Virginia Middle School Survey 10-year Trend Analysis Report

ury and Violence		ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
QN6: Percentage picycle)	of students who rar	ely or never wore a	a bicycle helmet (an	mong students who	had ridden a			
64.3	58.7	59.4	60.3	53.4	52.9	Not available	Not available [§]	No change
	of students who rar l rollerblades or rod		helmet when rolle	erblading or skateb	oarding (among			
69.7	67.0	65.1	65.4	59.7	55.0	Not available	Not available	No change
QN10: Percentag	e of students who w	vere ever in a physi	cal 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

	Н	lealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN13: Percentage	e of students who w	vere ever bullied on	school property		:			
43.8	42.1	43.0	39.6	35.8	35.6	Not available	Not available§	No change
	e of students who wook, or other social in 18.5		ally bullied (count	ing being bullied th	arough texting,	Not available	Not available	No change
nstagram, Facebo	ook, or other social	media) 19.5	21.0	26.1		Not available	Not available	No change
nstagram, Facebo	ook, or other social and 18.5	media) 19.5	21.0	26.1		Not available Not available	Not available Not available	No change Decreased
19.8 QN15: Percentage 17.5	18.5 e of students who e	media) 19.5 ver seriously thoug 21.4	21.0 ht about killing the 21.7	26.1 emselves	22.7			

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	lealth Risk Behavi	ior and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	-		
N20: Percentagurvey)	e of students who co	urrently smoked ci	garettes (on at least	1 day during the 3	30 days before the			
2.5	1.6	2.4	1.9	3.1	0.6	Not available	Not available§	Decreased
ONFRCIG: Perce 0 days before the 0.4	entage of students we survey) 0.3	who currently smok	ed cigarettes freque	ently (on 20 or mor	re days during the	Not available	Not available	Not availab
0.4	0.3 centage of students	0.3	0.2	0.8	0.2	Not available	Not available	Not availab
0.4 0.4 QNDAYCIG: Per	0.3 centage of students	0.3	0.2	0.8	0.2	Not available Not available	Not available Not available	Not availab
0.4 QNDAYCIG: Perefore the survey) 0.2	0.3 rcentage of students	0.3 s who currently sm 0.2	0.2 oked cigarettes dail 0.1	0.8 y (on all 30 days d	0.2 luring the 30 days			,

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
QNFREVP: Percedays during the 30		who currently used (electronic vapor pr	oducts frequently ((on 20 or more			
	0.8	0.8	0.9	0.9	0.7	Not available	Not available§	Not available
QNDAYEVP: Per the 30 days before		s who currently use	ed electronic vapor	products daily (on	all 30 days during			
	0.4	0.6	0.5	0.8	0.4	Not available	Not available	Not available
	, e-hookahs, hooka	urrently used an ele th pens, and mods [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.

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
issolvable tobacco	e of students who co o products [such as lectronic vapor pro	Copenhagen, Griz	zly, Skoal, Camel	Snus, or Velo Nico	tine Lozenges],			
		2.2	2.2	2.0	0.9	Not available	Not available§	No change
lip, snus, or dissol	entage of students wable tobacco prodor products, on 20 c	ucts [such as Cope	nhagen, Grizzly, S	koal, or Camel Snu				,
lip, snus, or dissol	vable tobacco prod	ucts [such as Cope	nhagen, Grizzly, S	koal, or Camel Snu		Not available	Not available	Not availab
lip, snus, or dissol iny electronic vapo QNDAYSKL: Per lip, snus, or dissol	vable tobacco prod	0.3 s who currently use ucts [such as Coper	nhagen, Grizzly, S g the 30 days befor 0.5 d smokeless tobac nhagen, Grizzly, S	koal, or Camel Snure the survey) 0.7 co daily (chewing to koal, or Camel Snur	0.3 tobacco, snuff,	Not available	Not available	Not availal

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

[§]Not enough years of data to calculate.

	н	ealth Risk Behavi	or and Percentage	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN25: Percentage Middleton's [include	e of students who co							
		1.9	1.9	2.7	0.9	Not available	Not available§	Decreased
	entage of students v s during the 30 day			y (cigars, cigarillos	s, or little cigars,			
				ly (cigars, cigarillos	s, or little cigars,	Not available	Not available	Not available
on 20 or more days QNDAYCGR: Per		0.3 s who currently sm	0.4	0.7	0.4	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.

Virginia Middle School Survey 10-year Trend Analysis Report

obacco Use	н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	=		
QNTB2: Percentag before the survey)	e of students who	currently smoked of	cigarettes or cigars	(on at least 1 day of	during the 30 days			
		3.0	2.6	4.2	1.0	Not available	Not available§	Not available
QNTB3: Percentag least 1 day during the			cigarettes or cigars	or used smokeless	tobacco (on at	,		,
		3.7	3.5	4.5	1.4	Not available	Not available	Not available
QNTB4: Percentag electronic vapor pro					tobacco or			
		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.

Virginia Middle School Survey 10-year Trend Analysis Report

Total Tobac	cco Use	Не	alth Risk Behavi	or and Percentage	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
	2013	2015	2017	2019	2021	2023	-		

1 day during the 30 days before the survey) 5.8

QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least

^{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.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN27: Percentage	e of students who de	rank alcohol for the	e first time before a	age 11 years (other	than a few sips)			
9.3	7.9	10.3	12.0	10.6	6.9	Not available	Not available [§]	Decreased
QN29: Percentage	e of students who tr	ied marijuana for t	ne first time before	age 11 years				1
2.6	2.3	3.2	2.8	0.9	1.1	Not available	Not available	No change
	e of students who even a doctor told the 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.

