Virginia Middle School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)								
64.3	58.7	59.4	60.3	53.4	52.9	Not available	Not available[§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)								
69.7	67.0	65.1	65.4	59.7	55.0	Not available	Not available	No change
QN10: Percentage of students who were ever in a physical fight								
44.4	42.8	46.0	45.8	38.7	38.1	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN13: Percentage of students who were ever bullied on school property								
43.8	42.1	43.0	39.6	35.8	35.6	Not available	Not available[§]	No change
QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)								
19.8	18.5	19.5	21.0	26.1	22.7	Not available	Not available	No change
QN15: Percentage of students who ever seriously thought about killing themselves								
17.5	16.5	21.4	21.7	25.9	16.5	Not available	Not available	Decreased
QN16: Percentage of students who ever made a plan about how they would kill themselves								
11.1	9.3	14.5	14.3	19.2	10.3	Not available	Not available	Decreased

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

Virginia Middle School Survey
10-year Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| 2.5 | 1.6 | 2.4 | 1.9 | 3.1 | 0.6 | Not available | Not available[§] | Decreased |

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

| 0.4 | 0.3 | 0.3 | 0.2 | 0.8 | 0.2 | Not available | Not available | Not available |

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| 0.2 | 0.3 | 0.2 | 0.1 | 0.5 | 0.2 | Not available | Not available | Not available |

QN22: Percentage of students who ever used an electronic vapor product

| | | 12.5 | 14.9 | 9.2 | 10.0 | Not available | Not available | No change |

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

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Virginia Middle School Survey
10-year Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

	0.8	0.8	0.9	0.9	0.7	Not available	Not available[§]	Not available

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

	0.4	0.6	0.5	0.8	0.4	Not available	Not available	Not available

QN23: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)

	5.6	4.9	6.1	4.5	4.2	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages						**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2021-2023** [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)								
		2.2	2.2	2.0	0.9	Not available	Not available[§]	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
		0.3	0.5	0.7	0.3	Not available	Not available	Not available
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)								
		0.2	0.3	0.7	0.3	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars (such as Swisher Sweets, Middleton's [including Black & Mild], or Backwoods, on at least 1 day during the 30 days before the survey)

| | | 1.9 | 1.9 | 2.7 | 0.9 | Not available | Not available[§] | Decreased |

QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)

| | | 0.3 | 0.4 | 0.7 | 0.4 | Not available | Not available | Not available |

QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)

| | | 0.2 | 0.3 | 0.7 | 0.3 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)

| | | 3.0 | 2.6 | 4.2 | 1.0 | Not available | Not available[§] | Not available |

QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)

| | | 3.7 | 3.5 | 4.5 | 1.4 | Not available | Not available | Not available |

QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)

| | | 6.1 | 7.7 | 6.4 | 3.9 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
	5.8	5.5	6.9	5.4	3.7	Not available	Not available[§]	Not available

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

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Virginia Middle School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

| 9.3 | 7.9 | 10.3 | 12.0 | 10.6 | 6.9 | Not available | Not available[§] | Decreased |

QN29: Percentage of students who tried marijuana for the first time before age 11 years

| 2.6 | 2.3 | 3.2 | 2.8 | 0.9 | 1.1 | Not available | Not available | No change |

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

| | | 4.9 | 10.0 | 12.0 | 7.6 | Not available | Not available | Decreased |

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

Virginia Middle School Survey

10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
		3.0	1.6	1.4	0.8	Not available	Not available[§]	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Total
Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
9.2	6.6	9.6	10.4	15.5	11.5	Not available	Not available[§]	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
53.9	56.8	52.6	43.9	39.7	43.6	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

**Total
Physical Activity**

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN40: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| 55.8 | 55.8 | 53.4 | 51.1 | 50.4 | 54.8 | Not available | Not available[§] | No change |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| 8.3 | 7.7 | 9.2 | 12.4 | 9.7 | 9.6 | Not available | Not available | Not available |

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| 33.6 | 32.7 | 32.0 | 29.0 | 31.3 | 33.6 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Total
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN46: Percentage of students who got 8 or more hours of sleep (on an average school night)

