# Delaware High School Survey

Trend Analysis Report

injul y a	nd Violer	ıce	Hea	lth Risk	Behavio	r and Pei	rcentage	8				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN8: A wore a	Among stu bicycle he	udents wł elmet	no rode a	bicycle d	luring the	e past 12 1	months, t	he percer	ntage who	o never of	rarely			
				84.4	82.4	85.3	84.2	88.5	86.7	88.3	84.2	No linear change	No quadratic change	Decreased
QN9: 1 else	Percentage	e of stude	ents who	never or 1	arely wo	re a seat l	belt wher	n riding ir	n a car dr	iven by s	omeone			
				16.6	14.9	15.1	7.5	7.5	6.3	5.7	6.1	Decreased, 1999-2013	No quadratic change	No change
		co of stud					ring the j	past 30 da	ays in a c	ar or othe	er			
	Percentag driven by		e who had	d been dr	inking al	Jonor								
			e who had	d been dr 32.4	29.2	29.1	26.7	28.4	28.6	24.9	20.4	Decreased, 1999-2013	No quadratic change	Decreased
vehicle	driven by Percentag	someone		32.4	29.2	29.1		-			-	Decreased, 1999-2013	No quadratic change	Decreased

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-	nd Violei	ice	Hea	llth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN14:	Percenta	ge of stud	lents who	o carried a	a gun on	one or me	ore of the	past 30 d	lays		-			
				5.0	4.8	5.8	5.4	6.2	6.3	4.4	5.2	No linear change	No quadratic change	No change
												Decreased, 1999-2013	· · ·	
ON16:	Percenta	ge of stud	lents who	o did not s	go to sch	ool on on	e or more	e of the p	ast 30 da	vs becaus	se they			
	Percenta y would b			or on the	eir way to	or from	school						Decreased 1999-2003	Increased
								e of the pa	ast 30 day 6.3	ys becaus 5.1	se they 8.2	Decreased, 1999-2013	Decreased, 1999-2003 Increased, 2003-2013	Increased
felt the QN17:		e unsafe	at school	or on the 9.5	7.2 n threater	or from 4.8 ned or inj	school 4.6 ured with	5.3	6.3	5.1	8.2			Increased
felt the QN17:	y would b	e unsafe	at school	or on the 9.5	7.2 n threater	or from 4.8 ned or inj	school 4.6 ured with	5.3	6.3	5.1	8.2			Increased No change
QN17: club on	y would b	e unsafe ge of stud roperty of	at school lents who ne or mor	or on the 9.5 o had been re times d 8.2	rir way to 7.2 n threater luring the 8.3	4.8 hed or inj past 12 n 7.7	school 4.6 ured with nonths 6.2	5.3 n a weapo 5.6	6.3 n such as 7.8	5.1 s a gun, k 6.4	8.2 nife, or 5.6	Decreased, 1999-2013	Increased, 2003-2013	

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Total Injury ar	nd Violei	nce												
			Неа	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change <sup>*</sup>	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
				o were in l to be tre				e times d	uring the	past 12 1	nonths			
				4.2	4.5	3.9	3.3	4.1	4.2	4.2	3.3	No linear change	No quadratic change	No change
	Percenta 12 mont		dents who	o were in	a physica	l fight or	n school p	property of	one or mo	ore times	during			
				11.6	11.9	11.4	9.8	10.5	8.6	8.8	9.3	Decreased, 1999-2013	No quadratic change	No change
QN21: did not y		ge of stud	dents who	had even	r been ph	ysically f	forced to	have sexu	ual interc	ourse wh	en they			
					8.6	7.6	7.5	7.6	9.9	8.5	7.7	No linear change	No quadratic change	No change
QN24:	Percenta	ge of stud	dents who	b had ever	r been bu	llied on s	school pro	operty du	ring the p	ast 12 m	onths			
									15.9	16.5	18.5	Increased, 2009-2013	Not available <sup>§</sup>	No change
				o felt so s usual acti					two week	s or mor	e in a			
			-	26.9	27.0	27.4	27.5	26.9	26.5	26.8	22.9	Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased

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njury a	nd Violer	nce	Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change*	Quadratic Change*	<b>Change from</b> <b>2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN27:	Percentag	ge of stud	lents who	seriously	y conside	red attem	pting sui	cide duri	ng the pa	st 12 moi	nths			
				17.2	16.3	15.6	12.7	11.1	13.5	13.5	12.8	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
													U ,	
	Percentag	ge of stud	lents who	made a j	plan abou	it how the	y would	attempt s	uicide du	uring the	past 12			
	Percentag	ge of stud	lents who	o made a j 12.5	plan abou 12.1	it how the 11.7	y would 11.0	attempt s 9.2	suicide du 9.9	uring the 10.3	past 12 9.9	Decreased, 1999-2013	No quadratic change	No change
months QN29:		-		12.5	12.1		11.0	9.2	9.9	10.3	9.9	Decreased, 1999-2013		No change
months		-		12.5	12.1	11.7	11.0	9.2	9.9	10.3	9.9	Decreased, 1999-2013 No linear change		No change No change
QN29: months QN30:	Percentag	ge of stuc	lents who	12.5 actually 7.5 o made a s	12.1 attempte 7.1 suicide at	11.7 d suicide	11.0 one or m 7.1 ing the p	9.2 ore times 6.2 ast 12 mo	9.9 s during t 8.2	10.3 he past 1 7.8	9.9 2 7.0		No quadratic change	

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Total Tobacco	Use		Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31:	Percentag	ge of stud	lents who	ever trie	d cigaret	te smokir	ng, even o	one or tw	o puffs	-				
-				70.4	65.5	62.4	55.0	51.7	47.7	46.4	37.3	Decreased, 1999-2013	No quadratic change	Decreased
QN32:	Percentag	ge of stud	lents who	smoked	a whole	cigarette	for the fin	rst time b	efore age	e 13 years	3			
				26.9	23.8	24.4	18.4	14.7	13.7	12.3	9.2	Decreased, 1999-2013	No quadratic change	Decreased
QN33:	Percentag	ge of stud	lents who	smoked	cigarette	s on one	or more o	of the pas	t 30 days					
				32.2	24.2	23.5	21.2	20.2	19.0	18.3	14.2	Decreased, 1999-2013	No quadratic change	Decreased
QNFRO	CIG: Perc	entage of	f students	s who sm	oked ciga	rettes on	20 or mo	ore of the	past 30 d	lays	-			
				17.7	12.8	12.1	9.6	8.5	7.8	7.6	4.9	Decreased, 1999-2013	No quadratic change	Decreased
	Among s es per day							age who	smoked	more thar	n 10			
				15.7	15.6	15.0	15.0	9.8	13.7	8.7	9.6	Decreased, 1999-2013	No quadratic change	No change

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Trend Analysis Report

'otal 'obacco	Use													
			Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Among s age who u													
5					23.9	24.1	20.4	21.4	19.7	12.9	14.4	Decreased, 2001-2013	No quadratic change	No change
QN36: days	Percentag	ge of stud	lents who	smoked	cigarette	s on scho	ol propei	rty on one	e or more	of the pa	ist 30			
				15.3	11.1	10.2	8.6	8.0	6.9	6.2	3.6	Decreased, 1999-2013	No quadratic change	Decreased
QN37: for 30 d	Percentag lays	ge of stud	lents who	ever sm	oked ciga	arettes da	ily, that is	s, at least	one ciga	rette ever	y day			
					18.7	18.5	14.2	13.3	11.9	11.6	7.7	Decreased, 2001-2013	No quadratic change	Decreased
	Among s es during				nt cigaret	te use, th	e percent	tage who	ever tried	l to quit s	moking			
erguiett					57.0	61.3	53.5	52.2	47.4	44.3	50.4	Decreased, 2001-2013	No quadratic change	No change
eigurett														Ū.
	Percentag	ge of stud	lents who	used che	ewing tob	oacco, snu	ıff, or dip	o on one o	or more o	f the past	30			

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			Hea	lth Risk	Behavio	r and Pe	rcentage	8				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag	ge of stud	lents who	smoked	cigars, c	igarillos,	or little c	igars on o	one or mo	ore of the	past 30			
QN40: lays	Percentag	ge of stud	lents who	smoked 15.2	cigars, c 12.7	igarillos, 12.2	or little c 11.3	igars on o 12.5	one or mo 11.8	ore of the 12.9	past 30 12.0	No linear change	Decreased, 1999-2003 No change, 2003-2013	No change
lays QNAN		Percentage	e of stude	15.2 ents who	12.7		11.3	12.5	11.8	12.9	12.0	No linear change		No change

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			Hea	lth Risk	Behavio	r and Pei	rcentage	S				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN41:	Percentag	ge of stuc	lents who	had at le	east one d	lrink of al	lcohol on	one or m	nore days	during th	neir life			
				80.9	77.6	78.5	75.8	75.8	71.0	72.0	65.2	Decreased, 1999-2013	Decreased, 1999-2007 Decreased, 2007-2013	Decreased
-	Percentag	ge of stud	lents who	had thei	r first dri	nk of alco	ohol othe	r than a f	ew sips b	efore age	e 13			
years				31.8	28.8	30.3	27.2	24.9	23.5	22.7	19.8	Decreased, 1999-2013	No quadratic change	No change
QN43:	Percentag	ge of stud	lents who	had at le	east one d	lrink of al	lcohol on	one or m	nore of th	e past 30	days			
				46.9	46.4	45.4	43.1	45.2	43.7	40.4	36.3	Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased
	Percentag				or more	drinks of	alcohol	n a row,	that is, w	ithin a co	ouple of			
				27.1	27.3	26.6	24.4	25.4	23.7	21.9	20.4	Decreased, 1999-2013	No quadratic change	No change
		tudonte v	who repor	ted curre	nt alcoho	l use, the	percenta	ge who u	sually go	t the alco	ohol			
QN46: they dr	Among s ank from :	someone	who gave	e it to the	m during	the nast	30 dave	0	• •					

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'otal Acohol :	and Othe	er Drug U		lth Risk	Rehavio	r and Per	rcentage	s				Linear Change*	Quadratic Change*	Change from
			neu	in Kisk	Denuvio		centage	5				Linear Change	Qualitatie Change	2011-2013 <sup>+</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47:	Percentag	ge of stuc	dents who	o used ma	rijuana o	ne or mor	re times o	during the	eir life					
				48.8	46.9	48.9	42.2	43.9	42.8	46.0	42.6	Decreased, 1999-2013	No quadratic change	No change
QN48:	Percentag	ge of stud	dents who	tried ma	arijuana fo	or the firs	t time be	fore age	13 years					
				12.7	12.2	13.4	11.3	10.0	11.4	10.4	9.6	Decreased, 1999-2013	No quadratic change	No change
QN49:	Percentag	ge of stud	dents who	used ma	arijuana o	ne or mor	re times o	during the	e past 30	days				
				29.0	26.3	27.3	22.8	25.1	25.8	27.6	25.6	No linear change	Decreased, 1999-2005 Increased, 2005-2013	No change
	Percentag nes durin			o used any	y form of	cocaine,	including	g powder	, crack, o	r freebas	e one or			
				7.2	6.3	7.4	6.4	6.1	5.8	5.3	4.0	Decreased, 1999-2013	No quadratic change	No change
	Percentagents or spra							of aeroso	l spray ca	ans, or in	haled			
				12.2	10.5	11.4	14.0	12.9	11.1	11.6	7.5	Decreased, 1999-2013	Increased, 1999-2007 Decreased, 2007-2013	Decreased

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`otal Alcohol a	and Othe	r Drug (		alth Risk	Behavio	r and Pei	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52:	Percentag	ge of stud	lents who	o used her	oin one o	or more ti	mes duri	ng their l	ife					
				3.3	2.7	2.3	2.6	2.4	2.5	3.1	2.8	No linear change	No quadratic change	No change
QN53:	Percentag	ge of stud	lents who	o used me	thamphe	tamines o	one or mo	ore times	during th	eir life				
				7.0	6.8	6.2	5.5	4.3	4.0	3.7	2.7	Decreased, 1999-2013	No quadratic change	No change
QN54:	Percentag	ge of stud	lents who	o used ecs	stasy one	or more t	imes dur	ing their	life					
						9.6	6.7	5.6	6.6	7.2	5.7	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change
	Percentag ring their		lents who	o took ste	roid pills	or shots	without a	doctor's	prescript	ion one c	or more			
	ing tion	, inc		3.2	4.8	4.1	3.4	3.3	3.7	3.8	3.2	No linear change	No quadratic change	No change
	Percentag ring their		lents who	o used a n	eedle to i	nject any	illegal d	rug into t	heir bod	y one or 1	more			
				2.3	1.7	1.7	2.2	2.2	2.6	2.7	2.3	No linear change	No quadratic change	No change

# **Delaware High School Survey**

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otal cohol a	and Othe	r Drug I		lth Risk	Behavio	r and Per	rcentages	5				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
			lents who 2 months		fered, sole	d, or give	n an illeg	al drug b	y someo	ne on sch	ool			
	U			29.1	26.9	27.9	26.1	22.9	20.9	23.1	19.1	Decreased, 1999-2013	No quadratic change	Decreased

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Fotal Sexual B	ehaviors													
			Hea	lth Risk	Behavio	r and Pei	rcentage	S				Linear Change*	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59:	Percenta	ge of stud	dents who	ever had	l sexual i	ntercours	e			-	-			
				54.6	52.7	57.3	55.1	59.3	57.5	59.0	48.7	No linear change	No change, 1999-2009 Decreased, 2009-2013	Decreased
QN60:	Percentag	ge of stud	dents who	had sexu	ual interc	ourse for	the first	time befo	re age 13	3 years				
				10.2	9.6	11.3	10.8	9.6	9.7	8.8	5.9	Decreased, 1999-2013	No change, 1999-2003 Decreased, 2003-2013	Decreased
QN61:	Percentag	ge of stud	dents who	had sexu	ual interc	ourse wit	h four or	more peo	ople duri	ng their li	ife			
				20.3	16.7	20.6	19.1	21.8	21.0	21.7	15.2	No linear change	No change, 1999-2009 Decreased, 2009-2013	Decreased
QN62: months		ge of stud	dents who	had sexu	ual interc	ourse wit	h one or	more peo	ple durin	ig the pas	t three			
				40.0	39.2	42.7	39.2	45.3	42.9	42.9	33.9	No linear change	No change, 1999-2009 Decreased, 2009-2013	Decreased
			who had s gs before				e past thr	ee month	s, the per	rcentage	who			
Grunk di		useu uru	55 561616	22.1	22.1	23.9	21.0	21.6	22.1	20.0	21.8	No linear change	No quadratic change	No change

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			Hea	lth Risk	Behavioı	and Per	centages	5				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Among s ondom di					luring the	e past thre	ee month	s, the per	centage v	vho			
	Among s ondom di					luring the 62.5	e past thre 63.7	ee month	s, the pero	centage v 58.7	vho 63.4	No linear change	Increased, 1999-2007 Decreased, 2007-2013	Increased
used a c		uring last	sexual ir	62.0	e 62.2	62.5	63.7	69.2	62.0	58.7		No linear change		Increased

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			Hea	lth Risk	Behavio	r and Pei	rcentages	5				Linear Change*	Quadratic Change <sup>*</sup>	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
				who were x, by age		ght (i.e., a	at or abov	e the 85t	h percent	tile but be	elow the			
				14.2	14.8	16.5	14.9	17.3	15.6	16.9	16.3	No linear change	No quadratic change	No change
ONORI	ESE: Pero	centage o	f student	s who we	re obese	(i.e., at or	r above tl	ne 95th p	ercentile	for body	mass			
	y age and			10.0	10.7	13.3	14.0	13.2	13.5	12.2	14.2	Increased, 1999-2013	Increased, 1999-2003 No change, 2003-2013	No change
index, b	y age and	l sex) <sup>§</sup>				13.3 lves as sl				12.2	14.2	Increased, 1999-2013		No change
index, b	y age and	l sex) <sup>§</sup>								12.2 27.8	14.2 31.8	Increased, 1999-2013 No linear change		No change Increased
index, b QN66:	y age and Percenta	l sex) <sup>§</sup> ge of stuc	lents who	describe 29.1	d themse 30.2	lves as sl	ightly or 31.1	very over	rweight			, 	No change, 2003-2013	
index, b QN66:	y age and Percenta	l sex) <sup>§</sup> ge of stuc	lents who	describe 29.1	d themse 30.2	lves as sl 31.4	ightly or 31.1	very over	rweight			, 	No change, 2003-2013	
index, t QN66: QN67: QN68:	y age and Percentag Percentag Percentag	l sex) <sup>§</sup> ge of stuc ge of stuc	lents who lents who lents who	) describe 29.1 ) were try 41.3	d themse 30.2 ing to los 43.8 thout eati	lves as sl 31.4 se weight	ightly or 31.1 44.1	very ove 27.3 42.4	rweight 27.9 43.4	27.8	31.8 48.0	No linear change	No change, 2003-2013 No quadratic change	Increased

\*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. \*Based on t-test analysis, p < 0.05. \*Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in

subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

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			·	Behavior lth Risk		r and Per	centages	5				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
				o took any g weight o				ids with	out a doct	or's advic	ce to			
				4.7	6.1	6.2	4.2	5.0	4.0	4.7	3.7	Decreased, 1999-2013	No quadratic change	No change
	luring the	e past 30	days	3.2	3.6	3.6	3.6	3.9	3.9	3.8	4.3	No linear change	No quadratic change	No change
ON71.	reicentas	ge of stuc	ients who			-			-	-	-			
QN71:				066			80.2	77.3	75.4	73.3	76.4	Deemanard 1000 2012	Decreased, 1999-2009	
QN71:				86.6	86.7	82.7	00.2		/011	15.5	/0.4	Decreased, 1999-2013	No change, 2009-2013	Increased
QN71: QN72:		ge of stud	lents who	ate fruit							/0.4	Decreased, 1999-2015		Increased
-		ge of stud	lents who								88.7	Increased, 1999-2013		Increased
QN72:	Percentag			ate fruit	one or m 84.4	ore times 81.5	during the 80.5	he past se 81.7	even days 82.2	85.0		, 	No change, 2009-2013 Decreased, 1999-2005	

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			Hea	lth Risk	Behavio	r and Pei	centage	S				Linear Change*	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN76:	Percenta	ge of stuc	lents who	ate othe	r vegetab	les one or	more tir	nes durin	ig the pas	st seven d	ays			
				86.8	87.1	84.0	82.1	83.1	81.5	81.0	85.2	Decreased, 1999-2013	Decreased, 1999-2009 Increased, 2009-2013	Increased
	JIT: Perc the past so			who ate	fruits or	drank 100	)% fruit j	uices two	o or more	times pe	r day			
uuring	ine past so	even days	,	35.6	36.6	30.2	24.8	27.0	28.4	30.3	34.1	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	Increased
QNFR( seven d		tage of st	udents w	ho ate fru	its or dra	nk 100%	fruit juic	es 0 time	es per day	during tl	he past			
				4.8	4.5	6.4	7.0	7.6	8.1	7.6	5.3	Increased, 1999-2013	Increased, 1999-2009 Decreased, 2009-2013	Decreased
	: Percent the past se			ho ate fru	its or dra	nk 100%	fruit juic	es one or	more tin	nes per da	ay			
				65.2	65.8	58.4	53.8	53.8	55.8	54.0	63.1	Decreased, 1999-2013	Decreased, 1999-2007 Increased, 2007-2013	Increased
	B: Percent the past so			ho ate fru	its or dra	nk 100%	fruit juic	es three of	or more t	imes per o	day			
uuring														

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Per	rcentage	S				Linear Change*	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentage the past se			drank a	can, bottl	e, or glas	s of soda	or pop o	one or mo	re times j	per day			
								32.4	28.8	26.1	22.2	Decreased, 2007-2013	Not available <sup>§</sup>	Decreased
	DA0: Per the past se			s who dra	ank a can	, bottle, o	r glass o	f soda or	pop 0 tin	nes per da	ıy			
								19.0	20.4	21.6	25.3	Increased, 2007-2013	Not available	Increased
	DA2: Per ing the pa			s who dra	ank a can	, bottle, o	r glass o	f soda or	pop two	or more t	imes per			
								24.8	21.2	19.1	15.7	Decreased, 2007-2013	Not available	Decreased
	-	centage o	of student	s who dra	ank a can	, bottle, o	r glass o	f soda or	pop three	or more	times			
	DA3: Per during th													
								15.2	13.5	12.2	8.8	Decreased, 2007-2013	Not available	Decreased
per day		e past sev	ven days		ree or mo	ore glasse	s per day					Decreased, 2007-2013	Not available	Decreased

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Per	centage	5				Linear Change*	Quadratic Change <sup>*</sup>	<b>Change from</b> <b>2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNMIL	K0: Perc	entage of	f students	s who dra	ınk 0 glas	sses per da	ay of mil	k during	the past s	seven day	s			
				15.1	16.1	18.5	21.0	23.0	22.2	24.2	23.6	Increased, 1999-2013	Increased, 1999-2007 No change, 2007-2013	No change
QNMIL lays	K1: Perc	entage of	fstudents	who dra	ink one of	r more gla	asses per	day of m	ilk durin	g the past	t seven			
				47.4	46.2	41.1	38.1	35.4	36.2	34.8	34.7	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
	K2: Perc	entage of	f students	s who dra	ink two o	r more gla	asses per	day of m	nilk durin	g the pas	t seven			
				33.3	31.6	28.7	24.4	22.7	22.5	22.9	20.6	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
				55.5									No change, 2007-2015	
lays	Percentag	ge of stud	ents who		kfast on a	all of the p	past seve	n days					No change, 2007-2015	
days	Percentag	ge of stud	ents who		kfast on a	ıll of the I	past seve	n days	34.4	32.3	40.3	Increased, 2009-2013	Not available <sup>§</sup>	Increased
days QN79:				ate breal		all of the p		_		32.3	40.3	Increased, 2009-2013		Increased

# **Delaware High School Survey**

**Trend Analysis Report** 

Fotal Physical	Activity													
			Hea	llth Risk	Behavio	r and Pe	rcentage	s				Linear Change <sup>*</sup>	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
		ge of stuc ast seven		o were ph	sically a	active for	a total o	f at least	60 minute	es per day	on five			
								40.4	40.4	43.5	41.4	No linear change	Not available <sup>§</sup>	No change
		ercentage seven day		nts who v	were phys	sically ac	tive for a	total of a	at least 60	) minutes	per day			
	une puses	,e veni aug						18.3	19.7	18.0	19.1	No linear change	Not available	No change
		ercentage seven day		nts who v	were phys	sically ac	tive for a	total of a	at least 60	) minutes	per day			
								22.8	23.8	24.9	23.7	No linear change	Not available	No change
QN81:	Percenta	ge of stud	lents who	watched	three or	more hou	urs per da	ay of TV	on an ave	erage scho	ool day			
				43.1	40.7	45.4	44.6	39.0	37.7	37.3	33.9	Decreased, 1999-2013	No change, 1999-2003 Decreased, 2003-2013	Decreased
QN82: that was	Percenta s not scho	ge of stud ool work t	lents who hree or n	o played v nore hour	video or c rs per day	computer on an av	games or verage scl	r used a c hool day	omputer	for some	thing			
					1		0	28.1	27.4	34.4	39.8	Increased, 2007-2013	Not available	Increased