Total Alcoho	l and Other D	J	ealth Risk Behav	ior and Percentag	ees		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
_	2013	2015	2017	2019	2021	2023	_		
	31: Percentage base)	of students who e	ver used cocaine (a	ny form of cocain	e, including powde	er, crack, or			
			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

	Н	ealth Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN39: Percentage	of students who d	id not eat breakfast	(during the 7 days	before the survey)				
9.2	6.6	9.6	10.4	15.5	11.5	Not available	Not available§	No change
			-					
QNBK7DAY: Per	centage of students	s who ate breakfast	on all 7 days (duri	ng the 7 days befor	e the survey)			

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	H	Iealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
	ctivity that increase	were physically actived their heart rate an						
55.8	55.8	53.4	51.1	50.4	54.8	Not available	Not available§	No change
east 1 day (in any		s who did not partic ctivity that increase survey)				Not available	Not available	Not availab
east 1 day (in any he time during the 8.3 QNPA7DAY: Per	kind of physical are 7 days before the 7.7 recentage of student	ctivity that increase survey) 9.2 s who were physica	d their heart rate ar 12.4 ally active at least 6	9.7 0 minutes per day	9.6 on all 7 days (in	Not available	Not available	Not availab
east 1 day (in any ne time during the 8.3 NPA7DAY: Per	kind of physical activity that increase a control of the control o	ctivity that increase survey) 9.2	d their heart rate ar 12.4 ally active at least 6	9.7 0 minutes per day	9.6 on all 7 days (in	Not available	Not available	Not availabl

^{*}Based on trend analyses using a logistic regression model controlling 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

otal ther	н	ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN46: Percentage	of students who g	ot 8 or more hours	of sleep (on an ave	erage school night)				
	62.0	60.4	57.6	49.2	53.2	Not available	Not available§	No change
QN47: Percentage days before the sur		sually did not sleep	in their parent's o	r guardian's home (during the 30			
		3.4	3.1	2.1	1.8	Not available	Not available	No change
QN48: Percentage before the survey)	of students who de	escribed their grade	es in school as mos	stly A's or B's (during	ng the 12 months	······································		
	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

	Н	ealth Risk Behavi	or and Percentage	es		Linear Change [*]	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
N17: Percentage	e of students who e	ver tried to kill ther	nselves	· · · · · · · · · · · · · · · · · · ·				
6.3	5.8	8.5	9.3	7.3	7.0	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

Male
Injury and Violence

jury and Violence								
	H	Iealth Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN6: Percentage bicycle)	of students who ra	rely or never wore	a bicycle helmet (a	mong students who	had ridden a			
66.6	61.7	61.7	64.2	56.6	56.7	Not available	Not available§	Not available
00.0	01.7	01.,	02		20.,	1100 40 4114010	- 101 11 11 11 11 11	
QN7: Percentage	of students who rai	rely or never wore	,	,				
QN7: Percentage	of students who ra	rely or never wore	,	,		Not available	Not available	Not available
QN7: Percentage students who used 71.5	of students who rai	rely or never wore a de a skateboard) 66.0	a helmet when rollo	erblading or skateb	oarding (among			Not available
QN7: Percentage students who used 71.5	of students who rai d rollerblades or roc 69.7	rely or never wore a de a skateboard) 66.0	a helmet when rollo	erblading or skateb	oarding (among			Not available Not available
QN7: Percentage students who used 71.5 QN10: Percentag 56.2	of students who raid rollerblades or roce 69.7 The of students who were of students who were recommended.	rely or never wore a de a skateboard) 66.0 were ever in a physi 57.8	a helmet when rollo 63.4 cal fight 56.5	erblading or skateb 55.0	oarding (among 58.8	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

н	ealth Risk Behavi	or and Percentag	es				Change from 2021-2023 †
2015	2017	2019	2021	2023	-		
		ally bullied (count	ing being bullied th	rough texting,			
14.4	14.4	16.2	20.0	15.7	Not available	Not available§	Not available
of students who e	ver seriously though	ht about killing the	emselves				
13.0	16.1	14.6	19.7	9.9	Not available	Not available	Not available
of students who e	ver made a plan abo	out how they woul	d kill themselves				
6.7	11.0	9.0	13.7	6.9	Not available	Not available	Not available
	2015 of students who work, or other social in 14.4 of students who en 13.0 of students who en 13.0	2015 2017 of students who were ever electronic ok, or other social media) 14.4 14.4 of students who ever seriously thoug 13.0 16.1 of students who ever made a plan about	2015 2017 2019 of students who were ever electronically bullied (count ok, or other social media) 14.4 14.4 16.2 of students who ever seriously thought about killing the 13.0 16.1 14.6 of students who ever made a plan about how they would	of students who were ever electronically bullied (counting being bullied thock, or other social media) 14.4 14.4 16.2 20.0 of students who ever seriously thought about killing themselves 13.0 16.1 14.6 19.7 of students who ever made a plan about how they would kill themselves	2015 2017 2019 2021 2023 of students who were ever electronically bullied (counting being bullied through texting, ok, or other social media) 14.4 14.4 16.2 20.0 15.7 of students who ever seriously thought about killing themselves 13.0 16.1 14.6 19.7 9.9 of students who ever made a plan about how they would kill themselves	2015 2017 2019 2021 2023 of students who were ever electronically bullied (counting being bullied through texting, ok, or other social media) 14.4 14.4 16.2 20.0 15.7 Not available of students who ever seriously thought about killing themselves 13.0 16.1 14.6 19.7 9.9 Not available of students who ever made a plan about how they would kill themselves	2015 2017 2019 2021 2023 of students who were ever electronically bullied (counting being bullied through texting, or other social media) 14.4 14.4 16.2 20.0 15.7 Not available Not available of students who ever seriously thought about killing themselves 13.0 16.1 14.6 19.7 9.9 Not available Not available of students who ever made a plan about how they would kill themselves

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	ealth Risk Behavi	or and Percentage		Linear Change*	Quadratic Change*	Change from 2021-2023 †	
2013	2015	2017	2019	2021	2023	_		
QN20: Percentage survey)	e of students who co	urrently smoked cig	garettes (on at least	1 day during the 3	0 days before the			
2.7	1.5	2.6	2.0	4.7	0.4	Not available	Not available§	Not available
QNFRCIG: Perce 30 days before the	entage of students w	rho currently smoke	ed cigarettes freque	ently (on 20 or mor	e days during the			,
0.5	0.5	0.4	0.1	1.4	0.2	Not available	Not available	Not available
ONDAYCIG: Per	centage of students	who currently smo	oked cigarettes dail	y (on all 30 days d	uring the 30 days			
before the survey) 0.3		0.2	0.1	0.8	0.2	Not available	Not available	Not available
before the survey) 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