	62.0	60.4	57.6	49.2	53.2	Not available	Not available[§]	No change

QN47: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)

	3.4	3.1	2.1	1.8		Not available	Not available	No change

QN48: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

	83.7	83.2	77.9	79.6	79.6	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Total
Mental Health

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023			

QN17: Percentage of students who ever tried to kill themselves

| 6.3 | 5.8 | 8.5 | 9.3 | 7.3 | 7.0 | Not available | Not available[§] | No change |

QN45: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)

| | | | | 21.8 | 18.4 | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)								
66.6	61.7	61.7	64.2	56.6	56.7	Not available	Not available[§]	Not available
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)								
71.5	69.7	66.0	63.4	55.0	58.8	Not available	Not available	Not available
QN10: Percentage of students who were ever in a physical fight								
56.2	58.1	57.8	56.5	49.5	49.4	Not available	Not available	Not available
QN13: Percentage of students who were ever bullied on school property								
38.0	36.3	36.9	34.8	28.3	29.3	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

2013	2015	2017	2019	2021	2023	Linear	Quadratic	Change
12.8	14.4	14.4	16.2	20.0	15.7	Not available	Not available[§]	Not available

QN15: Percentage of students who ever seriously thought about killing themselves

2013	2015	2017	2019	2021	2023	Linear	Quadratic	Change
12.6	13.0	16.1	14.6	19.7	9.9	Not available	Not available	Not available

QN16: Percentage of students who ever made a plan about how they would kill themselves

2013	2015	2017	2019	2021	2023	Linear	Quadratic	Change
8.0	6.7	11.0	9.0	13.7	6.9	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| 2.7 | 1.5 | 2.6 | 2.0 | 4.7 | 0.4 | Not available | Not available[§] | Not available |

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

| 0.5 | 0.5 | 0.4 | 0.1 | 1.4 | 0.2 | Not available | Not available | Not available |

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| 0.3 | 0.5 | 0.2 | 0.1 | 0.8 | 0.2 | Not available | Not available | Not available |

QN22: Percentage of students who ever used an electronic vapor product

| | | 14.0 | 15.1 | 10.3 | 9.1 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
	0.9	1.2	0.9	1.1	0.4	Not available	Not available[§]	Not available
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
	0.4	0.9	0.7	1.1	0.1	Not available	Not available	Not available
QN23: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)								
	6.9	6.1	6.2	5.2	3.3	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023			

QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)

		2.8	2.7	2.6	1.0	Not available	Not available[§]	Not available

QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)

		0.4	0.6	1.2	0.3	Not available	Not available	Not available

QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)

		0.3	0.4	1.2	0.3	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023			
QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars (such as Swisher Sweets, Middleton's [including Black & Mild], or Backwoods, on at least 1 day during the 30 days before the survey)								
		2.5	2.0	3.8	0.7	Not available	Not available[§]	Not available
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)								
		0.3	0.4	1.2	0.4	Not available	Not available	Not available
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)								
		0.2	0.3	1.2	0.3	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
		3.4	2.7	5.7	0.6	Not available	Not available[§]	Not available
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)								
		4.3	4.1	6.0	1.0	Not available	Not available	Not available
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)								
		7.3	8.1	7.7	2.9	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
	6.9	6.8	7.0	6.8	2.6	Not available	Not available[§]	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023			

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
10.8	9.6	10.7	12.9	11.6	6.0	Not available	Not available[§]	Not available

QN29: Percentage of students who tried marijuana for the first time before age 11 years

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
3.3	3.1	4.1	3.8	0.8	0.9	Not available	Not available	Not available

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
		5.2	7.7	11.4	5.5	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023			

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
		3.6	1.8	2.2	0.8	Not available	Not available[§]	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| 7.4 | 5.9 | 8.0 | 8.8 | 9.8 | 8.7 | Not available | Not available[§] | Not available |

