexual violence (being forced by anyone to do sexual things buching, or being physically forced to have sexual intercourse] that they did

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

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

panic ury and Violence		Iealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
dating or going ou forced to have sex	ut with to do sexual (ual intercourse] tha	experienced sexual of things [counting su at they did not want d or went out with s	ich things as kissin to do, one or more	g, touching, or being the 1	ng physically 2 months before			
			6.9	4.7	10.5	No linear change	Not available <sup>§</sup>	No chang
someone they wer njured with an ob	re dating or going o pject or weapon] on	experienced physica ut with [counting st e or more times dur during the 12 mont	uch things as being ring the 12 months	hit, slammed into before the survey,	something, or	No linear change	No quadratic change	Increased
QN24: Percentag	ge of students who v	vere bullied on scho	ool property (ever o	luring the 12 mont	hs before the			

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

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

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

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

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

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

Hispanic Injury and Violence

	Н	lealth Risk Behavi	or and Percentag		Linear Change*	Quadratic Change*	Change from 2021-2023 †	
2013	2015	2017	2019	2021	2023			
QN28: Percentage perfore the survey)	e of students who m	nade a plan about h	ow they would atte	empt suicide (durin	g the 12 months			
16.9	12.1	14.5	13.2	11.3	10.4	Decreased, 2013-2023	No quadratic change	No change
QN29: Percentage he survey) 17.5	e of students who a	ctually attempted so	uicide (one or more	e times during the 1	12 months before 8.1	Decreased, 2013-2023	Decreased, 2013-2017 No change, 2017-2023	No change
	e of students who h				or overdose that			
7.5	2.3	2.7	3.7	2.2	2.4	Decreased, 2013-2023	No quadratic change	No change

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

## **Virginia High School Survey** 10-year Trend Analysis Report

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023			
N32: Percentag	e of students who si	moked a cigarette b	efore age 13 years	(even one or two p	ouffs)			
		7.8	8.9	6.6	5.0	Decreased, 2017-2023	Not available§	No change
ONFRCIG: Perce 0 days before the 4.6	entage of students we survey) 1.4	tho currently smoke	ed cigarettes freque	ently (on 20 or mor	re days during the	Decreased, 2013-2023	No quadratic change	No change
	rcentage of students	who currently smo	oked cigarettes dail	y (on all 30 days d	during the 30 days			
NDAYCIG: Per efore the survey)		4.0	1.7	0.6	0.4	Decreased, 2013-2023	No quadratic change	No change
	1.4	1.8	1.7	0.6	0.4	Decreased, 2013-2023	110 quadratic change	140 chang
efore the survey) 2.6	e of students who c				:	,	Tvo quadratic change	140 chang

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

Uicnonio

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023		
2013	2015	2017	2019	2021	2023	_				
2N36: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, ape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at east 1 day during the 30 days before the survey)										
	18.4	10.7	22.3	12.7	6.3	Decreased, 2015-2023	Not available§	Decreased		
	ntage of students v	vho currently used (rvey)	electronic vapor pr	roducts frequently (	on 20 or more					
ays during the 30				2.4	1.7	No linear change	Not available	No change		
ays during the 30	2.8	2.9	7.7	3.4	1.7	No illear change	Not available	140 Chang		
	centage of students	2.9 s who currently use					Not available	- Two chang		

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

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

ispanic obacco Use	н	lealth Risk Behavio	or and Percentag		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †	
2013	2015	2017	2019	2021	2023	_		
dissolvable tobacc	o products [such as	urrently used smoke Copenhagen, Grizz ducts, on at least 1	zly, Skoal, Camel	Snus, or Velo Nico	tine Lozenges],			
		3.4	4.2	1.8	1.1	Decreased, 2017-2023	Not available <sup>§</sup>	No change
		who currently smok		y (cigars, cigarillo	s, or little cigars,			
2.5	2.8	1.7	1.7	1.0	0.6	Decreased, 2013-2023	No quadratic change	No change
QNDAYCGR: Pe all 30 days during		ts who currently sme	oked cigars daily (	cigars, cigarillos, c	or little cigars, on			
1.9	2.0	1.6	1.7	0.5	0.3	Decreased, 2013-2023	No quadratic change	No change