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pei	rcentages	8				Linear Change <sup>*</sup>	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
ON83.	Percenta				l physical	l educatio	n (PE) cl	asses on	one or m	ore days	in an			
	week wh	en they v	vere in sc	hool										
		en they v	were in sc	2hool 43.1	42.1	38.2	47.0	42.9	39.7	42.7	41.2	No linear change	No quadratic change	No change
Verage		centage of	of student	43.1								No linear change	No quadratic change	No change
average QNDLY	YPE: Per	centage of	of student	43.1								No linear change Decreased, 1999-2013	No quadratic change Decreased, 1999-2009 Decreased, 2009-2013	No change Decreased
QNDLY week w	YPE: Per	centage o were in s	of student chool	43.1 s who att 34.3	ended ph 32.0	ysical edu 28.7	ucation (I 30.1	PE) classo 28.3	es daily in 25.4	n an aver 25.3	age 13.1		Decreased, 1999-2009	

# **Delaware High School Survey**

Trend Analysis Report

'otal ite-Add	ed													
			Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change*	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN87: past 12		ge of stud	ents who	would d	lescribe th	neir grade	es in scho	ol as mos	stly A's o	r B's duri	ng the			
					61.2	57.4	56.9	57.8	60.9	61.4	68.1	Increased, 2001-2013	No change, 2001-2005 Increased, 2005-2013	Increased
			ents who	typically	y sleep at	home, or	home of	friend or	relative,	with the	ir			
parent(s	) or guard	iiaii(s)								96.7	97.5	No linear change	Not available <sup>§</sup>	No change
					l that eith	er of thei	r parents	or other	adults in	their fam	ily are			
serving	on active	duty in t	ne minta	ry						14.7	14.7	No linear change	Not available	No change
				have a p	parent or o	other adu	lt in their	family w	ho has b	een in jai	l or in			
		ge of stud past 12 r		) have a p	parent or o	other adu	lt in their	family w	/ho has b	een in jai 18.0	l or in 14.8	Decreased, 2011-2013	Not available	Decreased
prison d	uring the	past 12 r	nonths		parent or o					18.0		Decreased, 2011-2013	Not available	Decreased

# **Delaware High School Survey**

**Trend Analysis Report** 

fotal Site-Add	ed													
			Hea	lth Risk	Behavio	r and Pei	rcentage	S				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN92:	Percentag	ge of stud	lents who	have lor	ng-term e	motional	problems	s or learn	ing disab	ilities				
										11.9	11.6	No linear change	Not available <sup>§</sup>	No change
						omeone ha ne past 30	days			0.1		D 1 2005 2012		
								o hurt the 11.3	em by hitt 11.9	ting, pund 8.9	ching, or 9.2	Decreased, 2005-2013	Not available	No change
kicking QN96:	them on Percentag	school pr	operty on	o did som	nore of the		days 10.3 y hurt the	11.3 emselves	11.9	8.9	9.2	Decreased, 2005-2013	Not available	No change
kicking QN96:	them on Percentag	school pr	operty on	o did som	nore of the	ne past 30	days 10.3 y hurt the	11.3 emselves	11.9	8.9	9.2	Decreased, 2005-2013 No linear change	Not available Not available	No change No change
kicking QN96: such as QN98:	Percentag cutting, s	school pr ge of stuc craping, o tudents v	operty on lents who or burning /ho drank	did som did som g themse	ething to lves on p during th	ne past 30	days 10.3 y hurt the uring the 13.8 days, the	11.3 emselves past 12 r 12.2 e percenta	11.9 without works 13.5 age who r	8.9 wanting to 12.7 reported t	9.2 o die, 12.1 heir	, 		

# **Delaware High School Survey**

**Trend Analysis Report** 

`otal ite-Add	ed		Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change <sup>*</sup>	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
that they	y drink, t	he percen	who drank ntage who usually d	reported	liquor, s	uch as vo	dka, rum	l who hav , scotch,	ve a usual bourbon,	type of a or whisk	ilcohol y, as			
									50.8	55.2	54.8	No linear change	Not available <sup>§</sup>	No change
QN100:	Percent	age of stu	idents wł	no used m	ariinana	on schoo	l property	v one or i	nore time	s during	the past			
30 days				6.5	6.4	6.0	5.6	5.4	5.6	6.1	6.2	No linear change	No quadratic change	No change
30 days QN101:	Percent	age of stu		6.5	6.4	6.0 f herbal o	5.6 or natural	5.4 substanc		6.1	6.2	No linear change	No quadratic change	No change
30 days QN101:	Percent	age of stu	udents wł	6.5	6.4	6.0 f herbal o	5.6 or natural	5.4 substanc	5.6	6.1	6.2	No linear change No linear change	No quadratic change Not available	No change Decreased
30 days QN101: salvia, v QN102:	Percent voodrose Percent	age of stu , or morn	udents wh	6.5 no used an seeds, or no have ta	6.4 ny kind o ne or mor	6.0 f herbal c re times d	5.6 or natural uring the	5.4 substanc ir life 6.6 s, such as	5.6 e to get h	6.1 igh, such 8.4	6.2 as 6.2			
30 days QN101: salvia, v QN102:	Percent voodrose Percent	age of stu , or morn	udents wh ing glory	6.5 no used an seeds, or no have ta	6.4 ny kind o ne or mor	6.0 f herbal c re times d	5.6 or natural uring the	5.4 substanc ir life 6.6 s, such as	5.6 re to get h 7.2	6.1 igh, such 8.4	6.2 as 6.2			
30 days QN101: salvia, v QN102: Percoce QN103:	Percent voodrose Percent t, withou Percent	age of stu , or morn age of stu t a doctor	udents wh ing glory udents wh	6.5 no used an seeds, or no have ta ption one	6.4 ny kind o ne or mor ken prese	6.0 f herbal o re times d cription p times du	5.6 or natural luring the painkillers ring their	5.4 substanc ir life 6.6 s, such as life 20.0	5.6 re to get h 7.2 s OxyCon	6.1 igh, such 8.4 tin, codei 19.0	6.2 as 6.2 ine, or	No linear change	Not available	Decreased

# **Delaware High School Survey**

**Trend Analysis Report** 

Fotal Site-Add	ed													
			Hea	lth Risk	Behavio	r and Pe	rcentage	5				Linear Change <sup>*</sup>	Quadratic Change*	<b>Change from</b> <b>2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN105:	Percent	age of stu	udents wł	no have b	een pregi	nant or go	otten som	eone preg	gnant one	or more	times			
				8.0	6.4	7.7	7.2	7.4	8.6	8.0	4.1	Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased
		age of stu se (STD)		no have e	ver been	told by a	doctor or	nurse th	at they ha	id a sexua	ally			
u ansiniu	teu uisea	se (STD)						2.3	3.4	3.0	1.9	No linear change	Not available <sup>§</sup>	No change
QN108:	Percent	age of stu	idents wł	no descrit	e themse	lves as g	ay or lest	ian or bi	sexual					
								4.7	6.8	6.6	6.7	Increased, 2007-2013	Not available	No change
QN109:	Percent	age of stu	idents wł	no have e	ver given	or receiv	ved oral s	ex						
							53.8	57.6	54.9	56.9	47.6	Decreased, 2005-2013	Not available	Decreased
	Percent fe sex pr		idents wł	no think t	hat their l	health tea	cher has	given the	m the mo	ost inforn	nation			
									28.2	30.7	31.1	No linear change	Not available	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	llth Risk	Behavior	and Per	rcentage	5				Linear Change <sup>*</sup>	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN111: past 30		age of stu	idents wł	no exercis	ed to lose	e weight o	or to keep	o from ga	ining we	ight durir	ng the			
				55.0	57.5	57.6	60.9	59.1	57.7	62.2	61.5	Increased, 1999-2013	No quadratic change	No change
QN112: keep fro	Percenta m gainin	age of stu g weight	dents wh during th	no ate less ne past 30	food, fe days	wer calor	ies, or fo	ods low i	n fat to lo	ose weigh	it or to			
				36.5	39.3	39.1	39.7	35.1	36.6	39.1	39.6	No linear change	No quadratic change	No change
QN113:	Percenta	age of stu	idents wh	no had on	e or more	caffeina	ted drink	s yesterd	ay					
									64.4	60.4	57.2	Decreased, 2009-2013	Not available <sup>§</sup>	Decreased
			donte wi	no would	know wh	ere to ha	ve an HI	V test if t	hey want	ed one do	one			
QN114:	Percenta	age of stu	idents wi					77.2	74.7	68.3	65.9	Decreased, 2007-2013	Not available	No change
QN114:	Percenta	age of stu	idents wi					11.2						U U
-		_		no get eig	ht or mor	e hours o	f sleep o			ight				

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
N117:	Percenta	age of stu	idents wh	o would	most like	ly talk to	no one if	f they had	l a persor	nal proble	m with			
)N117: rinking	Percenta g, drug us	age of stu e, or sexu	idents wh ial behav	o would ior	most like	ly talk to	no one if	f they had	l a persor	nal proble 16.3	m with 17.6	No linear change	Not available <sup>§</sup>	No change
lrinking	g, drug us	e, or sexu	al behav	ior		ly talk to		-	_	16.3	17.6	No linear change	Not available <sup>§</sup>	No change

# Delaware High School Survey

**Trend Analysis Report** 

/Iale njury ai	nd Violer	nce												
			Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Among stu bicycle he		no rode a	bicycle d	luring the	e past 12	months, t	he percer	ntage who	o never of	r rarely			
				86.3	85.3	86.1	86.4	89.9	89.5	89.8	87.0	No linear change	No quadratic change	No change
QN9: F else	Percentage	e of stude	ents who	never or 1	arely wo	re a seat	belt wher	n riding ii	n a car dri	iven by s	omeone			
				19.2	20.3	18.3	10.2	9.5	7.2	7.9	7.7	Decreased, 1999-2013	No quadratic change	No change
	Percentag driven by						ring the p	past 30 da	iys in a c	ar or othe	er			
	2			32.9	32.0	30.1	27.1	27.6	28.6	24.9	19.7	Decreased, 1999-2013	No quadratic change	Decreased
QN13: past 30	Percentag days	ge of stud	lents who	carried a	a weapon	such as a	a gun, kni	ife, or clu	b on one	or more	of the			
				25.6	24.8	24.8	26.4	25.5	26.7	20.3	23.3	Decreased, 1999-2013	No quadratic change	No change
QN14:	Percentag	ge of stuc	lents who	carried a	a gun on o	one or mo	ore of the	past 30 d	lays					
				8.5	9.0	10.0	9.3	10.4	10.2	7.3	8.8	No linear change	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Heal	th Risk ]	Behavio	and Per	rcentage	5				Linear Change*	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag nore of th			carried a	weapon	such as a	ı gun, kni	fe, or clu	b on scho	ool prope	rty on			
				10.1	9.0	6.6	8.1	7.0	5.9	7.1	4.5	Decreased, 1999-2013	No quadratic change	Decreased
QN16: felt the	Percentag would b	ge of stud e unsafe a	ents who at school o	did not g or on the 9.0	to scho ir way to 7.2	ool on on or from : 4.4	e or more school 4.2	of the pa 5.7	ast 30 da <u>y</u> 5.1	ys becaus 4.8	e they 7.1	Decreased, 1999-2013	Decreased, 1999-2003 No change, 2003-2013	No change
QN17:	Percentag school pr	ge of stud operty or	ents who e or more	had beer times di	threaten uring the	ed or inj past 12 r	ured with nonths	a weapo	n such as	a gun, ki	nife, or			
club on				9.5	11.0	9.7	7.9	6.9	8.8	8.5	6.8	Decreased, 1999-2013	No quadratic change	No change
club on														
	Percenta	ge of stud	ents who	were in a	a physica	l fight or	e or mor	e times d	uring the	past 12 n	nonths			
	Percenta	ge of stud	ents who	were in a 45.9	a physica 43.1	l fight on 42.2	e or mor 36.7	e times d 38.4	uring the 36.2	past 12 n 33.9	nonths 32.4	Decreased, 1999-2013	No quadratic change	No change
QN18: QN19:	Percentag Percentag	ge of stud	ents who	45.9 were in a	43.1	42.2	36.7 ie or mor	38.4	36.2	33.9	32.4	Decreased, 1999-2013	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

	nd Violer	ice	Hea	alth Risk	Behavio	r and Pe	rcentage	5				Linear Change*	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentage 12 month		dents who	o were in	a physica	l fight on	school p	property of	one or mo	ore times	during			
				14.0	16.8	15.5	13.2	13.0	9.6	11.1	11.7	Decreased, 1999-2013	No quadratic change	No change
ina mot	want to													
QN24:	Percentag	ge of stud	dents who	o had even	6.4 r been bu	5.0 llied on s	4.8 chool pro	4.5	5.8 ring the p	4.6 past 12 m	5.4 onths	No linear change	No quadratic change	No change
QN24:	Percenta	ge of stud	dents who	o had even								No linear change Increased, 2009-2013	No quadratic change Not available <sup>§</sup>	No change No change
QN26:	Percenta	ge of stud	dents who	o had even o felt so si usual acti	r been bu ad or hop	llied on s eless alm	chool pro	operty du	ring the p 12.7	past 12 m 13.8	onths 16.6			
QN26:	Percenta	ge of stud	dents who	o felt so s	r been bu ad or hop	llied on s eless alm	chool pro	operty du	ring the p 12.7	past 12 m 13.8	onths 16.6			
QN26: row tha	Percentag t they stop	ge of stud pped doin	dents who ng some	o felt so sa usual acti	r been bu ad or hop vities dur 21.3	llied on s eless alm ing the pa 21.0	chool pro ost every ast 12 mo 19.9	operty du y day for onths 18.4	ring the p 12.7 two week 20.2	Dast 12 m 13.8 cs or mor 19.2	onths 16.6 e in a 15.7	Increased, 2009-2013	Not available <sup>§</sup>	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

Male Injury ai	nd Violer	ice	Hea	lth Risk	Behavio	r and Per	rcentages	5				Linear Change <sup>*</sup>	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN28: months	Percenta	ge of stud	lents who	o made a	plan abou	t how the	ey would	attempt s	uicide dı	aring the	past 12			
				8.5	10.3	9.2	8.8	7.8	7.4	8.7	7.5	No linear change	No quadratic change	No change
QN29: months	Percenta	ge of stuc	lents who	actually	attempte	d suicide	one or m	ore times	during t	he past 1	2			
				4.4	5.3	5.5	5.7	4.7	5.0	6.7	5.7	No linear change	No quadratic change	No change
					suicide at treated b				onths tha	t resulted	in an			
				1.5	2.3	2.0	2.6	1.6	1.4	2.4	1.9	No linear change	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

Male Tobacco	Use													
			Hea	llth Risk	Behavio	r and Pe	rcentage	S				Linear Change <sup>*</sup>	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31:	Percentag	ge of stud	dents who	o ever trie	ed cigaret	te smokir	ng, even o	one or tw	o puffs					
				69.2	65.0	60.5	53.3	52.0	44.8	46.2	39.4	Decreased, 1999-2013	No quadratic change	Decreased
QN32:	Percentag	ge of stud	lents who	smoked	a whole	cigarette	for the fi	rst time b	efore age	e 13 years	3			
				27.3	26.1	24.1	19.6	16.0	13.8	12.4	10.8	Decreased, 1999-2013	No quadratic change	No change
QN33:	Percentag	ge of stud	lents who	smoked	cigarette	s on one	or more o	of the pas	t 30 days					
				31.1	24.7	21.8	19.7	20.7	18.7	17.3	15.6	Decreased, 1999-2013	Decreased, 1999-2003 Decreased, 2003-2013	No change
QNFRO	CIG: Perc	entage of	f students	s who sm	oked ciga	rettes on	20 or mo	ore of the	past 30 c	lays	-			
				17.4	13.6	11.2	9.4	8.5	7.6	7.9	6.0	Decreased, 1999-2013	Decreased, 1999-2005 No change, 2005-2013	No change
			vho repor lays they					tage who	smoked	more than	n 10			
				18.4	21.6	16.9	23.1	11.4	15.5	10.1	14.3	Decreased, 1999-2013	No quadratic change	No change

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Trend Analysis Report

Male Fobacco	Use		Heal	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change*	Quadratic Change*	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			2011-2013 <sup>†</sup>
QN35: percenta days	Among s age who u	tudents w isually go	ho were ot their ov	less than vn cigare	18 years ettes by bu	of age an aying the	nd who re m in a sto	eported co pre or gas	urrent cig station d	arette use luring the	e, the e past 30			
-					26.0	29.5	28.0	28.1	25.8	17.9	21.1	No linear change	No quadratic change	No change
QN36: days	Percentag	ge of stud	ents who	smoked	cigarette	s on scho	ol proper	ty on one	e or more	of the pa	st 30			
				14.3	12.8	9.6	9.1	8.3	6.8	5.9	5.2	Decreased, 1999-2013	No quadratic change	No change
QN37: for 30 d	Percentag ays	ge of stud	ents who	ever sm	oked ciga	rettes da	ily, that is	s, at least	one ciga	rette ever	y day			
					18.9	17.2	13.4	13.3	10.9	11.1	8.7	Decreased, 2001-2013	No quadratic change	No change
	Among s es during				nt cigaret	te use, th	e percent	age who	ever tried	l to quit s	moking			
cigarette						<b>F</b> < 1	160	45.9	43.8	44.0	55.6	No linear change	Decreased, 2001-2009	No change
cigarette					56.1	56.4	46.9	45.9	45.8	44.0	55.0	No inical change	Increased, 2009-2013	No change
C	Percentag	ge of stud	ents who	used che								No linear change		No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pe	rcentage	8				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
-	Percentag	ge of stud	ents who	smoked	cigars, c	igarillos,	or little c	igars on o	one or mo	ore of the	past 30			
QN40: days	Percentag	ge of stud	ents who	smoked 21.7	cigars, c 18.3	igarillos, 15.6	or little c 15.6	igars on o 17.7	one or mo 14.5	ore of the 17.0	past 30 15.2	Decreased, 1999-2013	Decreased, 1999-2003 No change, 2003-2013	No change
days QNAN	Percentag YTOB: Pone or mo	ercentage	e of stude	21.7 ents who	18.3	15.6	15.6	17.7	14.5	17.0	15.2	Decreased, 1999-2013		No change

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**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pei	rcentage	5				Linear Change*	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN41:	Percentag	ge of stud	lents who	had at le	east one d	rink of al	cohol on	one or m	ore days	during th	neir life			
				80.5	77.2	76.0	74.3	74.2	68.5	68.7	65.2	Decreased, 1999-2013	No quadratic change	No change
QN42: years	Percentag	ge of stud	lents who	had thei	r first dri	nk of alco	ohol other	r than a fo	ew sips b	efore age	: 13			
5				35.6	34.4	32.5	30.9	27.8	23.6	26.1	23.3	Decreased, 1999-2013	No quadratic change	No change
QN43:	Percentag	ge of stud	lents who	had at le	ast one d	rink of al	cohol on	one or m	ore of th	e past 30	days			
				46.7	47.8	43.7	43.4	44.6	41.3	38.8	35.6	Decreased, 1999-2013	No quadratic change	No change
									that is m		1			
	Percentag				or more	drinks of	alcohol i	n a row,	unat is, w	itnin a co	ouple of			

# **Delaware High School Survey**

**Trend Analysis Report** 

fale .lcohol :	and Othe	er Drug (		lth Risk	Behavio	r and Per	rcentage	5				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47:	Percentag	ge of stud	lents who	o used ma	rijuana o	ne or moi	re times o	luring the	eir life					
				51.6	51.5	50.3	46.0	46.5	43.5	47.7	46.1	Decreased, 1999-2013	No quadratic change	No change
QN48:	Percentag	ge of stuc	lents who	tried ma	rijuana fo	or the firs	t time be	fore age	13 years	-				
				14.7	18.0	16.2	15.3	12.8	14.2	13.9	12.8	Decreased, 1999-2013	No quadratic change	No change
QN49:	Percentag	ge of stuc	lents who	used ma	rijuana o	ne or mor	re times o	luring the	e past 30	days				
				33.5	30.7	29.5	25.2	28.4	26.7	28.2	28.1	Decreased, 1999-2013	Decreased, 1999-2005 No change, 2005-2013	No change
QN50: more tii	Percentag nes durin	ge of stuc g their lif	lents who fe	o used any	y form of	cocaine,	including	g powder	, crack, o	r freebas	e one or			
				7.3	6.8	8.3	7.2	7.7	6.5	6.9	5.4	No linear change	No quadratic change	No change
QN51: any pair	Percentagents or spra	ge of stuc ays to get	lents who high one	o sniffed g e or more	glue, brea times du	thed the oring their	contents life	of aeroso	l spray ca	ans, or in	haled			
				11.8	12.4	12.4	14.4	12.1	10.4	11.3	8.2	Decreased, 1999-2013	No change, 1999-2005 Decreased, 2005-2013	Decreased

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**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Per	rcentage	5				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52:	Percentag	ge of stud	lents who	o used her	oin one c	or more ti	mes duri	ng their l	ife	-				
				3.5	3.7	3.2	3.8	3.1	2.7	4.2	4.0	No linear change	No quadratic change	No change
QN53:	Percentag	ge of stud	lents who	o used me	thamphet	amines o	one or mo	re times	during th	eir life				
				6.9	8.1	6.7	6.1	4.6	4.0	4.9	3.8	Decreased, 1999-2013	No quadratic change	No change
QN54:	Percentag	ge of stud	lents who	used ecs	tasy one	or more t	times dur	ing their	life	-				
						9.4	7.5	6.8	7.1	8.2	7.0	No linear change	No quadratic change	No change
	Percentag uring their		lents who	o took ster	roid pills	or shots	without a	doctor's	prescript	ion one c	or more			
				3.9	7.2	4.3	3.7	4.5	4.6	4.9	4.0	No linear change	No quadratic change	No change
	Percentag uring their		lents who	o used a n	eedle to i	nject any	illegal d	rug into t	heir body	y one or 1	more			
unico a														

### **Delaware High School Survey**

**Trend Analysis Report** 

			Use Hea	lth Risk	Behavior	r and Per	rcentages	5				Linear Change*	Quadratic Change*	<b>Change from</b> <b>2011-2013</b> <sup>†</sup>
91	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
N58:	Percenta	ge of stud		were off	fered, solo									
1 -	0	1		34.3	33.2	33.4	30.2	26.9	24.4	26.4	24.4	Decreased, 1999-2013	No quadratic change	No change