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

| 58.6 | 60.6 | 59.1 | 48.9 | 45.1 | 49.4 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN40: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| 60.5 | 60.6 | 57.8 | 56.9 | 53.1 | 60.2 | Not available | Not available[§] | Not available |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| 7.0 | 6.9 | 8.7 | 10.0 | 9.5 | 8.6 | Not available | Not available | Not available |

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| 39.1 | 39.9 | 35.9 | 35.6 | 36.2 | 40.4 | Not available | Not available | Not available |

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

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Virginia Middle School Survey
10-year Trend Analysis Report

Male
Other

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN46: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | 63.3 | 60.3 | 61.3 | 50.0 | 57.0 | Not available | Not available[§] | Not available |

QN47: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)

| | 5.0 | 4.0 | 3.4 | 1.8 | | Not available | Not available | Not available |

QN48: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| 80.0 | 80.6 | 74.3 | 73.7 | 78.4 | | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Male
Mental Health

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN17: Percentage of students who ever tried to kill themselves

| 4.2 | 3.7 | 6.0 | 5.9 | 6.4 | 4.0 | Not available | Not available[§] | Not available |

QN45: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)

| | | | | 13.3 | 10.9 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)								
61.7	55.8	57.0	55.9	50.3	48.4	Not available	Not available[§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)								
67.7	64.1	64.2	67.4	63.4	51.2	Not available	Not available	No change
QN10: Percentage of students who were ever in a physical fight								
32.0	26.9	33.6	34.5	27.8	26.1	Not available	Not available	No change
QN13: Percentage of students who were ever bullied on school property								
49.9	47.8	49.4	44.6	43.0	42.0	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)								
27.1	22.8	24.9	26.3	32.0	29.6	Not available	Not available[§]	No change
QN15: Percentage of students who ever seriously thought about killing themselves								
22.7	20.2	27.2	29.1	31.7	23.2	Not available	Not available	Decreased
QN16: Percentage of students who ever made a plan about how they would kill themselves								
14.3	12.2	18.2	20.0	24.5	13.9	Not available	Not available	Decreased

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
2.0	1.5	2.0	1.8	1.6	0.9	Not available	Not available[§]	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
0.3	0.1	0.1	0.2	0.3	0.3	Not available	Not available	Not available
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
0.1	0.1	0.1	0.2	0.3	0.3	Not available	Not available	Not available
QN22: Percentage of students who ever used an electronic vapor product								
		10.8	14.8	8.1	10.6	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

| | 0.7 | 0.2 | 0.9 | 0.7 | 1.0 | Not available | Not available[§] | Not available |

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

| | 0.5 | 0.2 | 0.4 | 0.4 | 0.7 | Not available | Not available | Not available |

QN23: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)

| | 4.3 | 3.4 | 6.0 | 3.8 | 4.7 | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)

| | | 1.4 | 1.5 | 1.5 | 0.9 | Not available | Not available§ | No change |

QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)

| | | 0.1 | 0.4 | 0.2 | 0.2 | Not available | Not available | Not available |

QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)

| | | 0.1 | 0.3 | 0.2 | 0.2 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars (such as Swisher Sweets, Middleton's [including Black & Mild], or Backwoods, on at least 1 day during the 30 days before the survey)

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
		1.1	1.8	1.6	0.7	Not available	Not available[§]	No change

QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
		0.1	0.3	0.2	0.4	Not available	Not available	Not available

QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
		0.1	0.3	0.2	0.2	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Tobacco Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)

		2.4	2.5	2.8	1.1	Not available	Not available[§]	Not available

QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)

		3.0	2.8	3.0	1.4	Not available	Not available	Not available

QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)

		4.6	7.2	5.3	4.6	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2021-2023** [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
	4.6	4.0	6.8	4.0	4.6	Not available	Not available[§]	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023			

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
7.6	6.0	9.7	11.1	9.4	7.9	Not available	Not available[§]	No change

QN29: Percentage of students who tried marijuana for the first time before age 11 years

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
1.9	1.4	2.1	1.7	0.9	1.3	Not available	Not available	No change

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
		4.6	12.5	12.5	9.8	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