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

Н	ealth Risk Behavio	or and Percentage	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 †
2015	2017	2019	2021	2023	<del>_</del>		
e of students who	currently smoked c	eigarettes or cigars	(on at least 1 day of	during the 30 days	,		
12.8	7.9	8.7	4.1	1.4	Decreased, 2013-2023	No quadratic change	No change
		eigarettes or cigars	or used smokeless	tobacco (on at	Decreased, 2017-2023	Not available <sup>§</sup>	No change
				tobacco or			
		23.8	13.7	5.3	Decreased, 2017-2023	Not available	Decreased
	2015  e of students who 12.8  e of students who ne 30 days before  e of students who	2015 2017  e of students who currently smoked of the students who currently smoked one 30 days before the survey)  8.3  e of students who currently smoked one 30 days before the survey)	2015 2017 2019  e of students who currently smoked cigarettes or cigars  12.8 7.9 8.7  e of students who currently smoked cigarettes or cigars are 30 days before the survey)  8.3 9.7  e of students who currently smoked cigarettes or cigars are ducts (on at least 1 day during the 30 days before the survey)	e of students who currently smoked cigarettes or cigars (on at least 1 day of 12.8 7.9 8.7 4.1  e of students who currently smoked cigarettes or cigars or used smokeless are 30 days before the survey)  8.3 9.7 4.5  e of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students who currently smoked cigarettes or cigars or used smokeless and compared to the survey of students and compared to the sur	2015 2017 2019 2021 2023  e of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days  12.8 7.9 8.7 4.1 1.4  e of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at the 30 days before the survey)  8.3 9.7 4.5 1.4  e of students who currently smoked cigarettes or cigars or used smokeless tobacco or ducts (on at least 1 day during the 30 days before the survey)	2015 2017 2019 2021 2023  e of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days  12.8 7.9 8.7 4.1 1.4 Decreased, 2013-2023  e of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 30 days before the survey)  8.3 9.7 4.5 1.4 Decreased, 2017-2023  e of students who currently smoked cigarettes or cigars or used smokeless tobacco or ducts (on at least 1 day during the 30 days before the survey)	2015 2017 2019 2021 2023  The of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days  12.8 7.9 8.7 4.1 1.4 Decreased, 2013-2023 No quadratic change are of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 30 days before the survey)  8.3 9.7 4.5 1.4 Decreased, 2017-2023 Not available are of students who currently smoked cigarettes or cigars or used smokeless tobacco or ducts (on at least 1 day during the 30 days before the survey)

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

	H	ealth Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Linear Change <sup>*</sup> Quadratic Change <sup>*</sup>				
2013	2015	2017	2019	2021	2023	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)											
		nts who currently smoked cigarettes or used electronic vapor products (on at least are the survey)									
NTB5: Percentag	ge of students who	currently smoked	cigarettes or used e	electronic vapor pro	oducts (on at least						
			cigarettes or used e	electronic vapor pro	oducts (on at least 5.3	Decreased, 2015-2023	Not available <sup>§</sup>	Decre			
ay during the 30 (39: Percentage	21.9	urvey)	23.3 gars, cigarillos, or l	13.0	5.3 Swisher Sweets,	Decreased, 2015-2023	Not available <sup>§</sup>	Decrea			

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

Hisnanic

2015	2017						
	2017	2019	2021	2023			
lents who had	their first drink o	of alcohol before a	ge 13 years (other t	han a few sips)			
17.4	16.5	16.7	14.8	15.4	No linear change	No quadratic change	No change
	ently drank alcoh	nol (at least one dri	ink of alcohol, on a	t least 1 day			
24.0	23.2	26.3	15.1	15.5	Decreased, 2013-2023	No quadratic change	No change
2	dents who curre the survey) 24.0	dents who currently drank alcohole the survey) 24.0 23.2	dents who currently drank alcohol (at least one drank survey) 24.0 23.2 26.3	dents who currently drank alcohol (at least one drink of alcohol, on a the survey)  24.0 23.2 26.3 15.1	dents who currently drank alcohol (at least one drink of alcohol, on at least 1 day the survey)	dents who currently drank alcohol (at least one drink of alcohol, on at least 1 day the survey)  24.0 23.2 26.3 15.1 15.5 Decreased, 2013-2023	17.4 16.5 16.7 14.8 15.4 No linear change No quadratic change dents who currently drank alcohol (at least one drink of alcohol, on at least 1 day the survey)  24.0 23.2 26.3 15.1 15.5 Decreased, 2013-2023 No quadratic change

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

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

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

	Н	ealth Risk Behavi	or and Percentage	es		Linear Change <sup>*</sup> Quadratic Change <sup>*</sup> C	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	<del>_</del>		
QN47: Percentage	e of students who tr	ied marijuana for tl	ne first time before	age 13 years				
10.5								
10.5	6.8	7.5	5.4	2.9	1.8	Decreased, 2013-2023	No quadratic change	No change
QN48: Percentage survey)						Decreased, 2013-2023	No quadratic change	No change