### **Delaware High School Survey**

**Trend Analysis Report** 

Male Sexual B	ehaviors													
			Hea	lth Risk	Behavio	r and Pe	rcentage	8				Linear Change <sup>*</sup>	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59:	Percentag	ge of stud	dents who	ever had	ł sexual i	ntercours	e	-		-				
				58.2	56.1	58.5	58.6	61.7	57.9	60.8	51.4	No linear change	No change, 1999-2007 Decreased, 2007-2013	Decreased
QN60:	Percentag	ge of stud	dents who	had sexu	ual interc	ourse for	the first	time befo	re age 13	3 years	-			
				13.7	15.0	15.9	16.9	14.5	13.4	13.7	8.6	Decreased, 1999-2013	No change, 1999-2005 Decreased, 2005-2013	Decreased
QN61:	Percentag	ge of stud	dents who	had sexu	ual interc	ourse wit	h four or	more peo	ople duri	ng their li	ife			
				23.3	20.9	23.3	22.1	27.3	23.9	26.5	19.5	No linear change	No quadratic change	Decreased
QN62: months	Percentag	ge of stud	dents who	had sex	ual interc	ourse wit	h one or	more peo	ple durir	ig the pas	t three			
				41.3	39.9	40.7	38.6	44.3	41.5	42.7	34.3	No linear change	No quadratic change	Decreased
	Among s lcohol or						e past thr	ee month	s, the per	rcentage	who			
				27.3	27.7	30.9	26.0	26.3	28.3	24.7	24.8	No linear change	No quadratic change	No change

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			Hea	lth Risk	Behavioı	r and Per	centages	5				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN64: ised a c	Among s ondom d	tudents v uring last	who had s	exual intention	ercourse o	during the	e past thre	ee months	s, the pero	centage v	vho			
QN64: used a c	Among s ondom d	tudents v uring last	who had s sexual in	exual intenter course 72.2	ercourse o e 69.8	during the 71.0	e past thre 70.8	ee months	s, the pero 69.5	centage v 64.1	vho 71.5	No linear change	No quadratic change	Increased
used a c	condom d	uring last	sexual in	ntercourse 72.2	e 69.8	-	70.8	75.9	69.5	64.1		No linear change	No quadratic change	Increased

### **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pei	centage	5				Linear Change*	Quadratic Change <sup>*</sup>	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNOW 95th pe	T: Percer rcentile fo	ntage of s or body n	students v nass inde:	who were x, by age	overweig and sex)§	ght (i.e., a	t or abov	e the 85t	h percent	tile but be	elow the			
				15.3	15.2	16.4	14.3	15.9	14.8	14.1	15.3	No linear change	No quadratic change	No change
	ESE: Perov		of student	s who we	ere obese	(i.e., at or	above th	ne 95th p	ercentile	for body	mass			
maex, t	5 8													
index, t	<b>,</b>			12.7	12.9	17.0	17.4	15.6	15.3	14.9	17.2	No linear change	No quadratic change	No change
	Percentag	ge of stud	lents who							14.9	17.2	No linear change	No quadratic change	No change
		ge of stud	lents who							14.9 21.7	17.2 26.8	No linear change No linear change	No quadratic change No quadratic change	No change Increased
QN66:				describe 22.0	ed themse 24.2	lves as sl 26.7	ightly or 25.0	very over	rweight					
QN66:	Percenta			describe 22.0	ed themse 24.2	lves as sl 26.7	ightly or 25.0	very over	rweight					
QN66: QN67: QN68:	Percenta	ge of stuc	lents who	) describe 22.0 ) were try 25.2 ) went wi	d themse 24.2 ing to los 28.1 thout eati	lves as sl 26.7 se weight 29.2	ightly or 25.0 30.5	very over 22.6 28.4	rweight 23.7 31.0	21.7	26.8 36.1	No linear change	No quadratic change	Increased

\*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. \*Based on t-test analysis, p < 0.05. \*Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in

subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

### **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pei	rcentage	5				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
				o took any g weight o				ids with	out a doct	tor's advid	ce to			
				2.7	5.0	4.6	2.9	3.7	3.4	3.4	2.5	Decreased, 1999-2013	Increased, 1999-2003 Decreased, 2003-2013	No change
	Percentag			o vomited	or took l	axatives	to lose w	eight or t	o keep fr	om gainii	ng			
weight	uning the	past 50	uays	1.0	2.4	2.5	2.3	2.4	2.4	2.5	2.9	Increased, 1999-2013	No quadratic change	No change
QN71:	Percentag	ge of stud	lents who	o drank 10	0% fruit	juices on	e or mor	e times d	uring the	past seve	en days			
				87.9	87.5	84.1	81.8	77.7	76.5	75.1	78.4	Decreased, 1999-2013	Decreased, 1999-2009 No change, 2009-2013	No change
QN72:	Percentag	ge of stud	lents who	o ate fruit	one or m	ore times	during t	he past se	even days	3				
				84.4	83.7	82.3	80.4	79.7	81.3	83.1	87.1	No linear change	Decreased, 1999-2007 Increased, 2007-2013	Increased
QN73:	Percentag	ge of stud	lents who	o ate greei	n salad o	ne or mor	e times d	luring the	e past sev	en days				
				58.8	60.4	58.7	52.5	49.3	51.5	48.4	55.3	Decreased, 1999-2013	Decreased, 1999-2009	Increased

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**Trend Analysis Report** 

fale Veight N	Managen	nent and	Dietary Hea		rs Behavio	r and Per	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
														2011-2013
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN76:	Percenta	ge of stud	dents who	ate othe	r vegetab	les one or	r more tir	nes durin	ig the pas	t seven d	ays			
				84.8	84.4	83.2	79.6	79.7	80.3	79.1	83.5	No linear change	Decreased, 1999-2007 No change, 2007-2013	Increased
		centage of even days	f students	s who ate	fruits or	drank 100	)% fruit j	uices two	o or more	times pe	er day			
uuning t	ne past s		5	37.9	40.0	32.9	27.2	28.6	31.0	32.4	37.1	Decreased, 1999-2013	Decreased, 1999-2007 Increased, 2007-2013	Increased
QNFR0 seven d		tage of st	udents w	ho ate fru	its or dra	nk 100%	fruit juic	es 0 time	es per day	during t	he past			
				4.9	5.3	6.3	7.5	8.4	8.5	9.3	6.3	Increased, 1999-2013	Increased, 1999-2009 No change, 2009-2013	Decreased
		tage of st even days	udents w	ho ate fru	its or dra	nk 100%	fruit juic	es one or	more tin	nes per d	ay			
				65.8	68.6	61.9	58.3	54.3	58.3	57.2	64.6	Decreased, 1999-2013	Decreased, 1999-2007 Increased, 2007-2013	Increased
		tage of st even days	udents w	ho ate fru	its or dra	nk 100%	fruit juic	es three of	or more the	imes per	day			
				26.9	28.4	22.8	18.4	20.9	22.3	21.1	25.3	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	Increased

### **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Per	rcentage	S				Linear Change*	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentagethe past set			drank a	can, bottl	e, or glas	s of soda	or pop o	one or mo	re times j	per day			
								37.9	32.1	29.8	25.2	Decreased, 2007-2013	Not available <sup>8</sup>	Decreased
	DA0: Per the past se			s who dra	ank a can	, bottle, o	r glass o	f soda or	pop 0 tin	nes per da	ay			
								15.6	16.6	20.7	22.8	Increased, 2007-2013	Not available	No change
	DA2: Per			s who dra	ank a can	, bottle, o	r glass o	f soda or	pop two	or more t	imes per			
								29.8	24.2	23.3	17.9	Decreased, 2007-2013	Not available	Decreased
	DA3: Per during th			s who dra	ank a can	, bottle, o	r glass o	f soda or	pop three	e or more	times			
	-		·					18.3	14.8	14.1	10.4	Decreased, 2007-2013	Not available	Decreased
0170	Percenta	ge of stud	lents who	drank th	ree or mo	ore glasse	s per day	of milk	during th	e past sev	ven days			
QN /8:		0				U			-					

### **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	th Risk	Behavior	and Per	centages	5				Linear Change <sup>*</sup>	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNMIL	K0: Perc	entage of	f students	s who dra	ank 0 glas	ses per da	ay of mil	k during	the past s	even day	s			
				9.9	11.5	12.1	16.1	17.1	16.1	17.6	19.3	Increased, 1999-2013	No quadratic change	No change
QNMIL lays	K1: Perc	centage of	f students	who dra	ank one or	more gla	asses per	day of m	ilk durin	g the past	seven			
				55.2	53.9	51.0	45.7	42.6	43.3	44.4	42.5	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
	K2: Perc	centage of	f students	who dra	ank two oi	r more gla	asses per	day of m	ilk durin	g the past	seven			
							- · -	20 5	29.1	29.8	27.4	D 1 1000 2012	D 1 1000 0007	
				41.3	38.5	37.8	31.7	28.5	29.1	29.8	27.4	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
lays	Percentag	ge of stud	ents who		38.5 kfast on a				27.1	29.8	27.4	Decreased, 1999-2013		No change
days	Percentag	ge of stud	ents who						39.2	35.6	43.4	No linear change		No change Increased
days QN79:				ate breal		ll of the p	past sever	n days	39.2			, 	No change, 2007-2013	

### **Delaware High School Survey**

Trend Analysis Report

J	Activity		Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentage of the pa			were ph	ysically a	ctive for	a total of	f at least (	60 minute	es per day	on five			
	-		-					49.2	51.7	52.1	51.9	No linear change	Not available <sup>§</sup>	No change
ONPA(	DAY: P			nts who v	were phys	sically ac	tive for a	total of a	at least 60	minutes	per day			
	the past s	even uay	S											
	the past s	even day	S					12.9	13.8	14.5	12.0	No linear change	Not available	No change
on 0 of	DAY: Po	ercentage	e of stude	nts who	were phys	sically act	tive for a		-			No linear change	Not available	No change
on 0 of		ercentage	e of stude	nts who v	were phys	sically act	tive for a		-			No linear change No linear change	Not available Not available	No change No change
on 0 of QNPA7 on 7 of	DAY: Po	ercentage seven day	e of stude s					total of a 30.6	at least 60 33.7	minutes 32.4	per day 32.7			
on 0 of QNPA7 on 7 of	DAY: Po the past s	ercentage seven day	e of stude s					total of a 30.6	at least 60 33.7	minutes 32.4	per day 32.7			
QNPA7 on 7 of QN81: QN82:	DAY: Po the past s	ercentage seven day ge of stuc	e of stude s dents who	watched 46.9	l three or 45.8	more hou 47.1 omputer	urs per da 45.6 games ou	total of a 30.6 ay of TV 40.2 r used a c	nt least 60 33.7 on an ave 39.1	32.4 rage scho 38.3	per day 32.7 pol day 36.7	No linear change	Not available	No change

### **Delaware High School Survey**

			Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
0N83	Percenta	pe of stud	lents who	attended	nhysical	educatio	n (PF) cl	asses on	one or m	ore days i	in an			
	week wh				i pitysieu	cuucutio			one of m	ore augo				
					43.4	41.6	51.6	45.0	44.8	45.9	46.4	No linear change	No quadratic change	No change
verage		centage of	vere in sc	hool 47.3	43.4	41.6	51.6	45.0	44.8	45.9	46.4	No linear change	No quadratic change	No change
verage QNDL	YPE: Per	centage of	vere in sc	hool 47.3	43.4	41.6	51.6	45.0	44.8	45.9	46.4	No linear change Decreased, 1999-2013	No quadratic change No quadratic change	No change Decreased
QNDLY veek w	YPE: Per	en they were in s	vere in sc of student chool	hool 47.3 s who att 39.2	43.4 ended ph 32.8	41.6 ysical edu 31.7	51.6 acation (I 32.2	45.0 PE) classe 28.7	44.8 es daily in 28.1	45.9 n an avera 27.4	46.4 age 17.5			

### **Delaware High School Survey**

Male Site-Add	ed													
			Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN87: past 12		ge of stud	lents who	o would d	lescribe tl	heir grade	es in scho	ol as mo	stly A's o	r B's duri	ing the			
					52.6	51.6	48.9	52.4	55.4	55.1	61.8	Increased, 2001-2013	No change, 2001-2005 Increased, 2005-2013	Increased
	Percentag ) or guard		lents who	o typicall	y sleep at	home, or	r home of	f friend o	r relative	, with the	ir			
paroni(s	) or guar	(5)								97.5	97.2	No linear change	Not available <sup>§</sup>	No change
	Percentag on active				l that eith	er of thei	r parents	or other	adults in	their fam	ily are			
serving		duty in t		r y						14.1	14.6	No linear change	Not available	No change
	Percentag uring the			have a p	parent or	other adu	lt in their	family v	vho has b	een in jai	l or in			
rissinu		F 400 121								16.2	14.0	No linear change	Not available	No change
QN91:	Percenta	ge of stud	lents who	have ph	ysical dis	abilities	or long-te	erm healt	h problen		7.2		NT / 111	N. 1
										7.0	7.3	No linear change	Not available	No change

### **Delaware High School Survey**

/Iale lite-Add	ed													
			Heal	lth Risk	Behavio	r and Pei	rcentages	S				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN92:	Percentag	ge of stud	lents who	have lor	ng-term e	motional	problems	s or learn	ing disab	ilities				
										8.9	9.8	No linear change	Not available <sup>§</sup>	No change
ON94:	Percentag	ge of stud	lents who	respond	ed that so	omeone ha	ad tried to	o hurt the	m by hit					
						omeone ha ne past 30		o hurt the 12.8	m by hitt 12.3			Decreased, 2005-2013	Not available	No change
kicking QN96:	them on s	school pr	operty on	one or n did som	nore of the	ne past 30	days 12.5 y hurt the	12.8 emselves	12.3	ting, pund 10.3	ching, or 10.5		Not available	No change
kicking QN96:	them on s	school pr	operty on	one or n did som	nore of the	ne past 30	days 12.5 y hurt the uring the	12.8 emselves past 12 r	12.3 without v	ting, pund 10.3 wanting to	ching, or 10.5	Decreased, 2005-2013		
kicking QN96:	them on s	school pr	operty on	one or n did som	nore of the	ne past 30	days 12.5 y hurt the	12.8 emselves	12.3	ting, pund 10.3	ching, or 10.5		Not available Not available	No change
QN96: such as QN98:	Percentag cutting, s	school pr ge of stuc craping, o tudents v	operty on lents who or burning vho drank	did som did som g themse	nore of th ething to lves on p during th	ne past 30	days 12.5 y hurt the uring the 9.2 days, the	12.8 emselves past 12 r 8.5 e percenta	12.3 without works 7.4 age who r	ting, pund 10.3 wanting to 7.7 reported t	ching, or 10.5 o die, 8.0 heir	Decreased, 2005-2013		

### **Delaware High School Survey**

**Trend Analysis Report** 

1ale ite-Add	ed		Неа	alth Risk	Behavio	r and Pe	rcentages	5				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
that they	y drink, t	he percer	ntage who	o reported	during th d liquor, s ing the pa	uch as vo	dka, rum	who hav , scotch,	ve a usual bourbon,	type of a or whisk	llcohol y, as			
									54.1	53.2	54.2	No linear change	Not available <sup>§</sup>	No change
QN100: 30 days		tage of stu	udents wl	ho used n	narijuana	on schoo	l property	one or 1	more time	s during	the past			
es auys				9.1	9.9	7.4	7.4	6.9	7.2	7.4	8.8	No linear change	Decreased, 1999-2009	No change
e o augo				9.1	9.9	7.4	7.4	6.9	7.2	7.4	8.8	No linear change	Decreased, 1999-2009 No change, 2009-2013	No change
QN101:	Percent			ho used a		f herbal o	or natural	substanc	7.2 ce to get h			No linear change		No change
QN101:	Percent			ho used a	ny kind o	f herbal o	or natural	substanc				No linear change		No change No change
QN101: salvia, v QN102:	Percent voodrose Percent	e, or morn	udents wl	ho used a y seeds, o	ny kind o one or mor	f herbal of the times determined of the times determined of the times of times of the times of the times of the times of the times of times o	or natural luring the	substanc ir life 8.1	e to get h	igh, such 10.3	as 8.3		No change, 2009-2013	
QN101: salvia, v QN102:	Percent voodrose Percent	e, or morn	udents wl	ho used a y seeds, o	ny kind o one or mor aken pres	f herbal of the times determined of the times determined of the times of times of the times of the times of the times of the times of times o	or natural luring the	substanc ir life 8.1	ee to get h 8.1	igh, such 10.3	as 8.3		No change, 2009-2013	
QN101: salvia, v QN102: Percoce QN103:	Percent voodrose Percent t, withou Percent	e, or morn tage of stu it a doctor	udents wl	ho used a y seeds, o ho have t iption on ho have c	any kind o one or mor aken pres e or more	f herbal c re times d cription p times du	or natural luring the painkillers ring their	substanc ir life 8.1 s, such as life 19.7	e to get h 8.1 s OxyCon	igh, such 10.3 tin, codei 18.5	as 8.3 ne, or	No linear change	No change, 2009-2013 Not available	No change

### **Delaware High School Survey**

**Trend Analysis Report** 

Male Site-Add	ed													
			Hea	lth Risk	Behavio	or and Pe	rcentage	s				Linear Change*	Quadratic Change <sup>*</sup>	<b>Change from</b> <b>2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN105:	Percent	age of stu	udents wł	no have b	een pregi	nant or go	otten som	eone preg	gnant one	or more	times			
				5.4	5.8	6.4	6.6	6.5	7.2	6.5	4.0	No linear change	No change, 1999-2009 Decreased, 2009-2013	Decreased
		age of stu se (STD)		no have e	ver been	told by a	doctor or	nurse th	at they ha	d a sexua	ally			
	ieu uisea													
u unsilli			,					2.1	2.1	2.1	2.1	No linear change	Not available <sup>8</sup>	No change
				no descrit	be themse	elves as g	ay or lest			2.1	2.1	No linear change	Not available <sup>§</sup>	No change
				no descrit	be themse	elves as g	ay or lest			2.1	2.1	No linear change No linear change	Not available <sup>§</sup> Not available	No change No change
QN108:	Percent	age of stu	udents wł			elves as g		bian or bi 2.4	sexual	-	-			
QN108:	Percent	age of stu	udents wł					bian or bi 2.4	sexual	-	-			
QN108: QN109: QN110:	Percent	age of stu age of stu age of stu	udents wh	no have e	ver given		ved oral so 57.5	oian or bi 2.4 ex 61.9	sexual 2.8 55.4	2.7	3.4 50.8	No linear change	Not available	No change

### **Delaware High School Survey**

**Trend Analysis Report** 

Iale ite-Add	ed													
			Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN111: past 30 c		age of stu	idents wh	no exercis	sed to los	e weight	or to keep	o from ga	ining we	ight durii	ng the			
				46.4	51.6	53.9	57.5	56.3	56.7	56.9	59.3	Increased, 1999-2013	Increased, 1999-2005 No change, 2005-2013	No change
				no ate less ne past 30		wer calor	ies, or fo	ods low i	n fat to lo	ose weigł	nt or to			
				23.0	28.4	28.4	29.6	23.6	27.7	28.2	30.6	Increased, 1999-2013	No quadratic change	No change
QN113:	Percenta	age of stu	idents wh	no had on	e or more	e caffeina	ted drink	s yesterd	ay 65.3	60.1	57.1	Decreased, 2009-2013	Not available <sup>8</sup>	No change
ON114.	Deveent			1	1				_			Decreased, 2009-2013	Not available	No change
QN114:	Percenta	ige of sti	idents wh	io would	Know wh	ere to ha	ve an HI	74.2	hey want 72.6	ed one do 64.9	63.8	Decreased, 2007-2013	Not available	No change
QN116:	Percenta	age of stu	idents wh	no get eig	ht or moi	re hours o	of sleep of	n average	e school r	ight				
		-		- 0			-	C	29.0	28.8	28.5	No linear change	Not available	No change

### **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN117:	Percenta	age of stu	idents wh	o would	most like	ly talk to	no one if	f they had	d a persor	nal proble	m with			
)N117: Irinking	Percenta g, drug us	age of stu se, or sexu	idents wh ial behav	o would ior	most like	ly talk to	no one if	f they hac	d a persor	nal proble 20.2	em with 21.4	No linear change	Not available <sup>§</sup>	No change
lrinking	g, drug us	e, or sexu	al behav	ior		ely talk to		-	-	20.2	21.4	No linear change	Not available <sup>§</sup>	No change

# Delaware High School Survey

**Trend Analysis Report** 

<sup>r</sup> emale njury ar	nd Violer	nce	Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change <sup>*</sup>	<b>Change from</b>
														2011-2013 *
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Among stu picycle he		no rode a	bicycle d	luring the	e past 12	months, t	he percer	ntage who	o never of	rarely			
				81.9	79.0	84.2	80.5	86.7	82.6	86.4	80.0	No linear change	No quadratic change	Decreased
QN9: P else	ercentage	e of stude	ents who	never or 1	arely wo	re a seat	belt wher	n riding ir	n a car dr	iven by s	omeone			
				13.7	9.7	11.9	4.7	5.4	4.8	3.4	4.2	Decreased, 1999-2013	No quadratic change	No change
				o rode one d been dr			ring the j	past 30 da	iys in a c	ar or othe	r			
	-			31.9	26.7	28.0	26.6	28.6	28.6	24.7	21.0	Decreased, 1999-2013	No quadratic change	No change
QN13: past 30		ge of stuc	lents who	carried a	a weapon	such as a	a gun, kn	ife, or clu	b on one	or more	of the			
				5.0	4.7	7.2	6.5	8.0	9.9	6.6	5.5	No linear change	Increased, 1999-2009 Decreased, 2009-2013	No change
QN14:	Percentag	ge of stuc	lents who	carried a	a gun on o	one or mo	ore of the	e past 30 c	lays					
				1.2	0.8	1.5	1.4	1.5	1.9	1.3	1.6	No linear change	No quadratic change	No change