		2.3	1.5	0.5	0.9	Not available	Not available[§]	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| 11.1 | 7.5 | 10.9 | 12.0 | 20.5 | 14.3 | Not available | Not available[§] | Decreased |

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

| 49.2 | 53.0 | 45.9 | 38.6 | 34.7 | 37.8 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN40: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| 51.0 | 51.0 | 48.8 | 45.3 | 47.6 | 49.5 | Not available | Not available[§] | No change |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| 9.5 | 8.6 | 9.5 | 14.9 | 10.0 | 10.4 | Not available | Not available | Not available |

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| 28.0 | 25.2 | 27.9 | 22.3 | 26.1 | 26.7 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Other

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023			

QN46: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | 60.6 | 60.6 | 53.8 | 48.7 | 49.6 | Not available | Not available[§] | No change |

QN47: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)

| | 1.5 | 2.2 | 0.9 | 1.7 | | Not available | Not available | No change |

QN48: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | 87.6 | 86.0 | 81.7 | 85.4 | 80.7 | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Female
Mental Health

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN17: Percentage of students who ever tried to kill themselves

| 8.6 | 8.0 | 11.2 | 13.0 | 8.2 | 9.6 | Not available | Not available[§] | No change |

QN45: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)

| | | | | 30.2 | 26.5 | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2021-2023** [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)								
56.2	48.7	51.1	53.4	38.1	48.3	Not available	Not available[¶]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)								
64.4	60.6	60.7	61.5	48.0	51.5	Not available	Not available	No change
QN10: Percentage of students who were ever in a physical fight								
35.4	37.3	38.8	36.4	25.1	31.2	Not available	Not available	No change
QN13: Percentage of students who were ever bullied on school property								
46.5	44.1	45.9	40.8	37.8	42.0	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Injury and Violence

	Health Risk Behavior and Percentages					**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2021-2023**[§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)								
20.9	20.8	23.0	22.3	23.7	23.9	Not available	Not available[¶]	No change
QN15: Percentage of students who ever seriously thought about killing themselves								
14.4	15.5	18.1	20.2	21.6	15.1	Not available	Not available	No change
QN16: Percentage of students who ever made a plan about how they would kill themselves								
9.5	8.5	13.3	12.2	13.6	7.9	Not available	Not available	Decreased

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Tobacco Use

		Health Risk Behavior and Percentages				**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2021-2023** [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| 2.1 | 1.1 | 1.3 | 1.7 | 2.3 | 0.4 | Not available | Not available[¶] | Decreased |

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

| 0.3 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | Not available | Not available | Not available |

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| 0.2 | 0.0 | 0.0 | 0.0 | 0.5 | 0.0 | Not available | Not available | Not available |

QN22: Percentage of students who ever used an electronic vapor product

| | | 10.1 | 14.9 | 9.9 | 7.0 | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Tobacco Use

		Health Risk Behavior and Percentages				**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2021-2023** [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
	0.8	0.6	0.5	0.9	0.5	Not available	Not available[¶]	Not available
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
	0.4	0.6	0.2	0.9	0.1	Not available	Not available	Not available
QN23: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)								
	4.4	3.9	6.1	3.9	3.3	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Tobacco Use

		Health Risk Behavior and Percentages				**Linear Change†**	**Quadratic Change†**	**Change from 2021-2023 §**
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)

| | | 1.5 | 2.1 | 1.4 | 0.5 | Not available | Not available¶ | No change |

QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)

| | | 0.0 | 0.3 | 0.0 | 0.1 | Not available | Not available | Not available |

QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)

| | | 0.0 | 0.1 | 0.0 | 0.1 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars (such as Swisher Sweets, Middleton's [including Black & Mild], or Backwoods, on at least 1 day during the 30 days before the survey)

		0.4	1.7	1.3	0.5	Not available	Not available[¶]	No change

QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)

		0.0	0.1	0.0	0.3	Not available	Not available	Not available

QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)

		0.0	0.1	0.0	0.1	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Tobacco Use

						Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
		Health Risk Behavior and Percentages						
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
		1.3	2.4	2.3	0.7	Not available	Not available[¶]	Not available
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)								
		2.3	3.4	2.5	0.9	Not available	Not available	Not available
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)								
		4.7	7.8	4.1	3.2	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Tobacco Use