2017 ts who currently used e survey)	2019	2021	2023	_		
	electronic vapor p	· · · · · · · · · · · · · · · · · · ·				
	erectionic vapor pr	oducts frequently ((on 20 or more			
1.2	0.9	1.1	0.4	Not available	Not available§	Not available
ents who currently use	ed electronic vapor	products daily (on	all 30 days during			
0.9	0.7	1.1	0.1	Not available	Not available	Not available
ו	dents who currently use 0.9	dents who currently used electronic vapor 0.9 0.7 0 currently used an electronic vapor procookah pens, and mods [such as JUUL, SN	dents who currently used electronic vapor products daily (on 0.9 0.7 1.1 no currently used an electronic vapor product (including e-ci pokah pens, and mods [such as JUUL, SMOK, Suorin, Vuse	dents who currently used electronic vapor products daily (on all 30 days during 0.9 0.7 1.1 0.1 1.1 1.1 1.1 1.1 1.1	dents who currently used electronic vapor products daily (on all 30 days during 0.9 0.7 1.1 0.1 Not available no currently used an electronic vapor product (including e-cigarettes, vapes, bokah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at	dents who currently used electronic vapor products daily (on all 30 days during 0.9 0.7 1.1 0.1 Not available no currently used an electronic vapor product (including e-cigarettes, vapes, bokah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at

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

[§]Not enough years of data to calculate.

	Н	ealth Risk Behavi	Quadratic Change [*]	Change from 2021-2023				
2013	2015	2017	2019	2021	2023			
dissolvable tobacco	o products [such as	urrently used smoke Copenhagen, Grizz ducts, on at least 1	zly, Skoal, Camel	Snus, or Velo Nico	tine Lozenges],			
		2.8	2.7	2.6	1.0	Not available	Not available§	Not availab
lip, snus, or dissol	vable tobacco prod	who currently used solucts [such as Coper or more days during	nhagen, Grizzly, S g the 30 days befor	koal, or Camel Snure the survey)	is], not counting			,
dip, snus, or dissol	vable tobacco prod	lucts [such as Coper	nhagen, Grizzly, S	koal, or Camel Snu		Not available	Not available	Not availa
dip, snus, or dissol any electronic vapo electronic vapo QNDAYSKL: Per dip, snus, or dissol	vable tobacco products, on 20 or products, on 20 or products.	lucts [such as Coper or more days during	nhagen, Grizzly, S g the 30 days befor 0.6 d smokeless tobac nhagen, Grizzly, S	koal, or Camel Snue the survey) 1.2 co daily (chewing to koal, or Camel Snue)	0.3 cobacco, snuff,	Not available	Not available	Not availa

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

[§]Not enough years of data to calculate.

ale bacco Use								
	I	Iealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	-		
		currently smoked cig						
	amg zawa ee raac	2.5	2.0	3.8	0.7	Not available	Not available [§]	Not available
		who currently smok		ly (cigars, cigarillo	s, or little cigars,			
on 20 or more days	s during the 30 day	0.3	0.4	1.2	0.4	Not available	Not available	Not available
ONDAYCGR: Per	rcentage of studen	ts who currently sm			1			
all 30 days during t			oked eigais daily	cigais, cigaimos, c	in title eigars, on			
		0.2	0.3	1.2	0.3	Not available	Not available	Not availabl

^{*}Based on trend analyses using a logistic regression model controlling 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

bacco Use	Н	ealth Risk Behavio	or and Percentago	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QNTB2: Percentag before the survey)	e of students who	currently smoked of	rigarettes or cigars	(on at least 1 day of	during the 30 days			
		3.4	2.7	5.7	0.6	Not available	Not available§	Not available
QNTB3: Percentag least 1 day during tl			rigarettes or cigars	or used smokeless	tobacco (on at			
		4.3	4.1	6.0	1.0	Not available	Not available	Not available
QNTB4: Percentag					tobacco or			
		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.

Male Tobac	co Use	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
-	2013	2015	2017	2019	2021	2023	-		
		ge of students who days before the su		cigarettes or used e	lectronic vapor pro	oducts (on at least			
		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.

le ohol and Other D		ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN27: Percentage	e of students who d	rank alcohol for the	e first time before a	ge 11 years (other	than a few sips)			
10.8	9.6	10.7	12.9	11.6	6.0	Not available	Not available [§]	Not available
QN29: Percentage	e of students who tr	ried marijuana for t	he first time before	age 11 years		,		
3.3	3.1	4.1	3.8	0.8	0.9	Not available	Not available	Not available
	w a doctor told the	ver took prescription to use it (counting						
		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.

Male Alcohol and Othe	0	Health Risk Behavi	ior and Percentag	ees		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN31: Percenta freebase)	age of students who	ever used cocaine (a	ny form of cocaine	e, including powde	r, crack, or			
		3.6	1.8	2.2	0.8	Not available	Not available§	Not available
		5.0	1.0	2.2	0.0	roc available	rot available	1100

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	н	ealth Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN39: Percentage	e of students who d	id not eat breakfast	(during the 7 days	before the survey)				
7.4	5.9	8.0	8.8	9.8	8.7	Not available	Not available [§]	Not available
QNBK7DAY: Per	rcentage of students	s who ate breakfast	on all 7 days (duri	ng the 7 days befor	re the survey)			

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

[§]Not enough years of data to calculate.

sical Activity								
	H	ealth Risk Behavi	or and Percentage	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
	tivity that increase	ere physically actived their heart rate an						
60.5	60.6	57.8	56.9	53.1	60.2	Not available	Not available [§]	Not availab
east 1 day (in any		s who did not partic ctivity that increased survey)						
	6.9							

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

[§]Not enough years of data to calculate.