### **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk ]	Behavio	and Pe	rcentage	s				Linear Change*	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag			carried a	weapon	such as a	a gun, kn	ife, or clu	b on sch	ool prope	rty on			
				1.9	2.1	2.9	3.2	3.9	4.1	3.3	1.6	No linear change	Increased, 1999-2009 Decreased, 2009-2013	No change
QN16: felt the	Percentag	ge of stuc e unsafe	lents who at school	did not g or on the	o to scho ir way to	ol on on or from	e or more school	e of the p	ast 30 day	ys becaus	e they			
				9.9	7.2	5.1	4.9	5.0	7.2	5.4	9.2	No linear change	Decreased, 1999-2005 Increased, 2005-2013	Increased
	Percentag school pr			had beer	threaten	ed or inj	ured with					No linear change		Increased
				had beer	threaten	ed or inj	ured with					No linear change Decreased, 1999-2013		Increased No change
club on		operty of	ne or mor	had beer e times d 6.7	threaten uring the 5.6	ed or inj past 12 1 5.5	ured with nonths 4.4	a weapo 4.0	n such as 6.3	a gun, ki 4.4	nife, or 4.3		Increased, 2005-2013	
club on	school pr	operty of	ne or mor	had beer e times d 6.7	threaten uring the 5.6	ed or inj past 12 1 5.5	ured with nonths 4.4	a weapo 4.0	n such as 6.3	a gun, ki 4.4	nife, or 4.3		Increased, 2005-2013	
QN18: QN19:	school pr	ge of stuc	lents who	<ul> <li>had beer</li> <li>e times de</li> <li>6.7</li> <li>were in a</li> <li>28.6</li> <li>were in a</li> </ul>	a threaten uring the 5.6 a physica 25.2 a physica	ed or inj past 12 n 5.5 1 fight or 27.5 1 fight or	ured with nonths 4.4 ne or mor 23.9 ne or mor	4.0 e times d 26.0	n such as 6.3 uring the 24.2	a gun, kr 4.4 past 12 n 22.0	nife, or 4.3 nonths 17.6	Decreased, 1999-2013	Increased, 2005-2013 No quadratic change Decreased, 1999-2009	No change

### **Delaware High School Survey**

Trend Analysis Report

Female Injury a	nd Violer	nce												
			Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag 12 montl		dents who	o were in	a physica	ll fight on	ı school p	property of	one or mo	ore times	during			
				9.2	7.2	7.0	6.5	7.5	7.3	6.4	7.1	Decreased, 1999-2013	No quadratic change	No change
QN21: did not		ge of stud	dents who	o had ever	been ph	ysically f	orced to	have sex	ual interc	ourse wh	en they			
					10.7	10.2	10.3	11.2	13.8	12.3	9.9	No linear change	No quadratic change	No change
QN24:	Percentag	ge of stud	dents who	o had ever	been bu	llied on s	chool pro	operty du	ring the p	oast 12 m	onths			
									18.8	19.3	20.4	No linear change	Not available <sup>8</sup>	No change
QN26: row tha	Percentag t they stop	ge of stud pped doin	dents who	o felt so sa usual acti	ad or hop vities dur	eless alm ing the pa	ost every ast 12 mo	day for onths	two weel	s or mor	e in a			
				33.3	32.3	33.7	35.3	35.7	32.8	34.0	30.1	No linear change	No change, 1999-2007 Decreased, 2007-2013	No change
QN27:	Percentag	ge of stud	dents who	o seriously	y conside	red attem	npting sui	cide duri	ing the pa	ist 12 mo	nths			
				22.4	19.6	20.0	16.2	12.9	17.2	16.7	15.5	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change

### **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pei	rcentages	5				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percenta	ge of stud	lents who	made a j	plan abou	it how the	ey would	attempt s	suicide du	iring the	past 12			
months														
months				16.8	13.9	14.0	13.4	10.5	12.2	11.8	12.3	Decreased, 1999-2013	No quadratic change	No change
QN29:	Percenta	ge of stuc	lents who						-			Decreased, 1999-2013	No quadratic change	No change
	Percenta	ge of stuc	lents who						-			Decreased, 1999-2013 Decreased, 1999-2013	No quadratic change	No change
QN29: months QN30:	Percenta	ge of stud	lents who	actually 10.7	attempte 8.9 suicide at	d suicide 11.5 tempt du	one or m 8.7 ring the p	ore times 7.6 past 12 m	s during t 10.8	he past 1 8.8	2 8.2			

### **Delaware High School Survey**

**Trend Analysis Report** 

Female Tobacco	Use		Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			2011-2013 <sup>†</sup>
QN31:	Percentag	ge of stud	lents who	ever trie	d cigaret	te smokir	ng, even o	one or tw	o puffs	-				
				71.6	65.8	64.0	56.1	51.8	50.6	46.2	35.4	Decreased, 1999-2013	No quadratic change	Decreased
QN32:	Percentag	ge of stuc	lents who	smoked	a whole	cigarette	for the fi	rst time b	efore age	e 13 years	5			
				26.4	21.7	24.8	17.2	13.1	13.2	12.2	7.7	Decreased, 1999-2013	No quadratic change	Decreased
QN33:	Percentag	ge of stuc	lents who	smoked	cigarette	s on one	or more of	of the pas	t 30 days					
				33.4	23.4	25.1	22.8	19.1	19.1	18.7	12.7	Decreased, 1999-2013	No quadratic change	Decreased
QNFRO	CIG: Perc	centage of	f students	s who smo	oked ciga	arettes on	20 or mo	ore of the	past 30 c	lays				
				18.0	12.2	12.8	9.8	8.2	7.6	7.1	3.8	Decreased, 1999-2013	No quadratic change	Decreased
	Among s es per day							tage who	smoked	more thar	n 10			
C	1 2			13.1	9.3	12.9	7.5	8.0	10.6	7.8	4.0	Decreased, 1999-2013	No quadratic change	No change

# Delaware High School Survey

Trend Analysis Report

emale obacco	Use		Heal	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Among s age who u													
5					22.2	19.5	14.2	15.8	12.3	8.5	7.4	Decreased, 2001-2013	No quadratic change	No change
QN36: days	Percentag	ge of stud	lents who	smoked	cigarette	s on scho	ol proper	ty on one	e or more	of the pa	st 30			
				16.2	9.5	10.5	7.9	7.4	6.6	6.1	1.9	Decreased, 1999-2013	No quadratic change	Decreased
QN37: for 30 c	Percentag lays	ge of stuc	lents who	ever sm	oked ciga	rettes dai	ily, that is	s, at least	one ciga	rette ever	y day			
					18.4	19.8	14.9	13.2	12.7	11.9	6.8	Decreased, 2001-2013	Decreased, 2001-2009 Decreased, 2009-2013	Decreased
	Among s es during				nt cigaret	te use, th	e percent	age who	ever tried	l to quit s	moking			
					58.2	66.1	59.2	60.0	51.4	43.7	44.1	Decreased, 2001-2013	No quadratic change	No change
		ge of stud	lents who	used che	ewing tob	acco, snu	uff, or dip	on one of	or more o	f the past	30			
QN39: days	Percentag	ge of stue			0									

### **Delaware High School Survey**

		Hea	lth Risk	Behavio	r and Per	rcentage	5				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN40: Percenta lays	ge of stud	lents who	smoked	cigars, ci	garillos,	or little c	igars on o	one or mo	ore of the	past 30			

### **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN41:	Percenta	ge of stuc	lents who	had at le	east one d	rink of al	cohol on	one or m	nore days	during th	neir life			
				81.3	78.2	80.8	77.4	77.3	73.7	75.2	65.4	Decreased, 1999-2013	Decreased, 1999-2009 Decreased, 2009-2013	Decreased
-	Percenta	ge of stud	lents who	had thei	r first dri	nk of alco	ohol other	r than a f	ew sips b	efore age	13			
years				27.6	23.4	28.1	23.2	21.2	23.0	19.4	16.4	Decreased, 1999-2013	No quadratic change	No change
QN43:	Percenta	ge of stuc	lents who	had at le	east one d	rink of al	cohol on	one or n	nore of th	e past 30	days			
				47.4	45.0	46.9	42.6	44.7	46.2	41.9	37.1	Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	No change
	Percenta on one or				or more	drinks of	alcohol i	n a row,	that is, w	ithin a co	ouple of			
nourb,				25.0	23.3	23.9	22.3	23.7	22.6	21.6	19.5	No linear change	No quadratic change	No change
nouis,								1		t the elec				
QN46:	Among s ank from	students v	who repor	ted curre	nt alcoho	l use, the	percenta 30 days	ge wno u	suany go	ot the alco	01101			

### **Delaware High School Survey**

**Trend Analysis Report** 

lcohol	and Othe	er Drug U		lth Risk	Behavio	r and Per	rcentage	5				Linear Change <sup>*</sup>	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47:	Percentag	ge of stuc	lents who	o used ma	rijuana o	ne or moi	re times o	luring the	eir life		-			
				45.7	42.5	47.2	38.3	41.6	42.0	43.8	39.0	Decreased, 1999-2013	No quadratic change	No change
QN48:	Percentag	ge of stuc	lents who	tried ma	rijuana fo	or the firs	t time be	fore age	13 years					
				10.4	6.6	10.5	7.3	6.6	8.5	7.0	6.1	Decreased, 1999-2013	No quadratic change	No change
QN49:	Percentag	ge of stud	lents who	used ma	rijuana o	ne or mor	re times o	luring the	e past 30	days				
				24.2	21.8	25.0	20.5	21.5	24.7	26.5	22.9	No linear change	No quadratic change	No change
QN50: nore ti	Percentag mes durin	ge of stud g their lif	lents who fe	o used any	y form of	cocaine,	including	g powder.	, crack, o	r freebas	e one or			
				7.0	5.8	6.4	5.3	4.5	4.8	3.6	2.4	Decreased, 1999-2013	No quadratic change	No change
QN51: any pai	Percentag nts or spra	ge of stuc ays to get	lents who high one	o sniffed g e or more	glue, brea times du	thed the oring their	contents life	of aeroso	l spray ca	ans, or in	haled			
				12.4	8.7	10.4	13.7	13.7	11.6	11.8	6.8	No linear change	Increased, 1999-2009 Decreased, 2009-2013	Decreased

### **Delaware High School Survey**

**Trend Analysis Report** 

lcohol	and Othe	er Drug U		lth Risk	Behavio	r and Pe	rcentage	S				Linear Change*	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52:	Percentag	ge of stud	lents who	used her	roin one o	or more ti	mes duri	ng their l	ife					
				2.8	1.6	1.3	1.3	1.5	2.1	1.8	1.3	No linear change	No quadratic change	No change
QN53:	Percentag	ge of stud	lents who	used me	thamphe	tamines o	one or mo	ore times	during th	eir life				
				6.8	5.6	5.7	4.9	3.8	3.5	2.4	1.5	Decreased, 1999-2013	No quadratic change	No change
QN54:	Percentag	ge of stud	lents who	used ecs	stasy one	or more t	imes dur	ing their	life		-			
						9.6	5.8	4.5	5.7	6.0	4.2	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change
	Percentag uring their		lents who	took ste	roid pills	or shots	without a	doctor's	prescript	ion one c	or more			
	C			2.3	2.3	3.7	3.0	2.0	2.3	2.5	2.2	No linear change	No quadratic change	No change
	Percentag uring their		lents who	used a n	eedle to	inject any	illegal d	rug into 1	heir body	y one or 1	nore			
	C			1.7	0.5	0.9	1.2	1.3	1.9	1.8	1.2	No linear change	No quadratic change	No change

### **Delaware High School Survey**

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ohol a				th Risk	Behavio	r and Per	centages	5				Linear Change*	Quadratic Change <sup>*</sup>	Change from
														2011-2013 <sup>†</sup>
991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			

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emale exual B	ehaviors		Hea	lth Risk	Behavio	r and Pei	rcentages	5				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59:	Percentag	ge of stud	lents who	ever had	l sexual i	ntercours	e							
				50.9	49.4	56.2	51.3	56.5	57.1	57.1	46.0	No linear change	Increased, 1999-2009 Decreased, 2009-2013	Decreased
QN60:	Percentag	ge of stud	lents who	had sexu	ual interc	ourse for	the first t	ime befo	re age 13	years				
				6.6	4.5	6.7	4.5	4.8	5.8	4.3	3.3	Decreased, 1999-2013	No quadratic change	No change
QN61:	Percentag	ge of stud	lents who	had sexu	ual interc	ourse wit	h four or	more peo	ople durin	ng their li	ife			
				16.8	12.8	17.8	15.7	16.7	18.0	17.0	10.7	Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased
QN62: months	Percentag	ge of stud	lents who	had sexu	ual interco	ourse wit	h one or	more peo	ple durin	g the pas	t three			
				38.6	38.4	44.6	39.8	46.5	44.2	42.9	33.6	No linear change	Increased, 1999-2009 Decreased, 2009-2013	Decreased
	Among s						e past thr	ee month	s, the per	centage v	who			
		· · · ·		16.5	16.4	17.5	15.7	16.1	16.0	15.9	18.4	No linear change	No quadratic change	No change

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			Hea	lth Risk	Behavioı	r and Per	centages	5				Linear Change <sup>*</sup>	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Among s ondom d					during the	e past thre	ee month	s, the per	centage v	vho			
	Among s ondom d					during the 54.9	e past thre 56.9	ee month 62.8	5, the pero	centage v 54.1	vho 55.8	No linear change	Increased, 1999-2007 Decreased, 2007-2013	No change
used a c		uring last	sexual ir	tercourse 50.5	e 54.6	54.9	56.9	62.8	55.2	54.1		No linear change		No change

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			Hea	lth Risk	Behavio	r and Pe	rcentage	5				Linear Change <sup>*</sup>	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
			students v nass index				at or abov	ve the 85t	h percent	tile but be	elow the			
				13.1	14.4	16.6	15.6	18.8	16.5	19.7	17.3	Increased, 1999-2013	No quadratic change	No change
	20E. D	centage c	of student	s who we	ere obese	(i.e., at o	r above tl	he 95th p	ercentile	for body	mass			
	y age and			7.0	8.6	9.4	10.4	10.7	11.6	9.5	11.0	Increased, 1999-2013	Increased, 1999-2005 No change, 2005-2013	No change
index, t	y age and	l sex) <sup>§</sup>	lents who	7.0	8.6	9.4	10.4	10.7	11.6	-		Increased, 1999-2013		No change
index, b	y age and	l sex) <sup>§</sup>		7.0	8.6	9.4	10.4	10.7	11.6	-		Increased, 1999-2013 No linear change		No change No change
QN66:	y age and Percentag	l sex) <sup>§</sup> ge of stuc		7.0 o describe 36.8	8.6 ed themse 35.7	9.4 Ives as sl 36.1	10.4 ightly or 37.7	10.7 very ove	11.6 rweight	9.5	11.0		No change, 2005-2013	
index, t QN66:	y age and Percentag	l sex) <sup>§</sup> ge of stuc	dents who	7.0 o describe 36.8	8.6 ed themse 35.7	9.4 Ives as sl 36.1	10.4 ightly or 37.7	10.7 very ove	11.6 rweight	9.5	11.0		No change, 2005-2013	
QN66: QN67: QN68:	y age and Percentag Percentag Percentag	l sex) <sup>§</sup> ge of stuc ge of stuc	dents who	7.0 ) describe 36.8 ) were try 58.8 ) went wi	8.6 ed themse 35.7 ring to los 58.6 thout eati	9.4 Ives as sl 36.1 se weight 56.1	10.4 ightly or 37.7 58.8	10.7 very ove 31.8 56.7	11.6 rweight 32.0 56.3	9.5 33.6 60.8	11.0 36.7 59.7	No linear change	No change, 2005-2013 No quadratic change	No change

\*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. \*Based on t-test analysis, p < 0.05. \*Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in

subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

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			Hea	lth Risk	Behavio	r and Pei	centages	5				Linear Change*	Quadratic Change <sup>*</sup>	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN69: lose we	Percentagight or to	ge of stuc keep froi	lents who m gaining	o took any g weight o	v diet pill luring the	s, powder e past 30	rs, or liqu days	ids with	out a doct	or's advid	ce to			
				6.7	6.9	7.7	5.3	6.2	4.4	5.5	4.7	Decreased, 1999-2013	No quadratic change	No change
weight	Percentag during the	e past 30	days	5.5	4.7	4.7	5.0	5.2	5.1	4.9	5.5	No linear change	No quadratic change	No change
QN/1:	Percentag	ge of stuc	ients who			-			-	past seve	-			
				85.2	86.0	81.2	78.7	76.7	74.7	71.6	74.8	Decreased, 1999-2013	Decreased, 1999-2009 No change, 2009-2013	No change
	Percentag	ge of stud	lents who	o ate fruit	one or m	ore times	during the	he past se	even days	5				
QN72:				87.1	85.1	80.9	80.4	84.1	83.2	86.8	90.3	Increased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	Increased
QN72:													,	
	Percentag	ge of stud	lents who	ate gree	n salad oi	ne or mor	e times d	uring the	e past sev	en days				

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			Hea	lth Risk	Behavio	r and Per	centage	8				Linear Change*	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN76:	Percenta	ge of stud	lents who	ate othe	r vegetab	les one or	more tir	nes durin	g the pas	t seven d	ays			
				88.9	89.8	84.8	84.6	86.6	82.7	82.7	86.7	Decreased, 1999-2013	Decreased, 1999-2009 Increased, 2009-2013	Increased
QNFR	UIT: Perc the past so	centage of	students	who ate	fruits or	drank 100	)% fruit j	uices two	o or more	times pe	r day			
uuring	uie past so	even days		33.2	33.7	27.6	22.0	25.5	25.5	28.1	31.4	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	No change
QNFR( seven c	): Percentary	tage of stu	udents wl	ho ate fru	its or dra	nk 100%	fruit juic	es 0 time	es per day	during th	he past			
				4.6	3.7	6.5	6.6	6.8	7.5	5.9	4.3	No linear change	Increased, 1999-2009 Decreased, 2009-2013	No change
	1: Percent the past so			ho ate fru	its or dra	nk 100%	fruit juic	es one or	more tin	nes per da	ay			
				64.7	63.3	54.9	49.5	53.3	53.3	50.7	61.9	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	Increased
								.1					· · · · · · · · · · · · · · · · · · ·	
	3: Percent the past se			ho ate fru	its or dra	nk 100%	fruit juic	es three o	or more th	imes per o	day			

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**Trend Analysis Report** 

			Hea	lth Risk	Behavioı	and Per	centage	S				Linear Change*	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
		ge of stud even days		drank a	can, bottl	e, or glas	s of soda	or pop o	ne or mo	re times J	per day			
								26.4	25.6	22.5	19.2	Decreased, 2007-2013	Not available <sup>§</sup>	No change
		rcentage o even days		s who dra	ank a can	, bottle, o	r glass of	f soda or	pop 0 tin	nes per da	ıy			
								23.2	23.8	21.9	27.7	No linear change	Not available	Increased
		rcentage c ast seven		s who dra	ank a can	, bottle, o	r glass of	f soda or	pop two	or more t	imes per			
								19.5	18.3	15.2	13.5	Decreased, 2007-2013	Not available	No change
		rcentage one past sev		s who dra	ank a can	, bottle, o	r glass of	f soda or	pop three	or more	times			
	during th							11.8	12.2	10.5	7.3	Decreased, 2007-2013	Not available	Decreased
	during th							1110						
per day		ge of stud	lents who	drank th	ree or mo	ore glasse	s per day		during th	e past sev	ven days			

### **Delaware High School Survey**

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			Hea	lth Risk	Behavior	r and Pei	rcentage	S				Linear Change <sup>*</sup>	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNMIL	K0: Perc	entage o	f students	s who dra	ank 0 glas	ses per da	ay of mil	k during	the past s	even day	'S			
				20.7	20.4	25.1	26.3	29.8	28.1	30.0	27.9	Increased, 1999-2013	Increased, 1999-2007 No change, 2007-2013	No change
ONMIL ays	K1: Perc	entage o	f students	who dra	ank one of	r more gla	asses per	day of n	nilk durin	g the pas	t seven			
				38.8	39.1	31.1	30.1	27.4	29.2	25.7	27.3	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
QNMIL lays	K2: Perc	entage o	f students	who dra	ank two o	r more gl	asses per	day of n	nilk durin	g the pas	t seven			
2				24.8	25.2	19.6	16.9	16.1	16.0	16.1	14.0	Decreased, 1999-2013	No quadratic change	No change
QN79:	Percentag	ge of stuc	lents who	ate brea	kfast on a	ll of the j	past seve	n days						
									29.5	29.1	37.3	Increased, 2009-2013	Not available <sup>§</sup>	Increased
										-				
QNNO	BKFT: Pe	ercentage	e of stude	nts who a	ate breakf	ast on no	ne of the	past sev	en days					

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nysicai	Activity		Hea	lth Risk	Behavior	r and Per	centage	S				Linear Change*	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentage of the pa			were ph	ysically a	ctive for	a total of	f at least 6	60 minute	es per day	on five			
								32.1	29.1	35.1	31.5	No linear change	Not available <sup>§</sup>	No change
ONTO : /	$\mathbf{D} \mathbf{V} \mathbf{V} \mathbf{D}$	ercentage	of stude	nts who y	vere phys	ically act	ive for a	total of a	at least 60	minutes	per day			
on 0 of	the past s	even day	S			-		24.1	25.4	21.5	25.8	No linear change	Not available	Increased
on 0 of QNPA7		even day	s e of stude			-		24.1	25.4	21.5	25.8	No linear change No linear change	Not available Not available	Increased No change
on 0 of QNPA7 on 7 of	the past s	even day ercentage even day	s e of studes s	nts who v	vere phys	ically act	ive for a	24.1 total of a 14.9	25.4 nt least 60 13.9	21.5 9 minutes 17.6	25.8 per day 14.8			
on 0 of QNPA7 on 7 of	the past s 7DAY: Pe the past s	even day ercentage even day	s e of studes s	nts who v	vere phys	ically act	ive for a	24.1 total of a 14.9	25.4 nt least 60 13.9	21.5 9 minutes 17.6	25.8 per day 14.8			
ON 0 of QNPAT on 7 of QN81: QN82:	the past s 7DAY: Pe the past s	even day ercentage even day ge of stuc	s e of stude: s lents who lents who	nts who v watched 38.9	vere phys three or 35.9	more hou 43.9	ive for a rs per da 43.3 games or	24.1 total of a 14.9 ty of TV o 38.6	25.4 at least 60 13.9 on an ave 36.5	21.5 minutes 17.6 rrage scho 36.3	25.8 per day 14.8 pol day 31.1	No linear change	Not available No change, 1999-2003	No change

# Delaware High School Survey

			Hea	lth Risk	Behavio	r and Pei	rcentage	8				Linear Change <sup>*</sup>	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN83:	Percentag				l physical	l educatio	n (PE) cl	asses on	one or m	ore days	in an			
average	week wh	ien they v	were in sc		10 6	25.0	42.4	40.2	216	20.9	26.1	No linear change	No quadratia abanga	No shance
average	week wh	ien they v	were in sc	38.7	40.6	35.0	42.4	40.3	34.6	39.8	36.1	No linear change	No quadratic change	No change
QNDL'	YPE: Per hen they	centage	of student	38.7								No linear change	No quadratic change	No change
QNDL'	YPE: Per	centage	of student	38.7								No linear change Decreased, 1999-2013	No quadratic change Decreased, 1999-2009 Decreased, 2009-2013	No change Decreased
QNDL' week w	YPE: Per	centage of were in s	of student chool	38.7 s who att 29.4	tended ph 31.0	ysical edu 25.9	ucation (I 28.3	PE) classo 28.2	es daily in 22.7	n an aver 23.3	age 9.0		Decreased, 1999-2009	