	Health Risk Behavior and Percentages						**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2021-2023**[§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)

	4.8	4.3	7.0	4.1	2.9		Not available	Not available[¶]	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Alcohol and Other Drug Use

		Health Risk Behavior and Percentages				**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2021-2023**[§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)								
8.1	6.2	8.2	10.9	10.3	6.2	Not available	Not available[¶]	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years								
1.6	1.2	2.0	1.9	0.6	0.5	Not available	Not available	No change
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)								
		3.9	7.9	7.5	6.1	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

		2.2	0.6	1.2	0.1	Not available	Not available[¶]	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| 7.5 | 6.2 | 6.8 | 9.6 | 14.4 | 8.3 | Not available | Not available[¶] | Decreased |

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

| 58.0 | 60.8 | 57.6 | 45.9 | 43.7 | 45.0 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN40: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| 61.1 | 62.6 | 60.2 | 56.1 | 57.3 | 62.4 | Not available | Not available[¶] | No change |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| 5.8 | 5.4 | 5.7 | 7.2 | 5.7 | 5.5 | Not available | Not available | Not available |

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| 36.6 | 35.7 | 36.5 | 32.4 | 35.4 | 37.2 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Other

	Health Risk Behavior and Percentages					Linear Change†	Quadratic Change†	Change from 2021-2023 §
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN46: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | 66.1 | 61.7 | 59.5 | 55.0 | 56.0 | Not available | Not available¶ | No change |

QN47: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)

| | 2.1 | 1.8 | 1.8 | 1.6 | | Not available | Not available | No change |

QN48: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | 89.1 | 86.9 | 84.7 | 87.3 | 83.7 | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

White*
Mental Health

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN17: Percentage of students who ever tried to kill themselves

| 4.4 | 4.7 | 6.4 | 6.8 | 4.8 | 5.3 | Not available | Not available[¶] | No change |

QN45: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)

| | | | | 20.1 | 19.2 | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)								
83.3	81.4	76.7	75.7	66.3	62.9	Not available	Not available[¶]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)								
85.5	80.9	76.0	76.1	76.7	74.8	Not available	Not available	No change
QN10: Percentage of students who were ever in a physical fight								
65.2	62.2	61.9	67.2	49.6	48.3	Not available	Not available	No change
QN13: Percentage of students who were ever bullied on school property								
37.6	43.0	38.0	35.8	33.9	28.9	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

| 14.3 | 17.3 | 14.6 | 17.5 | 26.4 | 19.0 | Not available | Not available[¶] | No change |

QN15: Percentage of students who ever seriously thought about killing themselves

| 21.0 | 17.8 | 23.1 | 22.1 | 21.7 | 18.3 | Not available | Not available | No change |

QN16: Percentage of students who ever made a plan about how they would kill themselves

| 11.5 | 10.1 | 16.3 | 17.5 | 18.7 | 12.5 | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Tobacco Use

		Health Risk Behavior and Percentages				**Linear Change[†]**	**Quadratic Change[†]**	**Change from 2021-2023 [§]**
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| 2.8 | 1.5 | 3.4 | 1.5 | 2.2 | 0.4 | Not available | Not available[¶] | No change |

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

| 0.6 | 0.3 | 0.6 | 0.0 | 0.9 | 0.4 | Not available | Not available | Not available |

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| 0.2 | 0.3 | 0.3 | 0.0 | 0.9 | 0.4 | Not available | Not available | Not available |

QN22: Percentage of students who ever used an electronic vapor product

| | | 15.2 | 13.2 | 6.0 | 16.4 | Not available | Not available | Increased |

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

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Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Tobacco Use

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	2015	2017	2019	2021	2023			

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

| | 0.6 | 0.7 | 0.6 | 1.1 | 0.4 | Not available | Not available[¶] | Not available |

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

| | 0.3 | 0.3 | 0.6 | 1.1 | 0.4 | Not available | Not available | Not available |