Male Other	н	ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN46: Percentage	of students who go	ot 8 or more hours	of sleep (on an ave	erage school night)				
	63.3	60.3	61.3	50.0	57.0	Not available	Not available§	Not available
QN47: Percentage days before the sur		sually did not sleep	in their parent's or	r guardian's home (during the 30			
		5.0	4.0	3.4	1.8	Not available	Not available	Not available
QN48: Percentage before the survey)	of students who do	escribed their grade	es in school as mos	etly A's or B's (duri	ng the 12 months			
	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

ntal Health	н	ealth Risk Behavio	or and Percentage	es		Linear Change [*]	Quadratic Change*	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023	_		
QN17: Percentage	of students who ev	ver tried to kill then	nselves	:	:			
4.2	3.7	6.0	5.9	6.4	4.0	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

	H	Iealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN6: Percentage bicycle)	of students who ran	rely or never wore a	a bicycle helmet (an	mong students who	had ridden a			
			55.0	50.2	40.4	NT / 21.11	NI - 4 1 - 1 - 1 - 8	No abanca
61.7	55.8	57.0	55.9	50.3	48.4	Not available	Not available [§]	No change
QN7: Percentage		rely or never wore a				Not available	Not available	No change
QN7: Percentage students who used 67.7	of students who rai rollerblades or rod 64.1	rely or never wore a le a skateboard)	a helmet when rolle 67.4	erblading or skateb	oarding (among			
QN7: Percentage students who used 67.7	of students who rai rollerblades or rod 64.1	rely or never wore a le a skateboard) 64.2	a helmet when rolle 67.4	erblading or skateb	oarding (among			
QN7: Percentage students who used 67.7 QN10: Percentage 32.0	of students who rai rollerblades or rod 64.1 e of students who v 26.9	rely or never wore a le a skateboard) 64.2 vere ever in a physi	67.4 cal fight 34.5	erblading or skateb	oarding (among 51.2	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

	Н	lealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
	of students who work, or other social i	vere ever electronic media)	ally bullied (count	ing being bullied th	nrough texting,			
27.1	22.8	24.9	26.3	32.0	29.6	Not available	Not available§	No change
QN15: Percentage	of students who e	ver seriously thoug	ht about killing the	emselves	,			,
22.7	20.2	27.2	29.1	31.7	23.2	Not available	Not available	Decreased
	of students who e	ver made a plan abo	out how they woul	d kill themselves				
	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

	Н	ealth Risk Behav	ior and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
QN20: Percentag survey)	e of students who cu	urrently smoked ci	garettes (on at least	1 day during the 3	30 days before the			
2.0	1.5	2.0	1.8	1.6	0.9	Not available	Not available [§]	No change
	entage of students we survey)	ho currently smok	ed cigarettes freque	ently (on 20 or mor	re days during the			
		tho currently smok	ed cigarettes freque	ently (on 20 or mor	re days during the	Not available	Not available	Not availabl
30 days before the	0.1 centage of students	0.1	0.2	0.3	0.3	Not available	Not available	Not availabl
30 days before the 0.3 QNDAYCIG: Per	0.1 centage of students	0.1	0.2	0.3	0.3	Not available Not available	Not available Not available	Not availabl Not availabl
O.3 QNDAYCIG: Perperor the survey) 0.1	0.1 centage of students	0.1 who currently sm	0.2 oked cigarettes dail 0.2	0.3 y (on all 30 days d	0.3 luring the 30 days			

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

[§]Not enough years of data to calculate.

Female	
Tobacco	Use

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
	ntage of students w	who currently used (electronic vapor pr	oducts frequently (on 20 or more			
	0.7	0.2	0.9	0.7	1.0	Not available	Not available§	Not available
QNDAYEVP: Per the 30 days before		s who currently use	d electronic vapor	products daily (on	all 30 days during	-		
	0.5	0.2	0.4	0.4	0.7	Not available	Not available	Not available
vape pens, e-cigars		urrently used an ele th pens, and mods [the survey)						

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

[§]Not enough years of data to calculate.

	Н	ealth Risk Behavio	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
issolvable tobacco	e of students who cu o products [such as dectronic vapor pro	Copenhagen, Grizz	ly, Skoal, Camel	Snus, or Velo Nico	tine Lozenges],			
		1.4	1.5	1.5	0.9	Not available	Not available§	No change
lip, snus, or dissol	entage of students w vable tobacco prod or products, on 20 c	ucts [such as Coper or more days during	hagen, Grizzly, S the 30 days befor	koal, or Camel Snure the survey)	s], not counting	Normalisti.	Not and Table	N
lip, snus, or dissol	lvable tobacco prod	ucts [such as Coper	hagen, Grizzly, S	koal, or Camel Snu		Not available	Not available	Not availab
lip, snus, or dissol uny electronic vapo QNDAYSKL: Per lip, snus, or dissol	lvable tobacco prod	ucts [such as Coper or more days during 0.1 s who currently use ucts [such as Coper	thagen, Grizzly, S the 30 days befor 0.4 d smokeless tobaca thagen, Grizzly, S	koal, or Camel Snue the survey) 0.2 co daily (chewing the koal, or Camel Snue)	0.2 obacco, snuff,	Not available	Not available	Not availal

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

[§]Not enough years of data to calculate.

emale obacco Use	Н	lealth Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	-		
		urrently smoked cig], or Backwoods, or						
·		1.1	1.8	1.6	0.7	Not available	Not available [§]	No change
		who currently smok		y (cigars, cigarillo	s, or little cigars,			
		0.1	0.3	0.2	0.4	Not available	Not available	Not available
QNDAYCGR: Per all 30 days during t		ts who currently sm the survey)	oked cigars daily (cigars, cigarillos, c	or little cigars, on			
		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

obacco Use	н	ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QNTB2: Percentag before the survey)	ge of students who	currently smoked of	rigarettes or cigars	(on at least 1 day of	during the 30 days			
		2.4	2.5	2.8	1.1	Not available	Not available [§]	Not available
QNTB3: Percentag least 1 day during t			eigarettes or cigars	or used smokeless	tobacco (on at	,		
		3.0	2.8	3.0	1.4	Not available	Not available	Not available
QNTB4: Percentage electronic vapor pro					tobacco or			
		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.

	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) 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 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) 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.