# **Delaware High School Survey**

Female Site-Add	ed													
			Hea	llth Risk	Behavio	r and Pe	rcentage	s				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN87: past 12		ge of stud	lents who	o would d	lescribe tl	heir grade	es in scho	ol as mo	stly A's o	r B's duri	ing the			
					69.8	63.4	65.2	63.1	66.7	68.0	74.7	Increased, 2001-2013	No change, 2001-2007 Increased, 2007-2013	Increased
	Percentag ) or guard		lents who	o typicall	y sleep at	home, or	home of	f friend o	r relative	, with the	ir			
parent(s	) of guard	iiaii(s)								96.0	98.1	Increased, 2011-2013	Not available <sup>§</sup>	Increased
		ge of stud duty in t			d that eith	er of thei	r parents	or other	adults in	their fam	ily are			
serving		duty III t		I y						15.4	14.5	No linear change	Not available	No change
QN90: prison d	Percentag	ge of stud past 12 r	lents who	o have a p	parent or	other adu	lt in their	family v	vho has b	een in jai	l or in			
Prison u	and the	P400 121								20.0	15.5	Decreased, 2011-2013	Not available	Decreased
QN91:	Percentag	ge of stud	lents who	o have ph	ysical dis	sabilities of	or long-te	erm healt	h problen					
										9.8	9.9	No linear change	Not available	No change

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Female Site-Add	ed													
			Hea	lth Risk	Behavio	r and Pei	rcentages	S				Linear Change*	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN92:	Percentag	ge of stud	lents who	have lor	ng-term e	motional	problems	s or learn	ing disab	ilities				
										14.7	13.4	No linear change	Not available <sup>§</sup>	No change
ON94:	Percentag	ge of stud	lents who	respond	ed that so	omeone h	ad tried to	o hurt the	m by hit	ting, pund				
						omeone ha ne past 30		o hurt the 9.5	m by hitt 10.8	ting, pund 7.5		No linear change	Not available	No change
							days		2	0,1	ching, or	No linear change	Not available	No change
kicking QN96:	them on s	school pr	operty on	o did som	nore of the		days 7.8 y hurt the	9.5 emselves	10.8 without v	7.5	ching, or 7.9	No linear change	Not available	No change
kicking QN96:	them on s	school pr	operty on	o did som	nore of the	ne past 30	days 7.8 y hurt the	9.5 emselves	10.8 without v	7.5	ching, or 7.9	No linear change No linear change	Not available Not available	No change No change
kicking QN96: such as	them on s	school pr ge of stuc craping, o	operty on lents who or burning	did som	ething to lves on p	purposel urpose, di	days 7.8 y hurt the uring the 18.5	9.5 emselves past 12 r 16.1	10.8 without wononths 19.7	7.5 wanting to 17.6	ching, or 7.9 o die, 16.2			
QN96: such as QN98:	Percentag cutting, s	school pr ge of stuc craping, o tudents v	operty on lents who or burning	did som did som g themse	ething to lves on p during th	ne past 30	days 7.8 y hurt the uring the 18.5 days, the	9.5 emselves past 12 r 16.1 e percenta	10.8 without works 19.7 age who r	7.5 wanting to 17.6	ching, or 7.9 o die, 16.2 heir			

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'emale ite-Add	ed		Hea	alth Risk	Behavio	r and Pe	rcentage	s				Linear Change <sup>*</sup>	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
that they	y drink, tl	he percer	who drank ntage who usually d	o reported	l liquor, s	uch as vo	dka, rum	l who hav , scotch,	ve a usual bourbon,	type of a or whisk	ilcohol y, as			
									48.0	57.1	55.0	Increased, 2009-2013	Not available <sup>§</sup>	No change
QN100: 30 days	Percent	tage of stu	udents wh	ho used n	narijuana	on schoo	l property	y one or 1	more time	s during	the past			
				3.8	3.0	4.4	3.7	3.4	3.8	4.6	3.4	No linear change	No quadratic change	No change
QN101:	Percent		udents wh	ho used a	ny kind o	f herbal o	or natural	substanc	3.8 ee to get h			No linear change	No quadratic change	No change
QN101:	Percent			ho used a	ny kind o	f herbal o	or natural	substanc				No linear change No linear change	No quadratic change Not available	No change Decreased
QN101: salvia, v QN102:	Percent voodrose	e, or morn	ning glory	ho used a y seeds, o	ny kind o ne or mor	f herbal c e times d	or natural luring the	substanc ir life 5.1 s, such as	e to get h	igh, such 6.5	as 4.0			
QN101: salvia, v QN102: Percoce QN103:	Percent voodrose Percent t, withou	e, or morn tage of stu it a doctor	udents wł r's prescri	ho used a v seeds, o ho have ta iption one	ny kind o ne or mor aken prese e or more	f herbal c e times d cription p times du	or natural luring the painkillers ring their	substance ir life 5.1 s, such as life 20.4	ce to get h 6.0 s OxyCon	igh, such 6.5 tin, codei 19.5	as 4.0	No linear change	Not available	Decreased

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Female Site-Add	ed													
			Hea	lth Risk	Behavio	r and Pe	rcentage	5				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN105:	Percent	age of stu	idents wł	no have b	een pregi	nant or go	otten som	eone preg	gnant one	or more	times			
				10.7	7.0	9.1	7.7	8.8	9.9	9.0	4.1	Decreased, 1999-2013	No quadratic change	Decreased
			)											
QN108:	Percent	age of stu		no descrit	be themse	elves as g	ay or lest	2.9 Dian or bi	4.3 sexual	3.7	1.8	No linear change	Not available <sup>§</sup>	Decreased
QN108:	Percent	age of stu		no descrit	be themse	elves as g	ay or lest			3.7	1.8 9.9	No linear change No linear change	Not available <sup>8</sup> Not available	Decreased No change
			idents wł			elves as g		oian or bi 6.9	sexual					
-			idents wł					oian or bi 6.9	sexual					
QN109: QN110:	Percent	age of stu	idents wh	no have e	ver given		ved oral so 50.1	oian or bi 6.9 ex 53.5	sexual 10.8 54.0	10.3	9.9 44.6	No linear change	Not available	No change

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			Hea	lth Risk	Behavior	and Per	centage	5				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN111: past 30		age of stu	dents wh	o exercis	ed to lose	e weight o	or to keep	o from ga	ining wei	ight durir	ng the			
				64.3	63.0	61.4	64.8	61.3	58.5	66.9	63.5	No linear change	No quadratic change	No change
QN112: keep fro	Percenta m gainin	age of stu g weight	dents wh during th	o ate less le past 30	s food, fev days	wer calor	ies, or fo	ods low i	n fat to lo	ose weigh	t or to			
				50.9	49.6	49.7	50.8	46.5	45.6	49.1	48.1	No linear change	No quadratic change	No change
	Percent	age of stu	dents wh	o had on	e or more	caffeina	ted drink	s yesterda	ay					
QN113:	I creenta								63.7	60.6	57.2	Decreased, 2009-2013	Not available <sup>§</sup>	No change
QN113:	i creenu													
-		age of stu	dents wh	o would	know wh	ere to ha	ve an HIV	V test if tl	hey wante	ed one do	me			
-		age of stu	dents wh	o would	know wh	ere to hav	ve an HIV	√ test if tl 80.8	hey wante 77.3	ed one do 71.2	one 67.9	Decreased, 2007-2013	Not available	No change
QN114:	Percenta				know wh			80.8	77.3	71.2		Decreased, 2007-2013	Not available	

# **Delaware High School Survey**

**Trend Analysis Report** 

		Hea	lth Risk	Behavio	r and Pei	centages	5				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
N117: Percer	tage of st	1 . 1											
rinking, drug u				most like	ly talk to	no one if	f they had	d a persor	nal proble	m with			

# **Delaware High School Survey**

**Trend Analysis Report** 

Vhite* njury a	nd Violeı	nce												
			Hea	llth Risk	Behavio	r and Pe	rcentage	s				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Among stu bicycle he		ho rode a	bicycle d	luring the	e past 12	months, t	he percer	ntage who	o never o	r rarely			
				81.9	78.7	82.8	78.8	83.4	81.9	86.4	79.7	No linear change	No quadratic change	Decreased
QN9: F else	Percentage	e of stude	ents who	never or 1	rarely wo	re a seat	belt wher	n riding i	n a car dr	iven by s	omeone			
				15.2	13.0	13.4	5.7	5.4	3.9	3.5	3.9	Decreased, 1999-2013	No quadratic change	No change
	Percenta driven by						ring the p	past 30 d	ays in a c	ar or othe	er			
				33.9	31.4	30.8	29.9	30.0	30.5	25.3	21.6	Decreased, 1999-2013	No quadratic change	No change
QN13: past 30	Percenta; days	ge of stud	dents who	carried a	a weapon	such as a	a gun, kn	ife, or clu	ıb on one	or more	of the			
				14.5	14.5	16.1	16.9	17.4	16.6	14.4	16.1	No linear change	No quadratic change	No change
QN14:	Percenta	ge of stud	dents who	carried a	a gun on o	one or mo	ore of the	e past 30	days					
				4.4	4.1	5.1	4.9	5.0	4.9	3.8	5.2	No linear change	No quadratic change	No change

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

# **Delaware High School Survey**

**Trend Analysis Report** 

		ice	Hea	lth Risk	Behavio	and Pe	rcentage	8				Linear Change <sup>†</sup>	Quadratic Change $^{\dagger}$	<b>Change from 2011-2013</b> §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentage nore of the			carried a	weapon	such as a	a gun, kn	ife, or clu	b on scho	ool prope	rty on			
				5.2	4.8	4.2	5.4	4.5	3.7	3.8	2.9	Decreased, 1999-2013	No quadratic change	No change
	Percentage would b							e of the pa	ast 30 da <u>y</u> 6.2	ys becaus 3.5	e they 7.7	No linear change	Decreased, 1999-2005	Increased
								-				6	Increased, 2005-2013	
	:													
	Percenta school pi							a weapo	n such as	s a gun, k	nife, or			
								a weapo 5.0	n such as 5.4	a gun, k 4.3	nife, or 4.6	Decreased, 1999-2013	No quadratic change	No change
club on		operty of	ne or mor	e times d 7.6	uring the 7.6	past 12 i 7.7	nonths 6.2	5.0	5.4	4.3	4.6	Decreased, 1999-2013	No quadratic change	No change
club on	school pi	operty of	ne or mor	e times d 7.6	uring the 7.6	past 12 i 7.7	nonths 6.2	5.0	5.4	4.3	4.6	Decreased, 1999-2013 Decreased, 1999-2013	No quadratic change No quadratic change	No change No change
QN18: QN19:	school pi	ge of stuc	lents who	e times d 7.6 were in a 35.3	uring the 7.6 a physica 32.5 a physica	past 12 r 7.7 l fight or 33.7 l fight or	nonths 6.2 he or mor 28.8 he or mor	5.0 e times de 28.8	5.4 uring the 26.7	4.3 past 12 n 23.9	4.6 nonths 19.8			

\*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.

# **Delaware High School Survey**

**Trend Analysis Report** 

	nd Violer		Hea	alth Risk	Behavio	r and Pe	rcentage	S				Linear Change $^{\dagger}$	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag 12 month		lents who	o were in	a physica	l fight on	school p	property of	one or mo	ore times	during			
				8.7	10.4	10.6	9.1	9.0	6.5	5.2	6.4	Decreased, 1999-2013	No change, 1999-2003 Decreased, 2003-2013	No change
QN21:		ge of stud	lents who	o had eve	r been ph	ysically f	orced to	have sex	ual interc	ourse wh	en they			
	want to													
	want to				7.5	6.3	7.7	6.5	8.4	7.2	6.5	No linear change	No quadratic change	No change
did not		ge of stud	lents who	o had ever								No linear change	No quadratic change	No change
did not		ge of stud	lents who	o had even								No linear change Increased, 2009-2013	No quadratic change Not available <sup>¶</sup>	No change No change
did not QN24: QN26:	Percentag	ge of stud	lents who	o had even	r been bu ad or hop	llied on s	chool pro	operty du	ring the p 18.2	past 12 m 19.3	onths 21.5			
did not QN24: QN26:	Percentag	ge of stud	lents who	o felt so s	r been bu ad or hop	llied on s	chool pro	operty du	ring the p 18.2	past 12 m 19.3	onths 21.5			
did not QN24: QN26: row tha	Percentaş Percentaş t they stoj	ge of stuc	lents who ng some	o felt so sa usual acti	r been bu ad or hop vities dur 24.6	llied on s eless alm ing the pa 28.0	chool pro ost every ast 12 mo 27.7	operty du v day for onths 26.2	ring the p 18.2 two week 24.3	24.0	onths 21.5 e in a 23.5	Increased, 2009-2013	Not available <sup>¶</sup>	No change

# **Delaware High School Survey**

			Hea	lth Risk ]	Behavior	and Per	centages	5				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	<b>Change from</b> 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag	ge of stuc	ents who	made a p	olan abou	t how the	y would	attempt s	uicide du	iring the j	past 12			
months														
nontns				13.6	12.3	13.1	12.7	9.0	8.3	7.6	9.5	Decreased, 1999-2013	No quadratic change	No change
QN29:	Percentag	ge of stud	ents who	13.6 actually								Decreased, 1999-2013	No quadratic change	No change
months QN29: months	Percentag	ge of stud	ents who									Decreased, 1999-2013 Decreased, 1999-2013	No quadratic change No quadratic change	No change No change
QN29: months QN30:	Percentag	ge of stud	ents who	actually	attempted 6.8 suicide at	d suicide 9.3 tempt du	one or m 7.8 ring the p	ore times 5.6 ast 12 m	s during t	he past 12 4.6	6.3			

# **Delaware High School Survey**

<b>`obacco</b>	Use		Hea	lth Risk 1	Behavio	r and Per	rcentage	S				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31:	Percentag	ge of stud	dents who	ever trie	d cigaret	te smokir	ıg, even o	one or tw	o puffs					
				72.4	66.7	62.5	56.3	55.9	48.8	49.0	41.0	Decreased, 1999-2013	No quadratic change	Decreased
QN32:	Percentag	ge of stud	dents who	smoked	a whole	cigarette	for the fin	rst time b	before age	e 13 years	6			
				30.0	26.1	26.7	20.7	14.7	14.8	13.7	9.5	Decreased, 1999-2013	No quadratic change	Decreased
QN33:	Percentag	ge of stud	dents who	smoked	cigarette	s on one	or more o	of the pas	st 30 days					
				39.2	28.4	28.2	26.5	26.6	23.2	23.4	19.3	Decreased, 1999-2013	No quadratic change	No change
QNFRC	CIG: Perc	entage o	f students	who smo	oked ciga	rettes on	20 or mc	ore of the	past 30 c	lays				
				22.5	15.5	16.0	12.9	11.5	10.0	10.9	7.0	Decreased, 1999-2013	No quadratic change	Decreased
	Among s es per day							age who	smoked	more thar	n 10			
iguieu				16.9	16.7	17.4	17.3	7.8	13.3	5.7	8.5	Decreased, 1999-2013	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

White* Гobacco	Use		Healt	th Risk	Behavio	and Per	rcentage	s				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
		tudents w isually go												
2					23.2	25.3	19.1	18.8	17.2	10.6	13.7	Decreased, 2001-2013	No quadratic change	No change
QN36: days	Percentag	ge of stude	ents who	smoked	cigarette	s on scho	ol proper	ty on one	e or more	of the pa	st 30			
				19.1	12.4	13.2	11.1	10.6	8.7	7.0	4.7	Decreased, 1999-2013	No quadratic change	No change
QN37: for 30 d		ge of stude	ents who	ever sm	oked ciga	rettes dai	ily, that is	s, at least	one ciga	rette ever	y day			
					23.0	23.8	18.4	18.1	16.4	15.6	11.2	Decreased, 2001-2013	No quadratic change	Decreased
		tudents w the past 1			nt cigaret	te use, th	e percent	age who	ever tried	l to quit s	moking			
					55.4	61.3	52.7	53.0	50.0	43.8	49.9	Decreased, 2001-2013	No quadratic change	No change
ON 20.	Percentag	ge of stude	ents who	used che	ewing tob	acco, snu	ıff, or dip	on one o	or more o	f the past	30			
days														

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

# **Delaware High School Survey**

			Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
-	Percentag	ge of stuc	dents who	smoked	cigars, c	igarillos,	or little c	igars on o	one or mo	ore of the	past 30			
QN40: days	Percentag	ge of stuc	dents who	smoked 16.8	cigars, c 13.3	igarillos, 13.9	or little c 13.4	igars on o 14.5	one or mo 13.4	ore of the 15.2	past 30 13.2	No linear change	No quadratic change	No change
days QNAN		Percentag	e of stude	16.8 ents who	13.3	0	13.4	14.5	13.4	15.2	13.2	No linear change	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pe	rcentages	5				Linear Change $^{\dagger}$	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN41:	Percentag	ge of stud	lents who	had at le	east one d	rink of al	lcohol on	one or m	nore days	during th	eir life			
				84.9	82.2	82.5	80.0	82.0	75.4	77.0	68.9	Decreased, 1999-2013	Decreased, 1999-2007 Decreased, 2007-2013	Decreased
-	Percentag	ge of stud	lents who	had thei	r first dri	nk of alco	ohol other	r than a f	ew sips b	efore age	13			
years				31.9	28.5	31.8	27.5	22.8	22.0	21.2	18.2	Decreased, 1999-2013	No quadratic change	No change
QN43:	Percentag	ge of stud	lents who	had at le	east one d	rink of al	lcohol on	one or n	nore of th	e past 30	days			
				53.5	52.7	52.6	50.6	54.5	49.0	46.5	42.6	Decreased, 1999-2013	No change, 1999-2007 Decreased, 2007-2013	No change
	Percentag				or more	drinks of	alcohol i	n a row,	that is, w	ithin a co	uple of			
				33.8	33.3	33.9	32.4	34.8	28.7	28.4	25.3	Decreased, 1999-2013	No change, 1999-2007 Decreased, 2007-2013	No change
						1 .1			anally as	t the close	hol			
	Among s ank from s							ge who u	isuany go	ot the alco	1101			

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Per	rcentage	5				Linear Change $^{\dagger}$	Quadratic Change $^{\dagger}$	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47:	Percentag	ge of stud	lents who	o used ma	rijuana o	ne or moi	re times o	luring the	eir life					
				50.0	46.9	49.5	44.0	46.1	43.3	45.9	43.3	Decreased, 1999-2013	No quadratic change	No change
QN48:	Percentag	ge of stud	lents who	tried ma	rijuana fo	or the firs	t time be	fore age	13 years					
				12.8	11.3	14.4	11.1	8.6	11.1	9.3	8.1	Decreased, 1999-2013	No quadratic change	No change
QN49:	Percentag	ge of stud	lents who	used ma	rijuana o	ne or mor	re times o	luring the	e past 30	days				
				30.8	26.8	28.6	25.6	27.2	27.2	29.3	26.4	No linear change	No quadratic change	No change
QN50: more ti	Percentag mes during	ge of stuc g their lif	lents who fe	o used any	/ form of	cocaine,	including	g powder	, crack, o	r freebas	e one or			
				8.6	7.7	9.9	8.5	8.1	6.9	5.7	4.5	Decreased, 1999-2013	No change, 1999-2005 Decreased, 2005-2013	No change
	Percentag nts or spra							of aeroso	l spray ca	ans, or in	haled			
			-	14.5	12.4	13.9	17.3	16.0	12.9	12.3	7.8	Decreased, 1999-2013	Increased, 1999-2007	Decreased

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

# **Delaware High School Survey**

**Trend Analysis Report** 

'hite* lcohol	and Othe	er Drug (		lth Risk	Behavio	r and Pei	centage	5				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	<b>Change from</b> 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52:	Percentag	ge of stud	lents who	used her	oin one o	or more ti	mes duri	ng their l	ife					
				3.5	2.7	2.6	3.3	2.2	1.8	2.8	3.3	No linear change	No quadratic change	No change
QN53:	Percentag	ge of stud	lents who	used me	thamphe	tamines o	ne or mo	re times	during th	eir life				
				8.2	8.5	8.5	7.6	4.9	3.8	3.5	2.8	Decreased, 1999-2013	No change, 1999-2003 Decreased, 2003-2013	No change
QN54:	Percentag	ge of stud	lents who	used ecs	tasy one	or more t	imes dur	ing their	life					
						12.3	8.6	6.6	7.4	8.0	5.6	Decreased, 2003-2013	No quadratic change	Decreased
	Percentag uring their		lents who	took ster	roid pills	or shots v	without a	doctor's	prescript	ion one o	or more			
				3.7	5.0	5.2	4.2	3.5	2.8	3.2	3.2	Decreased, 1999-2013	No quadratic change	No change
QN57: times d	Percentag uring their	ge of stuc r life	lents who	used a n	eedle to i	nject any	illegal d	rug into t	their body	y one or r	nore			
				2.4	1.8	1.8	2.6	1.8	2.0	1.9	2.1	No linear change	No quadratic change	No change

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

# **Delaware High School Survey**

			Hea	lth Risk	Behavio	r and Pei	centage	5				Linear Change <sup>†</sup>	Quadratic Change <sup><math>\dagger</math></sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN58:	Percentag during tl	ge of stud	lents who	were off						-				
ropeny	uuning u	ne past 1.	2 11011115	31.2	29.3	31.7	27.8	26.8	23.4	22.7	20.1	Decreased, 1999-2013	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	and Per	rcentages	5				Linear Change $^{\dagger}$	Quadratic Change <sup>†</sup>	Change from 2011-2013 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59:	Percentag	e of stud	lents who	ever had	sexual in	ntercours	e							
				49.0	47.1	51.2	49.7	53.7	51.7	55.7	46.8	No linear change	No quadratic change	Decreased
QN60:	Percentag	e of stud	lents who	had sexu	al interco	ourse for	the first t	ime befo	re age 13	years				
				5.4	5.3	8.2	6.9	4.0	5.6	4.0	3.3	Decreased, 1999-2013	Increased, 1999-2003 Decreased, 2003-2013	No change
QN61:	Percentag	e of stud	lents who	had sexu	al interco	ourse wit	h four or	more peo	ople durir	ig their li	fe			
				14.6	12.6	14.9	14.8	15.6	15.0	19.6	12.4	No linear change	No quadratic change	Decreased
	Percentag	e of stud	lents who	had sexu	al interco	ourse wit	h one or	nore peo	ple durin	g the pas	t three			
QN62: months		ge of stud	lents who	had sexu 36.1	al interco 36.6	ourse wit 38.7	h one or 1 36.9	nore peo 42.0	ple durin 40.9	g the pas 42.2	t three 33.6	No linear change	Increased, 1999-2009 Decreased, 2009-2013	Decreased
QN63:		udents v	who had so	36.1 exual inte	36.6 ercourse o	38.7 luring the	36.9	42.0	40.9	42.2	33.6	No linear change		Decreased