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

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

Hispanic Sevual Behaviors

	Н	lealth Risk Behavio	or and Percentage		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023	
2013	2015	2017	2019	2021	2023	<u> </u>		
N56: Percentage	e of students who ev	ver had sexual inter	course	· · · · · · · · · · · · · · · · · · ·	,			
			38.4	22.0	24.5	Decreased, 2019-2023	Not available§	No change
N57: Percentage	e of students who ha	ad sexual intercours	se for the first time	before age 13 year	rs			
			4.2					
			4.3	3.0	3.0	No linear change	Not available	No change
N58: Percentage	e of students who ha	ad sexual intercours				No linear change	Not available	No change
N58: Percentage	e of students who ha	ad sexual intercours				No linear change  Decreased, 2019-2023	Not available  Not available	No change
N59: Percentage		vere currently sexua	se with four or mor	re persons during the 3.8	neir life 4.5			

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

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

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

Hispanic Sexual Behaviors

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023	
2013	2015	2017	2019	2021	2023	_			
	Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students e currently sexually active)								
			16.4	22.6	18.3	No linear change	Not available§	No change	
QN61: Percentage currently sexually a		sed a condom durir	ng last sexual intere	course (among stud	ents who were				
			57.3	54.3	62.0	No linear change	Not available	No change	
QN62: Percentage partner (to prevent among students wh	pregnancy, not co	unting emergency c						,	
				10.7	11.4	No linear change	Not available	No change	

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

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

ispanic xual Behaviors		ealth Risk Behavi	or and Percentag	es	Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †	
2013	2015	2017	2019	2021	2023	_		
	tage of students who wr gonorrhea (during the			lisease (STD) other	r than HIV, such			
			8.9	2.6	4.5	No linear change	Not available§	No change

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

etary Behaviors	Н	ealth Risk Behavio	or and Percentag		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023	
2013	2015	2017	2019	2021	2023			
		who had obesity (>= the 2000 CDC grow		or body mass index	, based on sex-			
10.8	14.9	14.5	20.0	23.5	16.3	Increased, 2013-2023	Increased, 2013-2019 No change, 2019-2023	Decreased
		o were overweight ( reference data from			tile for body mass			
20.7	21.0	16.7	16.2	18.9	15.0	No linear change	No quadratic change	No change
QN66: Percentage	e of students who do	escribed themselves	s as slightly or ver	y overweight				
32.0	35.9	33.2	36.3	38.6	33.6	No linear change	No quadratic change	No change

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

	H	lealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
QN69: Percentage	e of students who d	id not eat fruit (one	or more times dur	ing the 7 days befo	re the survey)			
13.9	13.0	12.3	13.4	13.7	8.4	Decreased, 2013-2023	No quadratic change	Decreased
QN70: Percentage survey)	e of students who d	id not eat green sal	ad (one or more tin	nes during the 7 da	ys before the			
44.2	39.9	39.5	43.9	46.8	43.1	No linear change	No quadratic change	No change
QN74: Percentago	e of students who d	id not drink a can, l	bottle, or glass of s	oda or pop (such as	s Coke, Pepsi, or	No linear change	No quadratic change	
		non, one or more til	mes during the / da	ays before the surv	ey)			

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

### Virginia High 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 QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) 18.0 18.8 14.1 14.6 14.3 16.6 No linear change No quadratic change No change QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey) 8.5 7.2 6.9 8.3 12.7 11.0 Decreased, 2013-2023 No quadratic change No change QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey) 19.9 18.6 15.3 20.0 25.5 20.0 No linear change No quadratic change No change

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

## **Virginia High School Survey** 10-year Trend Analysis Report

Hisnanic

ietary Behaviors	Н	lealth Risk Behavio	or and Percentage	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
QNBK7DAY: Perc	centage of student	s who ate breakfast	on all 7 days (duri	ng the 7 days befor	e the survey)			
30.0	33.3	35.1	32.3	27.6	30.4	No linear change	No quadratic change	No change
30.0	55.5					9	1	110 01

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

## **Virginia High School Survey** 10-year Trend Analysis Report

	H	lealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
	e of students who w ctivity that increase survey)							
33.8	33.8	30.4	33.7	31.7	39.0	No linear change	No change, 2013-2019 Increased, 2019-2023	Increased
east 1 day (in any	rcentage of students kind of physical ace 7 days before the	ctivity that increase						
east 1 day (in any	kind of physical ac	ctivity that increase				Increased, 2013-2023	No quadratic change	No change
east 1 day (in any ne time during the 19.2 2NPA7DAY: Per	r kind of physical ace 7 days before the  18.9  rcentage of students cal activity that incr	ctivity that increase survey)  21.4 s who were physica	d their heart rate at 21.5	24.1  00 minutes per day	23.2 on all 7 days (in	Increased, 2013-2023	No quadratic change	No chang