Female Alcoho	e ol and Other D		ealth Risk Behavi	Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †			
-	2013	2015	2017	2019	2021	2023	_		
	31: Percentage base)	of students who e	ver used cocaine (a	ny form of cocaine	e, including powde	r, crack, or			
			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 Linear Change* **Health Risk Behavior and Percentages** Quadratic Change* Change from 2021-2023 † 2013 2015 2017 2019 2021 2023 QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey) 11.1 7.5 10.9 12.0 20.5 14.3 Not available Not available§ Decreased

34.7

37.8

Not available

Not available

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

38.6

45.9

53.0

49.2

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.

male ysical Activity								
	H	lealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
	tivity that increase	vere physically actived their heart rate an						
51.0	51.0	48.8	45.3	47.6	49.5	Not available	Not available§	No change
	kind of physical ac	s who did not partic ctivity that increased survey)						
9.5	8.6	9.5	14.9	10.0	10.4	Not available	Not available	Not availabl
QNPA7DAY: Per any kind of physics the 7 days before the	al activity that incr	s who were physica eased their heart rat						
28.0	25.2	27.9	22.3	26.1	26.7	Not available	Not available	Not availal

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Female

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
N46: Percentage	e of students who g	ot 8 or more hours	of sleep (on an ave	erage school night)				
	60.6	60.6	53.8	48.7	49.6	Not available	Not available§	No change
N47: Percentage ays before the sur		sually did not sleep	in their parent's or	r guardian's home (during the 30			
·	•,	1.5	2.2	0.9	1.7	Not available	Not available	No change
)N48: Percentage efore the survey)		escribed their grade	es in school as mos	stly A's or B's (during	ng the 12 months			

^{*}Based on trend analyses using a logistic regression model controlling 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

	H	ealth Risk Behavi	or and Percentage	Linear Change*	Quadratic Change*	Change from 2021-2023 †		
2013	2015	2017	2019	2021	2023	-		
N17: Percentag	e of students who e	ver tried to kill then	nselves					
8.6	8.0	11.2	13.0	8.2	9.6	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.

	1	Health Risk Behav	ior and Percentag	Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §		
2013	2015	2017	2019	2021	2023	_		
QN6: Percentage bicycle)	of students who rar	rely or never wore a	bicycle helmet (an	mong students who	had ridden a			
56.2	48.7	51.1	53.4	38.1	48.3	Not available	Not available [¶]	No change
	of students who rar rollerblades or rod		helmet when rolle	erblading or skateb	oarding (among			
64.4	60.6	60.7	61.5	48.0	51.5	Not available	Not available	No change
	e of students who w	vere ever in a physic	cal fight					
QN10: Percentage			26.4	25.1	31.2	Not available	Not available	No change
QN10: Percentage 35.4	37.3	38.8	36.4	23.1	31.2			
35.4				23.1				

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

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

White* Injury and Violence		Health Risk Behav	ior and Percenta	ges	Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §	
2013	2015	2017	2019	2021	2023	_		
QN14: Percentage Instagram, Faceboo			ally bullied (count	ing being bullied th	arough texting,			
20.9	20.8	23.0	22.3	23.7	23.9	Not available	Not available¶	No change
QN15: Percentage	of students who ev	ver seriously thoug	ht about killing the	emselves				,
14.4	15.5	18.1	20.2	21.6	15.1	Not available	Not available	No change
QN16: Percentage	of students who ev	ver made a plan abo	out how they would	d 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*

]	Health Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
N20: Percentage urvey)	e of students who c	urrently smoked ci	garettes (on at least	1 day during the 3	30 days before the			
2.1	1.1	1.3	1.7	2.3	0.4	Not available	Not available¶	Decreased
NFRCIG: Perce	entage of students w survey)	who currently smoke 0.0	ed cigarettes freque	ently (on 20 or mor	re days during the	Not available	Not available	Not availa
ONFRCIG: Perce 0 days before the 0.3	0.0 occurrentage of students	0.0	0.0	0.5	0.0	Not available	Not available	Not availa
ONFRCIG: Perce 0 days before the 0.3 ONDAYCIG: Per	0.0 occurrentage of students	0.0	0.0	0.5	0.0	Not available Not available	Not available Not available	Not availa
ONFRCIG: Perce 0 days before the 0.3 ONDAYCIG: Per efore the survey) 0.2	0.0 occurrentage of students	0.0 s who currently smooth	0.0 oked cigarettes dail 0.0	0.5 y (on all 30 days d	0.0 during the 30 days			

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

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

Virginia Middle School Survey 10-year Trend Analysis Report

White*

	1	Health Risk Behav	ior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QNFREVP: Perce days during the 30		who currently used (electronic vapor pr	oducts frequently (on 20 or more			
	0.8	0.6	0.5	0.9	0.5	Not available	Not available¶	Not available
QNDAYEVP: Per the 30 days before		s who currently use	ed electronic vapor	products daily (on	all 30 days during			
	0.4	0.6	0.2	0.9	0.1	Not available	Not available	Not available
vape pens, e-cigars		urrently used an ele th pens, and mods [the survey)						
least I day during								

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

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

White* Гоbacco Use								
	1	Health Risk Behav	ior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
dissolvable tobacc	o products [such as	urrently used smoke Copenhagen, Grizz ducts, on at least 1	ly, Skoal, Camel	Snus, or Velo Nico	tine Lozenges],			
		1.5	2.1	1.4	0.5	Not available	Not available¶	No change
dip, snus, or dissol	vable tobacco prod	who currently used s lucts [such as Coper or more days during	hagen, Grizzly, S	koal, or Camel Snu				
		0.0	0.3	0.0	0.1	Not available	Not available	Not available
OND A WOLL . D.	rcentage of student	s who currently use						
dip, snus, or dissol	vable tobacco prod	lucts [such as Coper 30 days during the 3			is], not counting			

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

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

nite* bacco Use								
	I	Health Risk Behav	ior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
			gars, cigarillos, or l n at least 1 day dur					
			n at icast i day dui	ing the 30 days bei	ore the survey)			
riducton's [merae	ing Diack & Wild		•		0.5	Not available	Not available¶	No chang
reduction's [merue	ing black & Mild	0.4	1.7	1.3	0.5	Not available	Not available¶	No chang
NFRCGR: Perce		0.4 who currently smok	1.7	1.3		Not available	Not available [¶]	No chang
NFRCGR: Perce	entage of students v	0.4 who currently smok	1.7	1.3		Not available Not available	Not available [¶] Not available	No chang Not availa
ONFRCGR: Perce n 20 or more days ONDAYCGR: Per	entage of students v s during the 30 day	0.4 who currently smoks before the survey 0.0 s who currently sm	1.7 xed cigars frequentl)	1.3 y (cigars, cigarillo: 0.0	s, or little cigars,			

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

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

White* Γobacco Use	1	Health Risk Behav	ior and Percenta	Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §		
2013	2015	2017	2019	2021	2023	_		
QNTB2: Percentag before the survey)	ge of students who	currently smoked of	cigarettes or cigars	(on at least 1 day of	luring the 30 days			
		1.3	2.4	2.3	0.7	Not available	Not available [¶]	Not available
QNTB3: Percentag			cigarettes or cigars	or used smokeless	tobacco (on at			,
, .	Ţ	2.3	3.4	2.5	0.9	Not available	Not available	Not available
QNTB4: Percentage electronic vapor pro					tobacco or			
		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.