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

# **Delaware High School Survey**

							5				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN64: Among used a condom of					during the	e past thre	ee month	s, the per	centage v	who			
	8		57.9	59.1	58.5	61.7	69.0	61.9	56.5	63.3	No linear change	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Неа	alth Risk	Behavio	r and Pei	rcentages	S				Linear Change $^{\dagger}$	Quadratic Change $^{\dagger}$	<b>Change from 2011-2013</b> §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
				who were x, by age			at or abov	ve the 85t	h percent	ile but be	elow the			
				12.3	13.3	14.1	14.0	14.1	13.2	16.2	13.6	No linear change	No quadratic change	No change
ONOBI	ESE: Per	centage of	of student	ts who we	ere obese	(i.e., at or	r above tl	he 95th p	ercentile	for body	mass			
index, b	by age and	d sex)¶		8.0	8.6	12.7	11.6	10.9	11.1	10.0	13.0	Increased, 1999-2013	No quadratic change	No change
index, b	by age and	d sex)¶	dents who	8.0 o describe					-	10.0	13.0	Increased, 1999-2013	No quadratic change	No change
index, b	by age and	d sex)¶	lents who						-	10.0 29.1	13.0 31.0	Increased, 1999-2013 No linear change	No quadratic change No quadratic change	No change No change
index, b QN66:	py age and Percenta	d sex) <sup>¶</sup> ge of stud		o describe	ed themse 31.3	lves as sl 34.0	ightly or 32.7	very ove	rweight					
index, b QN66:	py age and Percenta	d sex) <sup>¶</sup> ge of stud		o describe 29.7	ed themse 31.3	lves as sl 34.0	ightly or 32.7	very ove	rweight					
index, t QN66: QN67: QN68:	Percenta Percenta	d sex) <sup>¶</sup> ge of stud ge of stud	dents who	o describe 29.7 o were try	ed themse 31.3 ring to los 45.4 thout eati	lves as sl 34.0 se weight 46.5	ightly or 32.7 46.1	very ove 27.2 43.9	rweight 27.6 43.8	29.1 48.6	31.0 48.5	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

<sup>1</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in

subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	alth Risk	Behavio	r and Pei	centages	5				Linear Change <sup><math>\dagger</math></sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
				o took any g weight o				ids with	out a doct	or's advic	ce to			
				5.2	6.4	7.4	5.0	5.4	2.8	4.1	3.3	Decreased, 1999-2013	Increased, 1999-2003 Decreased, 2003-2013	No change
	Percentag			o vomited	or took l	axatives	to lose w	eight or t	o keep fro	om gainii	ıg			
				3.4	4.2	4.1	15	10	2.2	~ ~				
				5.4	4.2	4.1	4.5	4.2	3.3	3.5	3.9	No linear change	No quadratic change	No change
QN71:	Percenta	ge of stuc	lents who	o drank 10		-						No linear change	No quadratic change	No change
QN71:	Percenta	ge of stud	lents who			-						No linear change Decreased, 1999-2013	No quadratic change Decreased, 1999-2007 No change, 2007-2013	No change No change
-				o drank 10	00% fruit 85.6	juices on 81.1	e or more 77.9	e times d 73.8	uring the 73.7	past seve 72.5	en days		Decreased, 1999-2007	
				o drank 10 87.0	00% fruit 85.6	juices on 81.1	e or more 77.9	e times d 73.8	uring the 73.7	past seve 72.5	en days		Decreased, 1999-2007	
QN72:	Percenta	ge of stud	lents who	o drank 10 87.0 o ate fruit	00% fruit 85.6 one or m 87.2	juices on 81.1 ore times 84.7	e or more 77.9 during th 82.1	e times d 73.8 he past se 85.0	uring the 73.7 even days 84.8	past seve 72.5 85.7	en days 73.7	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013 Decreased, 1999-2005	No change

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

# **Delaware High School Survey**

vergitt 1	Managen	lent anu	·			r and Pei	rcentage	s				Linear Change <sup>†</sup>	Quadratic Change $^{\dagger}$	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN76:	Percenta	ge of stuc	lents who	ate othe	r vegetab	les one or	r more tir	nes durin	g the pas	t seven d	ays			
				89.6	89.9	86.9	83.8	85.9	86.2	85.6	86.3	Decreased, 1999-2013	Decreased, 1999-2005 No change, 2005-2013	No change
QNFRU	UIT: Perc the past so	centage of	f students	who ate	fruits or	drank 100	)% fruit j	uices two	or more	times pe	r day			
during	the past so	even days	,	35.7	35.1	28.9	21.8	24.4	26.1	27.4	30.0	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	No change
QNFR( seven d	): Percent lavs	tage of st	udents wl	ho ate fru	iits or dra	nk 100%	fruit juic	es 0 time	s per day	during the	he past			
				3.8	4.4	6.6	7.4	7.5	7.8	7.1	4.7	Increased, 1999-2013	Increased, 1999-2007 Decreased, 2007-2013	Decreased
	1: Percent the past so			ho ate fru	iits or dra	nk 100%	fruit juic	es one or	more tin	nes per da	ay			
U	-			66.3	67.3	58.4	52.5	52.7	57.6	52.6	60.7	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	Increased
	3: Percent the past so			ho ate fru	uits or dra	nk 100%	fruit juic	es three o	or more t	mes per	day			
				23.5	22.7	18.2	12.6	15.8	15.9	15.0	17.3	Decreased, 1999-2013	Decreased, 1999-2005	No change

# Delaware High School Survey

Trend Analysis Report

			Hea	lth Risk	Behavio	r and Pe	centage	8				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentage he past se			o drank a	can, bott	e, or glas	s of soda	or pop o	one or mo	re times <sub>I</sub>	per day			
								33.3	28.0	25.6	22.3	Decreased, 2007-2013	Not available <sup>¶</sup>	No change
	DA0: Per he past se			s who dra	ank a can	, bottle, o	r glass of	f soda or 18.6	pop 0 tim 20.2	nes per da 21.3	ay 24.2	Increased, 2007-2013	Not available	No change
												11101043004, 2007, 2010	i tot u fulluoio	i to change
	DA2: Per ing the pa			s who dra	ank a can	, bottle, c	r glass of	f soda or	pop two o					i to chunge
				s who dra	ank a can	, bottle, o	r glass of	f soda or 24.9	pop two o 19.9			Decreased, 2007-2013	Not available	Decreased
day dui	ing the pa	entage of	days f student					24.9		or more t 19.4	imes per 14.7			
day dui	DA3: Per	entage of	days f student					24.9	19.9	or more t 19.4	imes per 14.7			
day dui QNSOI per day	ing the pa DA3: Per during th	centage c ie past se	days f student ven days	s who dra	ank a can	, bottle, c	r glass of	24.9 f soda or 14.6	19.9 pop three	or more to 19.4 e or more 11.2	imes per 14.7 times 7.2	Decreased, 2007-2013	Not available	Decreased

# **Delaware High School Survey**

Trend Analysis Report

			Hea	lth Risk	Behavio	and Per	centages	5				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNMIL	K0: Perc	centage of	of student	s who dra	ınk 0 glas	ses per da	ay of mill	k during	the past s	even day	s			
				11.0	12.0	13.8	14.5	16.9	15.5	17.5	17.8	Increased, 1999-2013	No quadratic change	No change
				52.7	53.2	48.6	44.3	43.1	43.4	39.5	38.9	Decreased, 1999-2013		No change
												,	No quadratic change	
QNMIL days	K2: Perc	centage of	of student	s who dra		-	-	-				^		
	K2: Perc	centage of	of student		unk two o 36.9	r more gla 34.7	asses per 28.5	day of m 28.5	nilk durin 27.2	g the pas 25.3	t seven 23.0	Decreased, 1999-2013	No quadratic change	No change
days			of student	s who dra 37.4	36.9	34.7	28.5	28.5				Decreased, 1999-2013		
days				s who dra 37.4	36.9	34.7	28.5	28.5				Decreased, 1999-2013 No linear change		
days QN79:	Percenta	ge of stu		s who dra 37.4	36.9 kfast on a	34.7 ll of the p	28.5	28.5 n days	27.2 37.8	25.3	23.0	, 	No quadratic change	No change

# Delaware High School Survey

**Trend Analysis Report** 

White* Physical	Activity													
			Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change $^{\dagger}$	Quadratic Change $^{\dagger}$	Change from 2011-2013 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
		ge of stuc ast seven		o were ph	sically a	ctive for	a total of	f at least	60 minute	es per day	y on five			
								43.4	44.3	45.8	43.3	No linear change	Not available <sup>¶</sup>	No change
		ercentage even day		nts who	were phys	sically ac	tive for a	total of a	at least 60	) minutes	per day			
	1	,						15.8	14.6	10.6	15.7	No linear change	Not available	Increased
		ercentage seven day		nts who	were phys	sically ac	tive for a	total of a	at least 60	) minutes	per day			
								23.9	26.6	26.0	23.7	No linear change	Not available	No change
QN81:	Percenta	ge of stud	dents who	watched	three or	more hou	urs per da	ay of TV	on an ave	erage scho	ool day			
				32.4	29.4	35.7	33.0	26.4	28.3	29.4	26.4	Decreased, 1999-2013	No quadratic change	No change
QN82: that was	Percenta not scho	ge of stud ool work	lents who three or n	o played v nore hour	video or c rs per day	omputer on an av	games or erage scl	r used a c hool day	omputer	for some	thing			
								26.2	24.1	28.3	37.4	Increased, 2007-2013	Not available	Increased

# **Delaware High School Survey**

			Hea	lth Risk ]	Behavio	and Per	rcentages	5				Linear Change <sup>†</sup>	Quadratic Change $^{\dagger}$	Change from 2011-2013 <sup>§</sup>
1991 1993	3 1	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
N83: Percen verage week v					physical 38.1	educatio 36.1	on (PE) cl 43.0	asses on 42.5	one or mo 39.4	ore days i 40.8	n an 39.2	No linear change	No quadratic change	No change
N83: Percen	when Percen	they w	rere in sc	hool 40.8	38.1	36.1	43.0	42.5	39.4	40.8	39.2	No linear change	No quadratic change	No change

# Delaware High School Survey

**Trend Analysis Report** 

Vhite* Site-Add	ed													
			Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change $^{\dagger}$	Quadratic Change $^{\dagger}$	Change from 2011-2013 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN87: past 12	Percentag months	ge of stud	lents who	would d	lescribe th	neir grade	es in scho	ol as mo	stly A's o	r B's duri	ng the			
					67.3	64.8	62.2	64.4	68.0	67.2	72.2	Increased, 2001-2013	No change, 2001-2005 Increased, 2005-2013	No change
	Percentag		lents who	typicall	y sleep at	home, or	home of	friend of	r relative,	, with the	ir			
	Percentag b) or guard		lents who	typically	y sleep at	home, or	home of	friend of	r relative,	, with the 98.0	ir 98.1	No linear change	Not available <sup>¶</sup>	No change
QN89:	e) or guard	dian(s)	lents who	reported						98.0	98.1	No linear change	Not available¶	No change
QN89:	s) or guard	dian(s)	lents who	reported						98.0	98.1	No linear change No linear change	Not available¶ Not available	No change
QN89: serving QN90:	Percentag	dian(s) ge of stud duty in t	lents who he militar	reportec	l that eith	er of thei	r parents	or other	adults in	98.0 their fam 13.3	98.1 ily are 13.8			
QN89: serving QN90:	e) or guard Percentag on active	dian(s) ge of stud duty in t	lents who he militar	reportec	l that eith	er of thei	r parents	or other	adults in	98.0 their fam 13.3	98.1 ily are 13.8			
QN89: serving QN90: prison d	Percentag	dian(s) ge of stud duty in t ge of stud past 12 r	lents who he militar lents who nonths	reported y have a p	l that eith	er of thei other adu	r parents lt in their	or other	adults in vho has b	98.0 their fam 13.3 een in jai 11.9	98.1 ily are 13.8 l or in	No linear change	Not available	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN92: 1	Percentag	ge of stud	lents who	have lor	ng-term e	motional	problems	s or learn	ing disab	ilities				
										12.3	13.8	No linear change	Not available <sup>¶</sup>	No change
						omeone ha		o hurt the	em by hitt	ting, pund	ching, or			
						omeone ha ne past 30		o hurt the 11.3	em by hitt 11.9	ting, pund 6.8	ching, or 7.6	Decreased, 2005-2013	Not available	No change
kicking	them on s	school pr	operty on	one or n	nore of the		days 9.7 / hurt the	11.3 emselves	11.9 without v	6.8	7.6	Decreased, 2005-2013	Not available	No change
kicking	them on s	school pr	operty on	one or n	nore of the	ne past 30	days 9.7 / hurt the	11.3 emselves	11.9 without v	6.8	7.6	Decreased, 2005-2013 Decreased, 2005-2013	Not available Not available	No change No change
QN96: Such as of QN98:	Percentag cutting, se Among s	school pr ge of stuc craping, o tudents w	operty on lents who or burnin	did som did som g themse	nore of th ething to lves on p during th	ne past 30	days 9.7 / hurt the uring the 17.3 days, the	11.3 emselves past 12 r 14.8 e percenta	11.9 without wonorths 14.9 age who r	6.8 wanting to 13.1 reported t	7.6 o die, 13.9 heir	, 		

# **Delaware High School Survey**

Trend Analysis Report

Vhite* Site-Add	ed		Hea	alth Risk	. Behavio	r and Pe	rcentage	S				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
that they	/ drink, tl	he percer	ntage who	o reported	l during th d liquor, s ing the pa	uch as vo	dka, rum							
									50.1	56.8	54.7	No linear change	Not available <sup>¶</sup>	No change
QN100: 30 days	Percent	age of stu	udents wł	ho used n	narijuana	on schoo	l property	y one or i	more time	es during	the past			
				6.9	6.1	6.6	6.1	5.2	5.6	5.3	5.6	No linear change	No quadratic change	No change
				ho used a	6.1 any kind o one or mor	f herbal o	or natural	substanc				No linear change	No quadratic change	No change
				ho used a	ny kind o	f herbal o	or natural	substanc				No linear change	No quadratic change Not available	No change Decreased
salvia, w QN102:	voodrose Percent	e, or morn	udents wh	ho used a 7 seeds, o	ny kind o	f herbal of the times determined of the times of the time	or natural luring the painkillers	substanc ir life 8.1 s, such as	ce to get h 9.1	igh, such 11.7	as 7.7			
salvia, w QN102:	voodrose Percent	e, or morn	udents wh	ho used a 7 seeds, o	any kind o one or mor aken pres	f herbal of the times determined of the times of the time	or natural luring the painkillers	substanc ir life 8.1 s, such as	ce to get h 9.1	igh, such 11.7	as 7.7			
Salvia, w QN102: Percoce QN103:	Percent t, withou Percent	age of stu t a doctor	udents wh udents wh r's prescri	ho used a v seeds, o ho have t iption on	any kind o one or mor aken pres	f herbal of re times d cription p times du	or natural luring the painkillers ring their	substance ir life 8.1 s, such as life 25.8	e to get h 9.1 s OxyCon 24.0	igh, such 11.7 tin, codei 22.3	as 7.7 ne, or	No linear change	Not available	Decreased

# **Delaware High School Survey**

Trend Analysis Report

ite-Add	ed		Hea	lth Risk	Behavio	r and Per	centages	3				Linear Change <sup>†</sup>	Quadratic Change $^{\dagger}$	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN105:	Percent	age of stu	idents wł	no have be	een pregr	ant or go	tten some	eone preg	gnant one	or more	times			
				5.4	4.8	4.5	4.5	4.4	4.4	5.8	2.2	Decreased, 1999-2013	No quadratic change	Decreased
		se (STD)		io nave ev	ver been	told by a	doctor or		-	ad a sexua	-		<b></b>	
transmit	ted disea	se (STD)				loid by a o		1.0	1.8	ad a sexua	1.5	No linear change	Not available <sup>¶</sup>	No change
transmit	ted disea	se (STD)				-		1.0	1.8		-	No linear change No linear change	Not available¶ Not available	No change No change
transmit QN108:	ted disea	se (STD) age of stu	idents wh	no describ	be themse	-	ay or lesb	1.0 ian or bis 4.3	1.8 sexual	1.6	1.5			
transmit QN108:	ted disea	se (STD) age of stu	idents wh	no describ	be themse	lves as ga	ay or lesb	1.0 ian or bis 4.3	1.8 sexual	1.6	1.5			
transmit QN108: QN109: QN110:	Percenta	se (STD) age of stu age of stu	idents wh	no describ no have ev	be themse	lves as ga	ay or lesb ed oral so 55.3	1.0 ian or bis 4.3 ex 57.8	1.8 sexual 7.2 55.9	1.6 4.8 58.5	1.5 6.6 49.7	No linear change	Not available	No change

# Delaware High School Survey

**Trend Analysis Report** 

Vhite* ite-Addo	ed		Hea	llth Risk	Behavio	r and Pe	rcentage	s				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	<b>Change from</b> 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
		age of stu	idents wł	no exercis	ed to los	e weight	or to kee	p from ga	ining we	ight durii	ng the			
past 30 d	lays			56.4	60.3	60.2	63.1	60.2	59.7	66.7	63.3	Increased, 1999-2013	No quadratic change	No change
				no ate less ne past 30		wer calor	ries, or fo	ods low i	n fat to le	ose weigł	nt or to			
				38.4	42.8	42.3	42.9	38.6	38.9	42.9	42.7	No linear change	No quadratic change	No change
QN113:	Percenta	age of stu	idents wh	no had on	e or more	e caffeina	ted drink	s yesterd	ay					
									69.4	66.1	63.1	Decreased, 2009-2013	Not available <sup>¶</sup>	No change
QN114:	Percenta	age of stu	idents wh	no would	know wh	nere to ha	ve an HI	V test if t	hey want	ed one do	one			
								76.4	72.3	68.8	64.7	Decreased, 2007-2013	Not available	No change
QN116:	Percenta	age of stu	idents wh	no get eig	ht or moi	re hours o	of sleep o	n average	e school r	night				
									27.2	28.5	28.0	No linear change	Not available	No change

# **Delaware High School Survey**

e-Added		Hea	llth Risk	Behavio	r and Pe	rcentage	s				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
N117: Percer	tage of st	udanta wk											
lrinking, drug u				most like	ely talk to	no one i	f they had	d a persoi	nal proble	em with			

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change $^{\dagger}$	Quadratic Change $^{\dagger}$	<b>Change from 2011-2013</b> §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Among stu bicycle he		no rode a	bicycle d	luring the	e past 12 i	months, t	he percei	ntage who	o never of	r rarely			
				90.6	92.9	92.7	94.9	96.3	94.0	90.8	93.6	No linear change	Increased, 1999-2007 Decreased, 2007-2013	No change
QN9: H else	Percentage	e of stude	ents who	never or 1	rarely wo	re a seat	belt wher	n riding i	n a car dr	iven by s	omeone			
CISC				20.2	19.0	18.2	11.1	7.7	8.3	6.8	8.9	Decreased, 1999-2013	No quadratic change	No change
	Percentag driven by						ring the p	past 30 da	ays in a c	ar or othe	er			
	5			29.7	24.2	26.2	21.1	23.1	26.0	22.4	19.9	Decreased, 1999-2013	No quadratic change	No change
QN13: past 30	Percentag days	ge of stud	lents who	carried a	a weapon	such as a	a gun, kni	ife, or clu	ıb on one	or more	of the			
				15.7	13.0	15.8	15.6	14.2	16.3	10.8	12.5	No linear change	No quadratic change	No change
		<b>C</b> (	1 4 1	• 1			ora of the	past 30	dave	-				
QN14:	Percentag	ge of stuc	ients who	carried a	a gun on o	one or mo	one on the	past 50 t	uays					

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

# **Delaware High School Survey**

**Trend Analysis Report** 

njury a	nd Violei	ice	Hea	lth Risk 1	Behavioı	and Pe	rcentage	8				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentage nore of the			carried a	weapon	such as a	a gun, kn	ife, or clu	b on scho	ool prope	rty on			
				6.8	6.5	5.9	6.3	5.2	5.4	5.7	2.1	Decreased, 1999-2013	No quadratic change	Decreased
				o did not g or on the 10.8				e of the pa	ast 30 da <u>y</u> 6.3	ys becaus 4.4	e they 7.4	No linear change	Decreased, 1999-2003 No change, 2003-2013	No change
				had beer times di				a weapo	n such as	a gun, k	nife, or			
				9.5	7.7	7.4	5.7	4.8	8.5	7.5	5.3	No linear change	No quadratic change	No change
QN18:	Percenta	ge of stud	ents who	were in a	a physica	l fight on	ne or mor	e times d	uring the	past 12 n	nonths			
QN18:	Percenta	ge of stud	ents who	were in a 41.7	a physica 37.2	ll fight on 37.2	ne or mor 34.7	e times di 36.8	uring the 33.0	past 12 n 34.4	nonths 33.3	Decreased, 1999-2013	No quadratic change	No change
QN19:	Percenta	ge of stud	ents who		37.2 a physica	37.2	34.7 ne or mor	36.8	33.0	34.4	33.3	Decreased, 1999-2013	No quadratic change	No change

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

# **Delaware High School Survey**

Trend Analysis Report

	nd Violer		Hea	alth Risk	Behavio	r and Pe	rcentage	8				Linear Change $^{\dagger}$	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag		lents who	o were in	a physica	ll fight or	n school p	property of	one or mo	ore times	during			
				17.3	15.3	12.1	11.3	11.5	10.2	13.8	14.4	No linear change	Decreased, 1999-2007 Increased, 2007-2013	No change
ON21.	Percentag	ge of stud	lents who	o had ever	r been ph	ysically f	orced to	have sex	ual interc	ourse wh	en they			
					8.8	9.8	6.7	6.8	11.4	8.6	7.7	No linear change	No quadratic change	No change
did not	want to	ge of stud	lents who	o had ever							7.7	No linear change	No quadratic change	No change
did not	want to	ge of stud	lents who	o had ever							7.7	No linear change No linear change	No quadratic change Not available¶	No change No change
did not QN24: QN26:	want to Percentag Percentag	ge of stud	lents who	o had even o felt so sa usual acti	r been bu	llied on s	chool pro	operty du	ring the p	ast 12 m 11.9	7.7 onths 15.3			
did not QN24: QN26:	want to Percentag Percentag	ge of stud	lents who	o felt so sa	r been bu	llied on s	chool pro	operty du	ring the p	ast 12 m 11.9	7.7 onths 15.3			
did not QN24: QN26: row tha	want to Percentag Percentag t they stop	ge of stuc pped doir	lents who ng some	o felt so sa usual acti	r been bu ad or hop vities dur 28.2	llied on s eless alm ing the p 24.8	chool pro nost every ast 12 mc 25.0	operty du y day for onths 25.7	ring the p 10.5 two week 26.1	26.5	7.7 onths 15.3 e in a 19.9	No linear change	Not available <sup>¶</sup>	No change