QN23: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)

| | 9.1 | 4.9 | 3.8 | 3.0 | 6.5 | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Tobacco Use

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)

		2.5	2.3	1.7	1.5	Not available	Not available[¶]	No change

QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)

		0.6	0.1	0.9	0.4	Not available	Not available	Not available

QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)

		0.2	0.0	0.9	0.4	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars (such as Swisher Sweets, Middleton's [including Black & Mild], or Backwoods, on at least 1 day during the 30 days before the survey)

		3.2	2.2	3.6	1.2	Not available	Not available[¶]	No change

QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)

		0.4	0.3	0.9	0.4	Not available	Not available	Not available

QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)

		0.1	0.3	0.9	0.4	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Tobacco Use

		Health Risk Behavior and Percentages				**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2021-2023**[§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)

		4.8	2.5	3.8	1.3	Not available	Not available[¶]	Not available

QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)

		5.2	3.6	4.6	2.4	Not available	Not available	Not available

QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)

		6.4	6.2	5.3	5.2	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Tobacco Use

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)

	8.9	6.3	4.9	3.0	5.2	Not available	Not available[¶]	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Alcohol and Other Drug Use

		Health Risk Behavior and Percentages				**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2021-2023** [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

| 11.0 | 11.6 | 12.1 | 12.9 | 8.2 | 9.3 | Not available | Not available[¶] | No change |

QN29: Percentage of students who tried marijuana for the first time before age 11 years

| 3.8 | 4.7 | 3.7 | 4.4 | 1.0 | 1.5 | Not available | Not available | No change |

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

| | | 6.5 | 13.6 | 9.4 | 7.0 | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Alcohol and Other Drug Use

		Health Risk Behavior and Percentages				**Linear Change[†]**	**Quadratic Change[†]**	**Change from 2021-2023 [§]**
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

		2017	**2019**	**2021**	**2023**	**Linear Change**	**Quadratic Change**	**Change from 2021-2023**
		4.0	2.6	1.8	0.4	Not available	Not available[¶]	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| 10.3 | 8.4 | 10.9 | 11.4 | 10.4 | 14.7 | Not available | Not available[¶] | No change |

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

| 49.5 | 50.5 | 45.0 | 37.0 | 41.9 | 38.8 | Not available | Not available | Not available |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Physical Activity

	Health Risk Behavior and Percentages					**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2021-2023** [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN40: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

2013	2015	2017	2019	2021	2023	Linear	Quadratic	Change
49.9	50.3	47.8	45.1	47.2	42.5	Not available	Not available[¶]	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

2013	2015	2017	2019	2021	2023	Linear	Quadratic	Change
12.7	12.6	12.9	19.2	7.0	14.9	Not available	Not available	Not available

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)

2013	2015	2017	2019	2021	2023	Linear	Quadratic	Change
32.0	34.5	30.2	25.0	29.5	32.0	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Other

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN46: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | 55.8 | 60.0 | 55.4 | 46.3 | 49.6 | Not available | Not available[¶] | No change |

QN47: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)

| | 5.4 | 5.4 | 2.2 | 1.5 | | Not available | Not available | No change |

QN48: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | 74.1 | 78.2 | 63.2 | 70.0 | 74.6 | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Black*
Mental Health

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2021-2023 [§]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN17: Percentage of students who ever tried to kill themselves								
7.8	7.8	11.4	13.0	5.4	10.1	Not available	Not available[¶]	No change
QN45: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)								
				19.7	17.8	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)								
71.7	71.5	73.2	61.7	74.8	61.8	Not available	Not available[§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)								
70.5	70.1	73.1	66.7	72.0	54.2	Not available	Not available	Decreased
QN10: Percentage of students who were ever in a physical fight								
43.3	41.2	45.2	44.3	39.8	38.3	Not available	Not available	No change
QN13: Percentage of students who were ever bullied on school property								
42.2	37.4	39.6	38.5	40.1	28.7	Not available	Not available	Decreased

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

| 23.7 | 14.5 | 16.4 | 20.2 | 25.5 | 23.2 | Not available | Not available[§] | No change |