Whit Toba	te* acco Use	1	Health Risk Behav	ior and Percenta		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §	
	2013	2015	2017	2019	2021	2023			
		ge of students who days before the su		cigarettes or used o	electronic vapor pro	oducts (on at least			
		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.

cohol and Other	_	Health Risk Behav	ior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN27: Percentage	of students who d	rank alcohol for the	first time before a	ge 11 years (other	than a few sips)			
8.1	6.2	8.2	10.9	10.3	6.2	Not available	Not available¶	No change
QN29: Percentage	of students who tr	ried marijuana for tl	ne first time before	age 11 years		,		
1.6	1.2	2.0	1.9	0.6	0.5	Not available	Not available	No change
	w a doctor told the	ver took prescriptio m to use it (countin						
		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.

hite* Icohol and Other I	0	Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN31: Percentage freebase)	of students who ev	ver used cocaine (a	ny form of cocaine	e, including powder	r, crack, or			
		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.

White*	
Dietary	Behaviors

etary Behaviors	1	Health Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN39: Percentage 7.5	e of students who d	id not eat breakfast	(during the 7 days	before the survey) 14.4	8.3	Not available	Not available [¶]	Decreased
NBK7DAY: Per	centage of student	s who ate breakfast	on all 7 days (duri	ng the 7 days before	re 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.

Vhite* hysical Activity								
]	Health Risk Behav	ior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023			
	e of students who w ctivity that increase survey)							
61.1	62.6	60.2	56.1	57.3	62.4	Not available	Not available [¶]	No change
ONPAODAY: Pe	reantage of student	s who did not partic	ipate in at least 60	minutes of physics				
least 1 day (in any the time during th	wkind of physical acte 7 days before the	ctivity that increased survey)				Not available	Not available	Not availabl
least 1 day (in any	kind of physical ac	ctivity that increase	d their heart rate at	nd made them brea	5.5	Not available	Not available	Not availab
least 1 day (in any the time during th 5.8 QNPA7DAY: Pe	y kind of physical ac e 7 days before the 5.4 crcentage of students cal activity that incr	ctivity that increased survey) 5.7 s who were physica	7.2 Ily active at least 6	5.7 50 minutes per day	5.5 on all 7 days (in	Not available	Not available	Not availab

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

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

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

	I	Health Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
N17: Percentage	e of students who ev	ver tried to kill ther 6.4	mselves 6.8	4.8	5.3	Not available	Not available [¶]	No chang
		eported that their m sion, during the 30			llways not good			

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

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

Black*	
Injury and	Violence

]	Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN6: Percentage bicycle)	of students who rai	rely or never wore a	bicycle helmet (a	mong students who	had ridden a			
83.3	81.4	76.7	75.7	66.3	62.9	Not available	Not available¶	No change
QN7: Percentage	of students who rai	rely or never wore a	helmet when rolle	erblading or skateb	oarding (among			:
students who used	rollerblades or rod	e a skateboard)						
students who used 85.5	80.9	e a skateboard)	76.1	76.7	74.8	Not available	Not available	No chang
85.5	80.9			76.7	74.8	Not available	Not available	No chang
85.5	80.9	76.0		76.7	74.8	Not available Not available	Not available Not available	No chang
R5.5 QN10: Percentage 65.2	80.9 e of students who w	76.0 vere ever in a physic	cal fight 67.2					

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

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

Black*	
Injury and	Violence

Black* Injury and Violence		Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QN14: Percentage (Instagram, Facebook			ally bullied (count	ing being bullied th	rough texting,			
14.3	17.3	14.6	17.5	26.4	19.0	Not available	Not available¶	No change
QN15: Percentage	of students who ev	ver seriously though	ht about killing the	emselves	,			<u> </u>
21.0	17.8	23.1	22.1	21.7	18.3	Not available	Not available	No change
QN16: Percentage	of students who ev	ver made a plan abo	out how they woul	d 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*

]	Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
N20: Percentage urvey)	e of students who c	urrently smoked ci	garettes (on at least	1 day during the 3	30 days before the			
2.8	1.5	3.4	1.5	2.2	0.4	Not available	Not available [¶]	No change
ONFRCIG: Perce 0 days before the 0.6	entage of students we survey) 0.3	ho currently smok	ed cigarettes freque	ently (on 20 or mor	re days during the	Not available	Not available	Not availab
0 days before the	0.3 centage of students	0.6	0.0	0.9	0.4	Not available	Not available	Not availal
0.6 days before the 0.6 QNDAYCIG: Per	0.3 centage of students	0.6	0.0	0.9	0.4	Not available Not available	Not available Not available	Not availal Not availal
O days before the 0.6 ONDAYCIG: Per before the survey) 0.2	0.3 centage of students	0.6 s who currently sme 0.3	0.0 oked cigarettes dail 0.0	0.9 y (on all 30 days d	0.4 luring the 30 days			

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

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

lack* obacco Use	1	Iealth Risk Behav	rior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from
								2021-2023 §
2013	2015	2017	2019	2021	2023	_		
QNFREVP: Percerdays during the 30			electronic vapor pr	oducts frequently ((on 20 or more			
	0.6	0.7	0.6	1.1	0.4	Not available	Not available¶	Not availab
QNDAYEVP: Per the 30 days before		s who currently use	ed electronic vapor	products daily (on	all 30 days during			
·	0.3	0.3	0.6	1.1	0.4	Not available	Not available	Not availab
QN23: Percentage vape pens, e-cigars least 1 day during t	, e-hookahs, hooka	h pens, and mods						
	9.1	4.9	3.8	3.0	6.5	Not available	Not available	No chang