# **Delaware High School Survey**

			Hea	lth Risk ]	Behavio	r and Per	rcentages	5				Linear Change $^{\dagger}$	Quadratic Change <sup>+</sup>	<b>Change from 2011-2013</b> §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
-	Percentag	ge of stud	lents who	made a p	olan abou	it how the	ey would	attempt s	suicide du	ring the	past 12			
months														
nonths				7.4	9.5	8.4	7.9	7.2	8.6	10.7	8.6	No linear change	No quadratic change	No change
QN29:	Percentag	ge of stuc	lents who	7.4								No linear change	No quadratic change	No change
QN29:	Percentag	ge of stuc	lents who									No linear change Increased, 1999-2013	No quadratic change	No change No change
months QN30:	Percentag	ge of stuc	lents who	actually	attempte 6.2	d suicide 6.3 tempt du	one or m 5.2 ring the p	ore times 5.5 ast 12 m	s during t 9.4	he past 12 8.7	2 6.3			

# **Delaware High School Survey**

**Trend Analysis Report** 

Black* Tobacco	Use		Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change $^{\dagger}$	Quadratic Change $^{\dagger}$	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31:	Percentag	ge of stud	lents who	o ever trie	d cigaret	te smokir	ng, even o	one or tw	o puffs					
				66.7	62.7	62.2	53.4	44.2	45.0	39.9	30.9	Decreased, 1999-2013	No quadratic change	Decreased
QN32:	Percentag	ge of stud	lents who	smoked	a whole	cigarette	for the fin	rst time b	efore age	13 years	5			
				15.6	16.2	19.5	13.4	11.2	10.5	7.7	7.9	Decreased, 1999-2013	No quadratic change	No change
QN33:	Percentag	ge of stud	lents who	smoked	cigarette	s on one	or more o	of the pas	t 30 days					
				17.7	12.7	14.4	11.0	8.5	12.9	10.9	6.8	Decreased, 1999-2013	No quadratic change	Decreased
QNFRC	CIG: Perc	entage o	f students	s who smo	oked ciga	rettes on	20 or mo	ore of the	past 30 d	lays				
				6.9	5.2	4.5	3.1	2.6	4.3	3.6	2.1	Decreased, 1999-2013	No quadratic change	No change
QN36: days	Percentag	ge of stud	lents who	smoked	cigarette	s on scho	ol proper	ty on one	e or more	of the pa	ıst 30			
-				6.5	5.5	4.5	4.2	2.4	3.9	4.4	1.3	Decreased, 1999-2013	No quadratic change	Decreased

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

# **Delaware High School Survey**

**Trend Analysis Report** 

Black* Fobacco	Use		Hea	lth Risk	Behavio	r and Per	rcentage	s				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN37: for 30 d	Percentag ays	ge of stud	lents who	ever sm	oked ciga	arettes dai	ily, that is	s, at least	one ciga	rette evei	y day			
					6.3	8.9	6.0	4.1	5.7	5.8	3.4	Decreased, 2001-2013	No quadratic change	No change
QN39: days	Percentag	ge of stud	lents who	used che	ewing tob	bacco, snu	ıff, or dip	o on one o	or more o	of the past	: 30			
				1.0	1.0	1.3	0.7	1.5	1.8	1.7	2.3	Increased, 1999-2013	No quadratic change	No change
QN40: days	Percentag	ge of stud	lents who	smoked	cigars, ci	igarillos,	or little c	igars on	one or m	ore of the	past 30			
				10.6	10.1	8.9	6.6	7.7	8.7	9.5	11.4	No linear change	Decreased, 1999-2005 Increased, 2005-2013	No change
	YTOB: P one or more				smoked c	cigarettes	or cigars	or used	chewing	tobacco,	snuff, or			
				21.8	16.9	16.9	12.8	12.3	15.6	16.0	14.2	Decreased, 1999-2013	Decreased, 1999-2005 No change, 2005-2013	No change

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

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pei	rcentage	S				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN41:	Percentag	ge of stud	ents who	had at le	east one d	lrink of al	cohol on	one or m	ore days	during th	neir life			
				72.3	67.9	69.9	68.4	66.0	64.2	64.9	59.6	Decreased, 1999-2013	No quadratic change	No change
QN42: /ears	Percentag	ge of stud	ents who	had thei	r first dri	nk of alco	ohol other	r than a f	ew sips b	efore age	: 13			
,				28.4	25.8	25.9	26.9	24.7	21.6	19.0	21.0	Decreased, 1999-2013	No quadratic change	No change
QN43:	Percentag	ge of stuc	ents who	had at le	east one d	rink of al	cohol on	one or m	ore of th	e past 30	days			
				32.2	30.7	31.9	29.6	29.2	38.5	32.1	27.3	No linear change	No quadratic change	No change
	Percentagen on a				or more	drinks of	alcohol i	n a row,	that is, w	ithin a co	ouple of			
				12.0	13.0	12.2	9.3	9.4	15.6	11.4	12.4	No linear change	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change $^{\dagger}$	Quadratic Change $^{\dagger}$	<b>Change from 2011-2013</b> §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47:	Percentag	ge of stud	lents who	used ma	rijuana o	ne or mo	re times o	during the	eir life					
				49.2	49.6	49.0	40.1	42.1	43.5	46.4	43.5	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
QN48:	Percentag	ge of stud	lents who	tried ma	rijuana fo	or the firs	t time be	fore age	13 years					
				11.1	13.4	11.7	11.6	10.1	11.2	11.2	11.4	No linear change	No quadratic change	No change
QN49:	Percentag	ge of stuc	lents who	used ma	rijuana o	ne or mo	re times o	during the	e past 30	days				
				25.0	25.1	26.5	18.1	23.4	25.8	26.7	26.0	No linear change	No quadratic change	No change
	Percentag mes durin	ge of stuc g their lif	lents who fe	used any	y form of	cocaine,	including	g powder	, crack, o	r freebas	e one or			
QN50: more ti				2.0	1.8	2.2	1.8	1.9	2.9	3.5	2.9	Increased, 1999-2013	No quadratic change	No change
QN50: more ti														
more ti QN51:	Percentag	ge of stuc	lents who high one	sniffed g	glue, brea times du	thed the	contents	of aeroso	ol spray ca	ans, or in	haled			

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

# **Delaware High School Survey**

**Trend Analysis Report** 

cohol	and Othe	er Drug U		lth Risk	Behavio	r and Per	rcentage	S				Linear Change <sup>†</sup>	Quadratic Change $^{\dagger}$	<b>Change from 2011-2013</b> <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52:	Percentag	ge of stuc	lents who	used her	oin one o	or more ti	mes duri	ng their l	ife					
				1.1	1.3	1.1	0.6	1.1	2.0	1.9	2.2	Increased, 1999-2013	No quadratic change	No change
QN53:	Percentag	ge of stud	lents who	used me	thamphe	tamines o	one or mo	re times	during th	eir life				
				1.3	2.1	1.2	1.2	1.2	2.3	2.2	2.4	No linear change	No quadratic change	No change
QN54:	Percentag	ge of stud	lents who	used ecs	stasy one	or more t	imes dur	ing their	life					
						3.7	2.4	2.9	2.7	3.9	3.7	No linear change	No quadratic change	No change
	Percentag uring their		lents who	took ster	roid pills	or shots v	without a	doctor's	prescript	ion one o	r more			
				2.0	2.6	1.6	1.3	1.7	2.3	3.3	2.7	No linear change	No quadratic change	No change
QN57: times d	Percentag uring thei	ge of stuc r life	lents who	used a n	eedle to i	nject any	illegal d	rug into t	their body	y one or r	nore			
				1.0	0.7	0.9	0.7	0.9	2.1	2.0	1.9	Increased, 1999-2013	No quadratic change	No change

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

# **Delaware High School Survey**

			Hea	lth Risk	Behavio	and Per	centages	5		Linear Change $^{\dagger}$	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>		
991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag				ered, solo	l, or give	n an illeg	al drug b	y someoi	ne on sch	ool			
	U			25.4	19.9	20.9	22.5	17.8	16.1	18.2	17.3	Decreased, 1999-2013	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

lack* exual B	ehaviors		Hea	lth Risk	Behavio	r and Per	rcentage	5				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59:	Percentag	ge of stud	dents who	ever had	l sexual in	ntercours	e							
				70.5	68.4	72.3	66.9	71.3	67.8	67.4	56.0	Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased
QN60:	Percentag	ge of stud	dents who	had sexu	ual interc	ourse for	the first t	ime befo	re age 13	years				
				22.3	18.5	18.3	17.7	15.9	14.8	15.7	11.1	Decreased, 1999-2013	No quadratic change	Decreased
QN61:	Percentag	ge of stud	dents who	had sexu	ual interc	ourse wit	h four or	more peo	ple durii	ng their li	fe			
				34.0	25.3	33.1	27.3	32.1	32.5	25.6	21.8	Decreased, 1999-2013	No quadratic change	No change
QN62: months	Percentag	ge of stud	dents who	had sexu	ual interco	ourse wit	h one or	more peo	ple durin	g the pas	t three			
				51.4	47.4	53.2	44.1	52.8	49.9	45.7	37.5	Decreased, 1999-2013	No quadratic change	Decreased
	Among st lcohol or u						e past thr	ee month	s, the per	centage	who			
			0~ ~ 21010	18.2	16.7	19.9	15.5	12.7	20.6	16.0	22.7	No linear change	No quadratic change	No change

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

# **Delaware High School Survey**

			Hea	lth Risk	Behavio	and Per	centages	8				Linear Change $^{\dagger}$	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
				exual intention		luring the	e past thre	ee month	s, the per	centage v	vho			
						during the 70.2	e past thre 67.2	ee months	s, the per-	centage v 63.9	vho 60.1	Decreased, 1999-2013	No change, 1999-2007 Decreased, 2007-2013	No change
used a c	ondom di	uring last	sexual in	ntercourse	e 69.4	70.2	67.2	71.2	65.8	63.9		Decreased, 1999-2013		No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Неа	lth Risk	Behavio	r and Pei	rcentages	5				Linear Change $^{\dagger}$	Quadratic Change <sup>†</sup>	<b>Change from</b> 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
				who were x, by age			at or abov	e the 85t	h percent	ile but be	elow the			
				17.3	20.5	21.5	17.7	20.6	18.3	18.9	20.6	No linear change	No quadratic change	No change
						(,		· · · · · ·		101 0000	mass			
	by age and	l sex) <sup>¶</sup>		13.9 o describe	15.5	14.5	17.8	16.2	16.4	14.7	16.1	No linear change	No quadratic change	No change
index, b	by age and	l sex) <sup>¶</sup>		13.9	15.5	14.5	17.8	16.2	16.4	-		No linear change No linear change	No quadratic change No quadratic change	No change No change
index, t QN66:	oy age and Percentag	l sex) <sup>¶</sup> ge of stuc	lents who	13.9 o describe	15.5 ed themse 26.8	14.5 lves as sl 25.8	17.8 ightly or 28.8	16.2 very ove	16.4 rweight	14.7	16.1			
index, t QN66:	oy age and Percentag	l sex) <sup>¶</sup> ge of stuc	lents who	13.9 o describe 26.6	15.5 ed themse 26.8	14.5 lves as sl 25.8	17.8 ightly or 28.8	16.2 very ove	16.4 rweight	14.7	16.1			
index, t QN66: QN67: QN68:	Percentag Percentag Percentag	l sex) <sup>¶</sup> ge of stuc ge of stuc	lents who lents who	13.9 o describe 26.6 o were try	15.5 ed themse 26.8 ring to los 40.1 thout eati	14.5 lves as sl 25.8 se weight 33.5	17.8 ightly or 28.8 39.2	16.2 very ove 22.9 36.6	16.4 rweight 26.5 39.1	14.7 26.6 42.7	16.1 30.8 43.7	No linear change	No quadratic change No change, 1999-2003	No change

\*Non-Hispanic.

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

<sup>1</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in

subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pei	centages	8				Linear Change <sup><math>\dagger</math></sup>	Quadratic Change <sup>†</sup>	<b>Change from</b> 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentagight or to							ids with	out a doct	or's advie	ce to			
				2.4	4.6	3.7	1.9	3.1	3.7	3.3	3.2	No linear change	No quadratic change	No change
	Percentage during the							8	r	om gum				
				2.8	2.1	2.0	1.5	2.0	3.2	2.4	4.1	No linear change	No change, 1999-2005 Increased, 2005-2013	No change
weight		e past 30	days	2.8	2.1	2.0	1.5	2.0	3.2	2.4	4.1	No linear change		No change
weight	during the	e past 30	days	2.8	2.1	2.0	1.5	2.0	3.2	2.4	4.1	No linear change Decreased, 1999-2013		No change No change
QN71:	during the	e past 30 ge of stud	days lents who	2.8 9 drank 10 86.1	2.1 00% fruit 89.1	2.0 juices on 84.9	1.5 e or more 85.2	2.0 e times d 84.4	3.2 uring the 79.9	2.4 past seve 77.5	4.1 en days		Increased, 2005-2013	
QN71:	during the	e past 30 ge of stud	days lents who	2.8 9 drank 10 86.1	2.1 00% fruit 89.1	2.0 juices on 84.9	1.5 e or more 85.2	2.0 e times d 84.4	3.2 uring the 79.9	2.4 past seve 77.5	4.1 en days		Increased, 2005-2013	
QN71: QN72:	during the	ge of stuc	days lents who lents who	2.8 0 drank 10 86.1 0 ate fruit 82.7	2.1 00% fruit 89.1 one or m 77.8	2.0 juices on 84.9 fore times 73.8	1.5 e or more 85.2 during th 76.7	2.0 e times d 84.4 he past so 77.4	3.2 uring the 79.9 even days 78.1	2.4 past seve 77.5 3 79.9	4.1 en days 80.9	Decreased, 1999-2013	Increased, 2005-2013 No quadratic change Decreased, 1999-2003	No change

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

# **Delaware High School Survey**

			Hea	lth Risk	Behavio	r and Pei	rcentages	5				Linear Change $^{\dagger}$	Quadratic Change $^{\dagger}$	Change from 2011-2013 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN76:	Percenta	ge of stuc	lents who	ate othe	r vegetab	les one oi	r more tir	nes durin	g the pas	st seven d	ays			
				82.5	82.0	79.0	81.2	81.0	76.0	75.1	82.6	No linear change	No quadratic change	Increased
QNFR( seven d		tage of st	udents w	34.6	38.7 its or dra		28.6 fruit juic			33.3 y during th	39.3 he past	No linear change	Decreased, 1999-2009 Increased, 2009-2013	No change
				5.6	4.5	6.8	7.0	6.8	7.8	9.5	6.7	Increased, 1999-2013	No quadratic change	No change
		tage of str even days		ho ate fru	its or dra	nk 100%	fruit juic	es one or	more tin	nes per da	ay			
				62.6	62.6	57.9	56.1	54.6	53.4	53.7	64.4	No linear change	Decreased, 1999-2009 Increased, 2009-2013	Increased
		tage of str even days		ho ate fru	its or dra	nk 100%	fruit juic	es three o	or more t	imes per	day			
during	ine pust s	- · · · · · · · · · · · · · · · · · · ·												

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Per	rcentage	5				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag the past se			o drank a	can, bottl	e, or glas	s of soda	or pop o	one or mo	re times j	per day			
								30.4	32.4	27.6	23.4	Decreased, 2007-2013	Not available <sup>¶</sup>	No change
	DA2: Per			s who dra	ank a can	, bottle, o	r glass o	19.6 f soda or	19.1 pop two	22.4 or more t	25.6 imes per	Increased, 2007-2013	Not available	No change
								24.5	25.5	21.2	18.2	Decreased, 2007-2013	Not available	No change
	DA3: Per during th			s who dra	ank a can	, bottle, o	r glass o	f soda or	pop three	e or more	times			
								16.3	17.8	14.6	11.9	Decreased, 2007-2013	Not available	No change
							a man dar	ofmill	during th	a nast sar	ven dave			
QN78:	Percentag	ge of stud	ients who	o urank th	ree or mo	ore glasse	s per day	OI IIIIK	uuring ui	e past sev	ven uays			

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Per	centage	S				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNMII	.K0: Perc	entage o	f students	s who dra	ınk 0 glas	ses per da	ay of mil	k during	the past s	seven day	'S			
				23.8	27.6	31.0	34.9	35.2	34.6	36.0	37.0	Increased, 1999-2013	Increased, 1999-2005 No change, 2005-2013	No change
QNMII lays	.K1: Perc	entage o	f students	s who dra	ink one o	r more gla	asses per	day of n	ilk durin	g the pas	t seven			
				33.3	25.7	24.6	24.4	21.3	25.3	25.5	23.7	Decreased, 1999-2013	Decreased, 1999-2003 No change, 2003-2013	No change
QNMII days	.K2: Perc	centage o	f students	s who dra	ink two o	r more gla	asses per	day of n	nilk durin	g the pas	t seven			
				22.9	16.9	16.6	14.8	11.4	15.8	17.0	15.9	Decreased, 1999-2013	Decreased, 1999-2007 Increased, 2007-2013	No change
QN79:	Percentag	ge of stud	lents who	ate brea	kfast on a	all of the p	past seve	n days						
									29.9	30.1	39.8	Increased, 2009-2013	Not available <sup>¶</sup>	Increased
QNNO	BKFT: P	ercentage	e of stude	nts who a	ate breakf	fast on no	ne of the	past sev	en days					

# **Delaware High School Survey**

Trend Analysis Report

	Activity		Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change <sup>†</sup>	Quadratic Change⁺	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentage of the pa			were ph	ysically a	active for	a total of	f at least (	60 minute	es per day	y on five			
								37.5	36.0	40.2	35.9	No linear change	Not available <sup>¶</sup>	No change
n O cf	.1 .	,0	0		1 2	-								
QNPA7	DAY: P		of stude	nts who	were phys	sically ac	tive for a	22.3 total of a	27.4 at least 60	26.1	26.6 per day	No linear change	Not available	No change
QNPA7		ercentage	of stude	nts who v	were phys	sically act	tive for a					No linear change No linear change	Not available Not available	No change No change
QNPA7 on 7 of	DAY: P	ercentage even day	e of studer s			_		21.9	1 least 60 21.2	0 minutes 24.0	per day 21.0			
QNPA7 on 7 of	DAY: Pothe past s	ercentage even day	e of studer s			_		21.9	1 least 60 21.2	0 minutes 24.0	per day 21.0			
QNPA7 on 7 of QN81: QN82:	DAY: Pothe past s	ercentage even day ge of stuc	e of studes s lents who lents who	o watched 67.8	l three or 64.7 video or c	more hou 67.3	urs per da 66.7 games oi	total of a 21.9 ay of TV 6 60.0	at least 60 21.2 on an ave 55.6	24.0 erage scho 50.3	21.0 21.0 001 day 45.9	No linear change	Not available No change, 1999-2005	No change

# **Delaware High School Survey**

			Hea	lth Risk	Behavio	r and Pei	rcentage	5				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	<b>Change from</b> 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
ON83:	Percentag				l physical	educatio	n (PE) cl	asses on	one or m	ore days	in an			
	week wh	en they v	vere in sc	chool										
	week wh	en they v	were in sc	2hool 49.1	49.6	41.6	51.6	43.4	39.7	44.7	39.1	Decreased, 1999-2013	No quadratic change	No change
verage	Week wh	centage of	of student	49.1								Decreased, 1999-2013	No quadratic change	No change
average QNDLY	PE: Pero	centage of	of student	49.1								Decreased, 1999-2013 Decreased, 1999-2013	No quadratic change No quadratic change	No change Decreased
QNDLY week wl	PE: Pero	centage o were in s	of student chool	49.1 s who att 39.1	ended ph	ysical edu 31.3	ucation (1 33.9	PE) class 31.3	es daily in 23.5	n an aver 26.7	age 15.3			

# **Delaware High School Survey**

Trend Analysis Report

Black* lite-Adde	ed													
			Hea	lth Risk	Behavio	r and Pe	rcentage	5				Linear Change $^{\dagger}$	Quadratic Change $^{\dagger}$	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN87: F past 12 n		ge of stud	ents who	would d	lescribe tl	neir grade	es in scho	ol as mos	stly A's o	r B's duri	ng the			
					45.1	42.9	48.0	46.2	51.4	53.2	59.3	Increased, 2001-2013	No quadratic change	No change
			ents who he militar		l that eith	er of thei	r parents	or other a	adults in	97.3 their fam	97.1 ily are	No linear change	Not available <sup>¶</sup>	No change
										18.5	15.1	No linear change	Not available	No change
ON90: F				have a p	barent or	other adu	lt in their	family w	vho has b	een in jai	l or in			
prison du	uring the	past 12 r	nonths											
	aring the	past 12 r	nonths							26.5	21.9	No linear change	Not available	No change

# **Delaware High School Survey**

			Hea	lth Risk	Behavio	r and Pei	rcentage	5				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN92:	Percentag	ge of stud	lents who	have lor	ng-term e	motional	problems	s or learn	ing disab	ilities				
										11.5	7.8	No linear change	Not available <sup>¶</sup>	No change
ON94:	Percentag	e of stud	lents who	respond	ed that so	omeone ha	ad tried to	o hurt the	em by hit	ting, pund	hing, or			
						omeone ha ne past 30	days		2	0/1	2,	No linear change	Notavailabla	No change
								o hurt the 8.4	em by hitt 9.1	ting, pund 10.2	ching, or 9.8	No linear change	Not available	No change
kicking QN96:	them on s	school pr	operty or lents who	o did som	nore of the		days 11.3 y hurt the	8.4 emselves	9.1	10.2	9.8	No linear change	Not available	No change
kicking QN96:	them on s	school pr	operty or lents who	o did som	nore of the	ne past 30	days 11.3 y hurt the	8.4 emselves	9.1	10.2	9.8	No linear change Increased, 2005-2013	Not available Not available	No change No change
kicking QN96: such as	them on s	school pr ge of stuc craping,	operty or lents who or burnin	o did som g themse	nore of th ething to lves on p	purposely urpose, du	days 11.3 y hurt the uring the 6.6	8.4 emselves past 12 r 5.7	9.1 without v nonths 8.1	10.2 wanting to 10.5	9.8 9.8 9.8			
kicking QN96: such as QN98:	Percentag cutting, s	school pr ge of stuc craping, tudents v	operty or lents who or burnin	did som did som g themse	ething to lves on p during th	ne past 30	days 11.3 y hurt the uring the 6.6 days, the	8.4 emselves past 12 r 5.7 e percenta	9.1 without v nonths 8.1 age who r	10.2 wanting to 10.5 reported t	9.8 9.8 9.5 heir			