QN15: Percentage of students who ever seriously thought about killing themselves

| 20.9 | 15.2 | 25.6 | 23.6 | 28.8 | 19.4 | Not available | Not available | No change |

QN16: Percentage of students who ever made a plan about how they would kill themselves

| 13.9 | 10.0 | 13.5 | 15.1 | 22.7 | 13.4 | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023			

QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
2.9	2.6	4.9	2.6	2.1	0.9	Not available	Not available[§]	No change

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
0.5	1.2	0.3	0.8	0.5	0.3	Not available	Not available	Not available

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
0.3	1.2	0.3	0.5	0.5	0.3	Not available	Not available	Not available

QN22: Percentage of students who ever used an electronic vapor product

2013	2015	2017	2019	2021	2023	Linear Change	Quadratic Change	Change from 2021-2023
		16.6	17.5	10.7	12.0	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023			

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

	1.9	1.0	1.4	0.6	2.1	Not available	Not available[§]	Not available

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

	1.3	0.7	0.8	0.6	1.4	Not available	Not available	Not available

QN23: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)

	7.4	6.7	8.4	5.0	5.1	Not available	Not available	No change

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023			

QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)

		3.3	1.5	0.8	1.6	Not available	Not available[§]	No change

QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)

		0.4	1.0	0.5	0.2	Not available	Not available	Not available

QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)

		0.3	0.7	0.5	0.2	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars (such as Swisher Sweets, Middleton's [including Black & Mild], or Backwoods, on at least 1 day during the 30 days before the survey)

		3.5	2.4	2.1	1.1	Not available	Not available[§]	No change

QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)

		0.4	1.2	0.5	0.5	Not available	Not available	Not available

QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)

		0.4	0.9	0.5	0.2	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)

		5.8	3.5	3.0	1.1	Not available	Not available[§]	Not available

QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)

		6.8	3.8	3.1	1.3	Not available	Not available	Not available

QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)

		9.1	9.8	6.2	4.7	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)

	6.5	8.4	9.2	5.4	4.7	Not available	Not available[§]	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)

| 11.7 | 11.1 | 13.7 | 12.6 | 14.3 | 5.1 | Not available | Not available[§] | Decreased |

QN29: Percentage of students who tried marijuana for the first time before age 11 years

| 4.2 | 3.5 | 4.4 | 2.2 | 0.7 | 1.9 | Not available | Not available | No change |

QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

| | | 6.0 | 10.9 | 13.2 | 10.9 | Not available | Not available | No change |

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

Virginia Middle School Survey

10-year Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

| | | 4.0 | 2.8 | 1.2 | 2.2 | Not available | Not available[§] | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey)

13.2	8.2	13.8	12.9	17.9	16.6	Not available	Not available[§]	No change

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

46.6	46.5	48.4	45.2	39.0	43.2	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Physical Activity

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN40: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

45.9	44.7	41.7	45.0	42.9	48.4	Not available	Not available[§]	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

10.5	9.4	15.3	19.2	16.6	14.5	Not available	Not available	Not available

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

26.8	27.2	24.5	27.1	25.6	29.6	Not available	Not available	Not available

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Other

		Health Risk Behavior and Percentages				**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2021-2023** [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN46: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | 59.9 | 57.0 | 59.0 | 49.0 | 49.6 | Not available | Not available[§] | No change |

QN47: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)

| | 4.5 | 3.4 | 1.3 | 2.5 | | Not available | Not available | No change |

QN48: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| 75.8 | 74.5 | 72.0 | 69.8 | 71.4 | | Not available | Not available | No change |

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

Virginia Middle School Survey
10-year Trend Analysis Report

Hispanic
Mental Health

	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2013	**2015**	**2017**	**2019**	**2021**	**2023**			

QN17: Percentage of students who ever tried to kill themselves

| 9.7 | 7.7 | 11.8 | 12.2 | 10.3 | 9.7 | Not available | Not available[§] | No change |

QN45: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)

| | | | | 22.1 | 19.2 | Not available | Not available | No change |

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