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

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

obacco Use	I	Health Risk Behav	Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §			
2013	2015	2017	2019	2021	2023			
dissolvable tobacco	o products [such as	urrently used smoke Copenhagen, Grizz ducts, on at least 1	zly, Skoal, Camel	Snus, or Velo Nico	tine Lozenges],			
		2.5	2.3	1.7	1.5	Not available	Not available [¶]	No change
dip, snus, or dissol	vable tobacco prod	who currently used sucts [such as Coper or more days during	hagen, Grizzly, S	koal, or Camel Snu				,
any electronic vap		0.6	0.1	0.9	0.4	Not available	Not available	Not availab
QNDAYSKL: Per dip, snus, or dissol	vable tobacco prod	o.6 s who currently use ucts [such as Coper 30 days during the 3	d smokeless tobace	co daily (chewing t	obacco, snuff,	Not available	Not available	Not availab

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

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

ack* obacco Use								
	I	Iealth Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
	e of students who co			ittle cigars (such a ing the 30 days be				
viidaletoli s filiciuc	aing black & Mila	, of backwoods, o	ii at icast i day dui					
virualietoii s [iliciuc	ding Black & Mild	3.2	2.2	3.6	1.2	Not available	Not available¶	No change
QNFRCGR: Perce	entage of students vs during the 30 day	3.2 who currently smok	2.2	3.6	1.2	Not available	Not available [¶]	No change
QNFRCGR: Perce	entage of students v	3.2 who currently smok	2.2	3.6	1.2	Not available Not available	Not available [¶] Not available	No change
QNFRCGR: Perce on 20 or more days QNDAYCGR: Per	entage of students v	3.2 who currently smoks before the survey 0.4 s who currently sm	2.2 xed cigars frequently)	3.6 ly (cigars, cigarillo 0.9	1.2 s, or little cigars,			

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

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

obacco Use	1	Health Risk Behav	Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §			
2013	2015	2017	2019	2021	2023	_		
QNTB2: Percentag before the survey)	ge of students who	currently smoked	cigarettes or cigars	(on at least 1 day of	luring the 30 days			
		4.8	2.5	3.8	1.3	Not available	Not available¶	Not available
QNTB3: Percentag			cigarettes or cigars	or used smokeless	tobacco (on at			
		5.2	3.6	4.6	2.4	Not available	Not available	Not available
QNTB4: Percentage electronic vapor pro					tobacco or			
		6.4	6.2	5.3	5.2	Not available	Not available	Not availabl

^{*}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.

Blacl Toba	k* acco Use	1	Health Risk Behav	ior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
į	2013	2015	2017	2019	2021	2023	_		
		ge of students who days before the su		cigarettes or used o	electronic vapor pro	oducts (on at least			
		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.

	I	Health Risk Behav	ior and Percentas	ges		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §
2013	2015	2017	2019	2021	2023	_		
N27: Percentage	of students who d	rank alcohol for the	e first time before a	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 chang
N29: Percentage	of students who tr	ied marijuana for tl	ne first time before	age 11 years	,	.,		
3.8	4.7	3.7	4.4	1.0	1.5	Not available	Not available	No chang
	w a doctor told the	ver took prescriptio m to use it (countin						
		6.5	13.6	9.4	7.0	Not available	Not available	No char

^{*}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.

lack* lcohol 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 freebase)	of students who e	ver used cocaine (a	ny form of cocaine	e, including powder	r, crack, or			
		4.0	2.6	1.8	0.4	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.

ary Behaviors	I	Iealth Risk Behav	Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §			
2013	2015	2017	2019	2021	2023	_		
-		-	· · · · · · · · · · · · · · · · · · ·	.	· · · · · · · · · · · · · · · · · · ·			
N39: Percentage	e of students who di	id not eat breakfast 10.9	(during the 7 days	before the survey)	14.7	Not available	Not available¶	No change
10.3		10.9	11.4	10.4	14.7	Not available	Not available [¶]	No chan

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

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

Black* Physical Activity								
	1	Health Risk Behav		Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §		
2013	2015	2017	2019	2021	2023			
	e of students who w ctivity that increase survey)							
49.9	50.3	47.8	45.1	47.2	42.5	Not available	Not available [¶]	No change
least 1 day (in any	rcentage of students kind of physical ac e 7 days before the	ctivity that increase						
12.7	12.6	12.9	19.2	7.0	14.9	Not available	Not available	Not available
ONPA7DAY: Pe	rcentage of students							
any kind of physic the 7 days before		eased their neart ra	ic and made them t		C			

^{*}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.

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

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

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

		Health Risk Behav	ioi and i ciccina	Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 §		
2013	2015	2017	2019	2021	2023	_		
N17: Percentage	e of students who e	ver tried to kill ther	nselves					
7.8	7.8	11.4	13.0	5.4	10.1	Not available	Not available¶	No chang

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

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

Virginia Middle School Survey 10-year Trend Analysis Report

Hispanic

jury and Violence		Iealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN6: Percentage bicycle)	of students who ran	rely or never wore a	a bicycle helmet (a	mong students who	had ridden a			
71.7	71.5	73.2	61.7	74.8	61.8	Not available	Not available§	No change
	of students who rail rollerblades or rod		a helmet when rolle	erblading or skateb	oarding (among 54.2	Not available	Not available	Decreased
QN10: Percentage	e of students who v	vere ever in a physi	cal fight					:
43.3	41.2	45.2	44.3	39.8	38.3	Not available	Not available	No change
43.3		45.2	44.3	39.8	38.3	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

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023			
	e of students who wok, or other social		ally bullied (count	ing being bullied th	nrough texting,			
23.7	14.5	16.4	20.2	25.5	23.2	Not available	Not available [§]	No change
QN15: Percentage	e of students who e	ver seriously thoug	ht about killing the	emselves				,
20.9	15.2	25.6	23.6	28.8	19.4	Not available	Not available	No change
QN16: Percentage	e of students who e	ver made a plan ab	out how they woul	d 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