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

oanic sical Activity	н	ealth Risk Behavio	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from <b>2021-2023</b>
2013	2015	2017	2019	2021	2023	-		
mart phone, or oth	er electronic devic	spent 3 or more house watching shows of spent doing school	or videos, playing	games, accessing tl				
				68.9	72.9	No linear change	Not available§	No change

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

ther	н	ealth Risk Behavio	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN83: Percentage of during the 12 month			heck-up, exam, tee	eth cleaning, or oth	er dental work,			
	70.2	68.0	71.8	65.3	73.5	No linear change	Not available§	No change
QNNODNT: Percer dental work)	ntage of students	who never saw a de	entist (for a check-u	up, exam, teeth clea	aning, or other			
	2.4	3.1	3.5	4.4	3.8	No linear change	Not available	No change
QN85: Percentage	of students who go	ot 8 or more hours	of sleep (on an ave	erage school night)				
	26.4	29.6	25.4	26.9	21.7	Decreased, 2015-2023	Not available	No change
QN86: Percentage	of students who ex	xperienced unstable	housing (during the	he 30 days before t	he survey)			
		3.7	4.9	2.7	3.3	No linear change	Not available	No change

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

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

## **Virginia High School Survey** 10-year Trend Analysis Report

2015 2017 2019 2021 2023						Change fro 2021-202	
2015	2017	2019	2021	2023			
students who de	escribed their grade	es in school as mos	tly A's or B's (durin	ng the 12 months			
67.5	72.4	69.8	64.6	68.3	No linear change	Not available§	No chang
	students who de	students who described their grade	students who described their grades in school as mos	students who described their grades in school as mostly A's or B's (during	students who described their grades in school as mostly A's or B's (during the 12 months	students who described their grades in school as mostly A's or B's (during the 12 months	students who described their grades in school as mostly A's or B's (during the 12 months

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

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

Hispa Demo	nic graphic	н	ealth Risk Behavi	or and Percentag	Linear Change*	Quadratic Change <sup>*</sup>	Change from 2021-2023 †		
•	2013	2015	2017	2019	2021	2023	_		
QN	65: Percentage	of students who do	escribed themselve	s as transgender.	2.1	1.8	No linear change	Not available <sup>§</sup>	No change

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

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

oanic Ital Health	Health Risk Behavior and Percentages					Linear Change <sup>*</sup>	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
		eported that their m sion, during the 30			always not good			
				27.6	25.4	No linear change	Not available§	No change

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

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

Hispanic Birth Control								
	I	Iealth Risk Behavio	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 <sup>†</sup>
2013	2015	2017	2019	2021	2023	_		
	anon) before last	who used an IUD (s sexual intercourse wi sexually active)						
				1.0	4.3	No linear change	Not available§	No change
implant (such as In control ring (such a	nplanon or Nexplans NuvaRing) before	s who used birth con mon); or a shot (such ore last sexual interco e currently sexually a	as Depo-Provera ourse with an oppo	), patch (such as O	rthoEvra), or birth	No linear change	Not available	No change
				14.5	15.6	No linear change	Not available	No change
pills; an IUD, or in	nplant, or a shot, o	ts who used both a cor or patch, or birth cont nancy, among studer	rol ring before las	st sexual intercours	e with an			
				4.4	7.3	No linear change	Not available	No change

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

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

spanic th Control	Health Risk Behavior and Percentages					Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
		s who did not use a ner (among students						
				15.2	15.3	No linear change	Not available <sup>§</sup>	No change

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

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

	Н	ealth Risk Behavio	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
	ngs they did not wa	eported that an adultant to do (counting s						
				7.5	8.7	No linear change	Not available <sup>§</sup>	No change
		<del></del>		1 1 1				:
		eported that a parent hurt them in any w			the time or			
					3.9	Increased, 2021-2023	Not available	No chang
Iways hit, beat, ki	cked, or physically		vay (during their li	fe) 1.8 ts in their home mo	3.9	Increased, 2021-2023	Not available	No chang

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

Hispanic Adverse Childhood E		lealth Risk Behavio	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN112: Percentag to make sure their be clothes and enough	oasic needs were n	net (such as looking						
				86.4	86.0	No linear change	Not available <sup>§</sup>	No change
QN115: Percentag jail, prison, or a det		have ever been sepa	arated from a pare	nt or guardian beca	use they went to			
				9.9	12.6	No linear change	Not available	No change

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

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