	Н	lealth Risk Behavi	ior and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	-		
N20: Percentage	e of students who c	urrently smoked ci	garettes (on at least	1 day during the 3	30 days before the			
2.9	2.6	4.9	2.6	2.1	0.9	Not available	Not available§	No change
NFRCIG: Perce 0 days before the 0.5	entage of students w e survey)	who currently smok	ed cigarettes freque	ently (on 20 or mor	re days during the	Not available	Not available	Not availal
0 days before the	1.2 recentage of students	0.3	0.8	0.5	0.3	Not available	Not available	Not availab
0 days before the 0.5 NDAYCIG: Per	1.2 recentage of students	0.3	0.8	0.5	0.3	Not available Not available	Not available Not available	Not availab
0 days before the 0.5 NDAYCIG: Per efore the survey) 0.3	1.2 recentage of students	0.3 s who currently sme 0.3	0.8 oked cigarettes dail 0.5	0.5 y (on all 30 days d	0.3 uring the 30 days			

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

[§]Not enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023	-		
	ntage of students v days before the su	who currently used ervey)	electronic vapor pr	oducts frequently ((on 20 or more			
	1.9	1.0	1.4	0.6	2.1	Not available	Not available§	Not available
NDAYEVP: Per he 30 days before		s who currently use	d electronic vapor	products daily (on	all 30 days during			
	1.3	0.7	0.8	0.6	1.4	Not available	Not available	Not available
ape pens, e-cigars		urrently used an ele th pens, and mods [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

	Н	ealth Risk Behavio	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023			
issolvable tobacco	e of students who cu o products [such as lectronic vapor prod	Copenhagen, Grizz	zly, Skoal, Camel	Snus, or Velo Nico	tine Lozenges],			
		3.3	1.5	0.8	1.6	Not available	Not available§	No change
lip, snus, or dissol	entage of students w vable tobacco prod or products, on 20 c	ucts [such as Coper or more days during	nhagen, Grizzly, S g the 30 days befor	koal, or Camel Snure the survey)	s], not counting	Not available	Not available	Not availah
lip, snus, or dissol	vable tobacco prod	ucts [such as Coper	nhagen, Grizzly, S	koal, or Camel Snu		Not available	Not available	Not availab
lip, snus, or dissoluny electronic vapo QNDAYSKL: Per lip, snus, or dissol	vable tobacco prod	ucts [such as Coper or more days during 0.4 s who currently use ucts [such as Coper	thagen, Grizzly, S the 30 days befor 1.0 d smokeless tobac thagen, Grizzly, S	koal, or Camel Snu e the survey) 0.5 co daily (chewing t koal, or Camel Snu	0.2 obacco, snuff,	Not available	Not available	Not availab

^{*}Based on trend analyses using a logistic regression model controlling 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

0.5

0.2

Not available

Not available

QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on

0.9

0.4

all 30 days during the 30 days before the survey)

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

acco Use	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
QNTB2: Percentag before the survey)	e of students who	currently smoked of	eigarettes or cigars	(on at least 1 day of	during the 30 days			
		5.8	3.5	3.0	1.1	Not available	Not available§	Not available
QNTB3: Percentag least 1 day during the			cigarettes or cigars	or used smokeless	tobacco (on at			
		6.8	3.8	3.1	1.3	Not available	Not available	Not available
QNTB4: Percentage electronic vapor pro					tobacco or			
		9.1	9.8	6.2	4.7	Not available	Not available	Not availabl

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

Virginia Middle School Survey 10-year Trend Analysis Report

Hispar Tobaco		н	ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
_	2013	2015	2017	2019	2021	2023	_		
-	•	ge of students who days before the su	•	cigarettes or used e	electronic vapor pro	oducts (on at least			
		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

	Н	ealth Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN27: Percentage	e of students who d	rank alcohol for the	e first time before a	age 11 years (other	than a few sips)			
11.7	11.1	13.7	12.6	14.3	5.1	Not available	Not available [§]	Decreased
QN29: Percentage	e of students who tr	ied marijuana for t	he first time before	e age 11 years	,			
4.2	3.5	4.4	2.2	0.7	1.9	Not available	Not available	No change
	e of students who ever a doctor told the 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

Hispar Alcoho	nic ol and Other D	J	ealth Risk Behav	ior and Percentag	ees		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
-	2013	2015	2017	2019	2021	2023	_		
	31: Percentage base)	of students who e	ver used cocaine (a	any form of cocain	e, including powde	er, crack, or			
			4.0	2.8	1.2	2.2	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

	Н	ealth Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2013	2015	2017	2019	2021	2023	_		
N39: Percentage	e of students who d	id not eat breakfast	(during the 7 days	before the survey)		,		
N39: Percentage	e of students who d	id not eat breakfast	(during the 7 days	before the survey)	16.6	Not available	Not available [§]	No change
13.2	8.2	13.8		17.9	16.6	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

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

16.6

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)

19.2

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

15.3

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

14.5

Not available

Not available

10.5

the time during the 7 days before the survey)

9.4

Hispanic

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.

Solution Shared on t-test analysis, p < 0.05.

Shot enough years of data to calculate.

Virginia Middle School Survey 10-year Trend Analysis Report

Hisnanic

ispanic ther	н	ealth Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2021-2023 †
2013	2015	2017	2019	2021	2023	_		
QN46: Percentage	of students who g	ot 8 or more hours	of sleep (on an ave	erage school night)				
	59.9	57.0	59.0	49.0	49.6	Not available	Not available§	No change
QN47: Percentage days before the sur		sually did not sleep	in their parent's or	r guardian's home (during the 30			
		4.5	3.4	1.3	2.5	Not available	Not available	No change
QN48: Percentage before the survey)	of students who de	escribed their grade	es in school as mos	stly A's or B's (duri	ng the 12 months			1
	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

	Н	ealth Risk Behavio	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2021-2023
2013	2015	2017	2019	2021	2023	_		
QN17: Percentage	of students who e	ver tried to kill then	nselves	•				
9.7	7.7	11.8	12.2	10.3	9.7	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.