# **Delaware High School Survey**

Trend Analysis Report

Black* Site-Add	ed		Hea	alth Risk	Behavio	r and Pe	rcentage	5				Linear Change <sup>†</sup>	Quadratic Change $^{\dagger}$	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
that they	/ drink, tl	he percen	tage who	o reported	l during th d liquor, s ing the pa	uch as vo	dka, rum							
									50.8	59.1	58.1	No linear change	Not available <sup>¶</sup>	No change
QN100: 30 days	Percent	age of stu	idents wł	ho used n	narijuana	on schoo	l property	one or i	more time	s during	the past			
				4.8	5.1	4.9	4.0	4.4	5.3	7.9	7.4	Increased, 1999-2013	No quadratic change	No change
												,		C
					ny kind o one or mor				e to get h	igh, such	as			
									ce to get h 3.1	igh, such 2.4	as 3.3	No linear change	Not available	No change
salvia, v QN102:	voodrose Percent	, or morn age of stu	ing glory	v seeds, o		re times d	luring the	ir life 2.4 s, such as	3.1	2.4	3.3	No linear change	Not available	No change
salvia, v QN102:	voodrose Percent	, or morn age of stu	ing glory	v seeds, o	aken pres	re times d	luring the	ir life 2.4 s, such as	3.1	2.4	3.3	No linear change Increased, 2007-2013	Not available Not available	No change
QN102: Percoce QN103:	Percent t, withou Percent	, or morn age of stu t a doctor	ing glory udents wh r's prescri	ho have t iption on	aken pres	re times d	luring the painkillers ring their	ir life 2.4 s, such as life 9.5	3.1 s OxyCon 10.6	2.4 tin, codei 15.7	3.3			

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pei	centages	5				Linear Change <sup><math>\dagger</math></sup>	Quadratic Change <sup>†</sup>	Change from 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN105:	Percent	age of stu	udents wł	o have b	een pregr	ant or go	tten some	eone preg	gnant one	or more	times			
				12.8	10.2	13.9	11.6	11.1	15.6	10.1	5.9	Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased
				o have e	ver been	told by a	doctor or	nurse that	at they ha	ad a sexua	ally			
		age of stu se (STD)		o have e	ver been	told by a	doctor or	nurse tha 3.7	at they ha 4.7	ad a sexua 4.8	ally 2.7	No linear change	Not available <sup>¶</sup>	No change
transmit	ted disea	se (STD)	)			told by a l		3.7	4.7		-	No linear change	Not available¶	No change
transmit	ted disea	se (STD)	)					3.7	4.7		-	No linear change Increased, 2007-2013	Not available¶ Not available	No change No change
transmit QN108:	ted disea	se (STD) age of stu	) udents wł	o descrit	be themse	-	ay or lesb	3.7 ian or bis 3.3	4.7 sexual	4.8	2.7			
transmit QN108:	ted disea	se (STD) age of stu	) udents wł	o descrit	be themse	lves as ga	ay or lesb	3.7 ian or bis 3.3	4.7 sexual	4.8	2.7			
transmit QN108: QN109: QN110:	Percent Percent	age of stu age of stu age of stu	) udents wh udents wh	o describ o have e	be themse	lves as ga	ay or lesb ed oral so 53.1	3.7 ian or bis 3.3 ex 58.2	4.7 sexual 5.6	4.8 6.6 60.1	2.7 7.7 48.8	Increased, 2007-2013	Not available	No change

# Delaware High School Survey

**Trend Analysis Report** 

Black* lite-Add	ed													
			Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	<b>Change from</b> 2011-2013 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN111: past 30		age of stu	dents wh	o exercis	ed to los	e weight	or to keej	p from ga	ining we	ight durii	ng the			
				52.4	50.6	51.2	54.9	53.3	54.4	59.4	55.6	Increased, 1999-2013	No quadratic change	No change
	Percenta m gainin					wer calor	ries, or fo	ods low i	n fat to lo	ose weigh	it or to			
				34.2	31.2	31.7	32.8	28.3	29.7	33.3	31.2	No linear change	No quadratic change	No change
QN113:	Percenta	age of stu	dents wh	o had on	e or more	e caffeina	ted drink	s yesterd	ay					
									56.0	52.7	47.6	Decreased, 2009-2013	Not available <sup>¶</sup>	No change
QN114:	Percenta	age of stu	dents wh	o would	know wh	nere to ha	ve an HI	V test if t	hey want	ed one do	one			
								81.8	85.1	74.8	68.8	Decreased, 2007-2013	Not available	Decreased
QN116:	Percenta	age of stu	dents wh	o get eig	ht or moi	re hours o	of sleep o	n average	e school r	night				
									26.6	24.8	25.7	No linear change	Not available	No change

# **Delaware High School Survey**

		Hea	lth Risk	Behavio	and Per	centages	5				Linear Change <sup>†</sup>	Quadratic Change $^{\dagger}$	Change from 2011-2013 <sup>§</sup>
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
N117: Percer				most like	ly talk to	no one if	they had	l a persor	al proble	em with			
rinking, drug ı	ise, or sex	uai denav	101						18.6	18.4	No linear change	Not available <sup>¶</sup>	No change

# Delaware High School Survey

Trend Analysis Report

-	:/Latino nd Violer	nce												
			Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change*	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Among stu bicycle he		ho rode a	bicycle c	luring the	e past 12 i	months, t	he percer	ntage who	o never of	r rarely			
					87.1	82.7	89.4	95.6	91.1	92.1	89.5	No linear change	Increased, 2001-2007 Decreased, 2007-2013	No change
QN9: F else	Percentage	e of stude	ents who	never or i	rarely wo	re a seat	belt wher	n riding ii	n a car dr	iven by s	omeone			
				18.3	17.4	18.1	8.5	9.4	8.1	5.8	8.8	Decreased, 1999-2013	No quadratic change	No change
	Percentag driven by						ring the j	past 30 da	ays in a c	ar or othe	er			
	2			35.0	35.6	29.4	26.7	34.4	30.2	26.7	22.0	Decreased, 1999-2013	No quadratic change	No change
QN13: past 30	Percentag days	ge of stud	lents who	carried a	a weapon	such as a	a gun, kn	ife, or clu	b on one	or more	of the			
	<b>J</b> **			30.0	17.8	16.6	14.2	20.9	23.6	14.0	12.8	Decreased, 1999-2013	No quadratic change	No change
QN14:	Percentag	ge of stud	lents who	carried a	a gun on	one or mo	ore of the	past 30 d	lays					
				7.6	8.6	4.8	4.6	9.4	6.6	4.2	4.0	Decreased, 1999-2013	No quadratic change	No change

# Delaware High School Survey

**Trend Analysis Report** 

Hispanic/ Injury ar		nce												
			Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag			o carried a	a weapon	such as a	a gun, kn	ife, or clu	b on sch	ool prope	erty on			
				11.6	8.1	5.8	3.8	8.0	9.2	6.2	2.7	Decreased, 1999-2013	No quadratic change	No change
				o did not g or on the				e of the p	ast 30 dag	ys becaus	se they			
				10.7	16.2	10.1	10.4	8.5	8.4	7.8	10.1	No linear change	No quadratic change	No change
QN17: club on	Percentag school pr	ge of stuc operty of	lents who ne or mor	o had beer re times d	n threaten uring the	ed or inj past 12 1	ured with nonths	n a weapo	n such as	a gun, k	nife, or			
				10.6	12.4	10.3	7.3	7.5	13.5	7.7	8.2	No linear change	No quadratic change	No change
QN18:	Percentag	ge of stuc	lents who	were in	a physica	l fight or	ne or mor	e times d	uring the	past 12 r	nonths			
				48.8	40.7	39.6	25.3	41.1	35.1	26.1	28.9	Decreased, 1999-2013	No quadratic change	No change
				o were in l to be tre				e times d	uring the	past 12 r	nonths			
	- <b>j</b> / -	J		8.7	7.2	4.4	5.9	6.9	7.9	2.9	2.4	Decreased, 1999-2013	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

	/Latino nd Violen	nce	Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change*	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag 12 month		dents who	o were in	a physica	l fight on	n school p	property of	one or mo	ore times	during			
				14.0	13.3	14.2	10.0	13.1	10.5	6.9	10.6	Decreased, 1999-2013	No quadratic change	No change
	Percentage want to	ge of stud	dents who	o had ever	r been ph	ysically f 9.8	Forced to 1	have sext	ual interc 10.8	ourse wh 7.6	en they 10.3	No linear change	No quadratic change	No change
ON24.	Demonstra		1	. 1 1		11:	_1 1							
2N24:	Percentag	ge of stud	ients who	o had ever	r been bu	ined on s	chool pro	operty du	16.3	13.6	14.3	No linear change	Not available <sup>§</sup>	No change
				o felt so sa usual activ					two week	s or mor	e in a			
		_	-	36.2	42.6	33.6	36.6	35.6	34.1	34.8	25.3	Decreased, 1999-2013	No quadratic change	Decreased
QN27:	Percentag	ge of stud	dents who	o seriously	y conside	red attem	pting sui	cide duri	ng the pa	st 12 mo	nths			
				27.8	21.9	13.2	7.9	12.3	21.9	16.6	14.8	No linear change	Decreased, 1999-2005 No change, 2005-2013	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Per	rcentages	S				Linear Change <sup>*</sup>	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
		ge of stud	lents who	o made a	plan abou	it how the	ey would	attempt s	suicide du	uring the	past 12			
months														
months				15.9	14.4	9.4	9.0	12.1	16.7	13.5	13.1	No linear change	No quadratic change	No change
QN29:	Percenta	ge of stud	lents who		14.4 attempte							No linear change	No quadratic change	No change
QN29:	Percenta	ge of stud	lents who									No linear change No linear change	No quadratic change	No change No change
QN29: months QN30:	Percenta	ge of stud	lents who	actually 15.3	attempte	d suicide 10.9 tempt du	one or m 5.5 ring the p	nore times 7.3 past 12 m	s during t 14.3	he past 12 13.3	2 8.7			

# **Delaware High School Survey**

**Trend Analysis Report** 

Hispanio Fobacco	/Latino Use		Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	<b>Change from</b> <b>2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31:	Percentag	ge of stud	ents who	ever trie	d cigaret	te smokir	ng, even o	one or tw	o puffs					
				76.6	77.7	67.2	48.0	51.1	55.0	49.9	42.1	Decreased, 1999-2013	No quadratic change	No change
QN32:	Percentag	ge of stud	ents who	smoked	a whole	cigarette	for the fi	rst time b	efore age	e 13 years	5			
				38.8	31.0	23.3	16.0	21.5	16.1	14.3	11.3	Decreased, 1999-2013	No quadratic change	No change
QN33:	Percentag	ge of stud	ents who	smoked	cigarette	s on one	or more o	of the pas	t 30 days					
				29.5	27.4	20.6	17.9	20.4	19.0	16.1	11.9	Decreased, 1999-2013	No quadratic change	No change
QNFRO	CIG: Perc	entage of	students	who smo	oked ciga	rettes on	20 or mo	ore of the	past 30 c	lays				
				13.6	14.1	7.9	6.7	9.4	6.1	3.7	2.8	Decreased, 1999-2013	No quadratic change	No change
	Percentag	ge of stud	ents who	smoked	cigarette	s on scho	ol propei	rty on one	e or more	of the pa	ıst 30			
days														

# **Delaware High School Survey**

**Trend Analysis Report** 

Hispanic Fobacco														
			Heal	lth Risk	Behavio	r and Pei	rcentages	5				Linear Change <sup>*</sup>	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN37: for 30 d	Percentag ays	ge of stud	lents who	ever sm	oked ciga	rettes dai	lly, that is	s, at least	one ciga	rette evei	y day			
					22.2	11.5	10.0	13.7	10.5	7.6	4.6	Decreased, 2001-2013	No quadratic change	No change
QN39: days	Percentag	ge of stud	lents who	used che	ewing tob	oacco, snu	ıff, or dip	on one o	or more o	of the past	: 30			
				7.8	3.8	2.1	4.6	4.8	7.8	3.7	6.7	No linear change	No quadratic change	No change
QN40: days	Percentag	ge of stud	lents who	smoked	cigars, ci	garillos,	or little c	igars on o	one or me	ore of the	past 30			
				22.3	16.7	9.9	12.3	15.1	11.7	11.8	11.5	Decreased, 1999-2013	No quadratic change	No change
	YTOB: Pone or more				smoked c	igarettes	or cigars	or used o	chewing	tobacco, s	snuff, or			
				33.5	32.5	21.7	21.1	24.8	20.7	18.6	16.0	Decreased, 1999-2013	No quadratic change	No change

# **Delaware High School Survey**

			Hea	lth Risk	Behavio	r and Pe	rcentage	5				Linear Change*	Quadratic Change*	<b>Change from</b> <b>2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN41:	Percentag	ge of stud	lents who	had at le	east one d	lrink of al	cohol on	one or m	nore days	during th	neir life			
				85.1	82.8	79.4	72.1	74.4	74.9	74.4	70.2	Decreased, 1999-2013	No quadratic change	No change
QN42: years	Percentag	ge of stud	lents who	had thei	r first dri	nk of alco	ohol other	r than a fo	ew sips b	efore age	: 13			
				46.2	40.5	34.1	23.9	28.5	33.9	31.6	23.7	Decreased, 1999-2013	No quadratic change	Decreased
QN43:	Percentag	ge of stud	lents who	had at le	east one d	rink of al	cohol on	one or m	nore of th	e past 30	days			
				46.6	54.6	36.2	35.8	45.5	44.8	44.3	35.8	No linear change	No quadratic change	No change
	Percentag				or more	drinks of	alcohol i	n a row,	that is, w	ithin a co	ouple of			

# **Delaware High School Survey**

**Trend Analysis Report** 

lcohol a	and Othe	r Drug U		lth Risk	Behavio	r and Per	rcentage	5				Linear Change*	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47:	Percentag	ge of stud	ents who	used ma	rijuana o	ne or moi	re times c	luring the	eir life					
				51.6	49.3	47.3	32.8	46.4	46.5	46.4	43.8	No linear change	No quadratic change	No change
QN48:	Percentag	ge of stud	ents who	tried ma	rijuana fo	or the firs	t time be	fore age	13 years	-				
				19.4	15.7	13.0	10.6	13.9	14.0	10.7	9.0	Decreased, 1999-2013	No quadratic change	No change
2N49:	Percentag	ge of stud	ents who	used ma	rijuana o	ne or mor	re times c	luring the	e past 30	days				
				35.1	28.7	21.8	16.0	25.7	24.2	25.8	26.7	No linear change	Decreased, 1999-2005 No change, 2005-2013	No change
	Percentag nes during			used any	/ form of	cocaine,	including	g powder	, crack, o	r freebase	e one or			
				11.8	7.8	6.4	5.9	4.5	7.1	6.4	5.2	Decreased, 1999-2013	No quadratic change	No change
	Percentag nts or spra							of aeroso	l spray ca	ans, or inl	haled			
j pan	or spic	.,		13.9	11.0	13.1	10.0	13.0	14.8	13.0	7.4	No linear change	No quadratic change	Decreased

# **Delaware High School Survey**

**Trend Analysis Report** 

ICONOI	and Othe	r Drug (		lth Risk ]	Behavio	and Per	rcentage	S				Linear Change*	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52:	Percentag	ge of stud	lents who	used her	oin one c	r more ti	mes duri	ng their l	ife		-			
				8.3	3.2	4.5	4.5	4.2	6.0	3.2	2.6	Decreased, 1999-2013	No quadratic change	No change
QN53:	Percentag	ge of stud	lents who	used me	thamphet	amines o	one or mo	re times	during th	eir life	-			
				10.8	6.3	5.1	6.1	5.7	6.4	3.9	2.4	Decreased, 1999-2013	No quadratic change	No change
QN54:	Percentag	ge of stud	lents who	used ecs	tasy one	or more t	imes dur	ing their	life					
						9.7	8.4	5.1	9.6	7.7	7.2	No linear change	No quadratic change	No change
QN55: imes d	Percentag uring their	ge of stud r life	lents who	took ster	oid pills	or shots	without a	doctor's	prescript	ion one o	or more			
				3.4	7.4	4.3	3.6	4.9	8.7	3.8	4.3	No linear change	No quadratic change	No change
	Percentag uring their		lents who	o used a no	eedle to i	nject any	illegal d	rug into t	heir body	y one or r	nore			
				6.7	1.4	3.3	4.0	4.8	5.6	4.8	2.9	No linear change	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	and Per	centages	5		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2011-2013 <sup>†</sup>		
991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
			lents who 2 months		ered, solo	l, or give	n an illeg	al drug b	y someo	ne on sch	ool			
	B	Fabt I		32.7	31.6	22.2	27.6	21.7	24.6	30.8	21.6	No linear change	No quadratic change	Decreased

# **Delaware High School Survey**

**Trend Analysis Report** 

-	/Latino ehaviors													
			Hea	lth Risk	Behavio	r and Pei	rcentage	S				Linear Change <sup>*</sup>	Quadratic Change*	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59:	Percentag	ge of stud	lents who	o ever had	l sexual i	ntercours	e		-					
				61.0	64.0	62.1	50.3	62.8	61.9	59.7	52.0	No linear change	No quadratic change	No change
QN60:	Percentag	ge of stuc	lents who	had sexu	ual interc	ourse for	the first	time befo	re age 13	years				
				13.3	19.5	13.0	12.7	14.9	14.0	7.8	5.9	Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	No change
QN61:	Percentag	ge of stud	lents who	had sexu	ual interc	ourse wit	h four or	more peo	ople duri	ng their li	fe			
				26.8	24.8	25.6	17.8	26.3	23.7	20.6	14.9	Decreased, 1999-2013	No quadratic change	No change
QN62: months	Percentag	ge of stud	lents who	had sexu	ual interco	ourse wit	h one or	more peo	ple durin	g the pas	t three			
				41.7	48.3	45.6	37.0	50.1	42.4	45.2	36.0	No linear change	No quadratic change	No change
	Among s						e past thr	ee month	s, the per	centage	who			
urank al	cohol or	usea aruş	gs before	iast sexu	ai interco	urse		24.0	22.3	17.1	19.2	No linear change	Not available <sup>§</sup>	No change

# **Delaware High School Survey**

Hispanic Sexual B			Hea	lth Risk	Behavio	r and Per	rcentage	5				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Among s ondom du					during the	e past thr	ee month	s, the per	centage v	who			
used a c	ondoni di	anng hus	bendul II	lieleouis	0					57.9	65.3	No linear change	Not available <sup>§</sup>	No change
QN85:	Percentag	ge of stud	lents who	had even	r been tau	ıght in scl	hool abou	it AIDS o	or HIV in	fection				
				88.8	85.8	86.2	78.9	82.3	85.3	84.5	83.4	No linear change	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Per	rcentages	5				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNOW 95th pe	T: Percer centile fo	ntage of s or body n	students v nass indez	who were x, by age	overweig and sex)§	ght (i.e., a	at or abov	e the 85t	h percent	tile but be	elow the			
				20.0	14.9	18.0	12.3	24.4	19.4	19.1	18.6	No linear change	No quadratic change	No change
	ESE: Pero y age and		f student	s who we				-	ercentile	for body	mass			
				10.0						10.0	1 7 5	NT 11 1	A	N7 1
				12.9	12.7	16.3	18.3	16.3	16.1	13.2	17.5	No linear change	No quadratic change	No change
QN66:	Percentag	ge of stud	lents who							13.2	17.5	No linear change	No quadratic change	No change
QN66:	Percentag	ge of stud	lents who							13.2 29.3	17.5 39.0	No linear change No linear change	No quadratic change No quadratic change	No change Increased
	Percentaş Percentaş	_		) describe 29.2	ed themse 30.4	lves as sl 32.0	ightly or 28.0	very over	rweight					
		_		) describe 29.2	ed themse 30.4	lves as sl 32.0	ightly or 28.0	very over	rweight					
QN67: QN68:		ge of stuc	lents who	) describe 29.2 ) were try 38.7	d themse 30.4 ing to los 44.1 thout eati	lves as sl 32.0 se weight 47.6	ightly or 28.0	very ove 36.1 49.5	rweight 30.4 51.3	29.3 47.8	39.0 55.4	No linear change	No quadratic change	Increased

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

<sup>†</sup>Based on t-test analysis, p < 0.05. <sup>§</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in

subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

# **Delaware High School Survey**

**Trend Analysis Report** 

			Неа	lth Risk	Behavio	r and Pei	rcentage	S				Linear Change*	Quadratic Change <sup>*</sup>	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
				o took any g weight o				ids with	out a doct	tor's advie	ce to			
				8.0	8.1	6.1	5.2	6.7	7.3	5.3	6.1	No linear change	No quadratic change	No change
								<u> </u>						
weight	luring the	-		3.3	2.9	5.4	2.9	4.4	6.8	5.1	6.7	No linear change	No quadratic change	No change
	luring the	-		o drank 10	00% fruit	juices on	ne or mor	e times d	uring the	5.1 past seve	6.7 en days			
weight	luring the	-						-		5.1	6.7	No linear change Decreased, 1999-2013	No quadratic change No quadratic change	No change No change
weight	during the	ge of stuc	dents who	o drank 10	00% fruit 88.3	juices on 86.9	ne or mor 78.7	e times d 81.9	uring the 77.2	5.1 past seve 74.7	6.7 en days			
weight	during the	ge of stuc	dents who	o drank 10 79.6	00% fruit 88.3	juices on 86.9	ne or mor 78.7	e times d 81.9	uring the 77.2	5.1 past seve 74.7	6.7 en days			
QN71: QN72:	Percentag	ge of stuc	dents who	o drank 10 79.6 o ate fruit	00% fruit 88.3 one or m 84.8	juices on 86.9 ore times 81.8	ne or mor 78.7 s during th 83.1	e times d 81.9 he past se 80.2	uring the 77.2 even days 80.1	5.1 past seve 74.7 8 88.2	6.7 en days 79.6	Decreased, 1999-2013	No quadratic change	No change

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pei	rcentage	S				Linear Change*	Quadratic Change <sup>*</sup>	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN76:	Percentag	ge of stud	ents who	ate othe	r vegetab	les one oi	r more tir	nes durin	ig the pas	st seven d	ays			
				76.0	81.0	72.0	70.2	77.7	75.0	73.6	83.1	No linear change	No change, 1999-2005 Increased, 2005-2013	Increased
	JIT: Perc			who ate	fruits or	drank 100	)% fruit j	uices two	o or more	times pe	r day			
during	ine pust se	ven days		37.0	40.5	34.8	31.9	30.8	30.0	34.0	36.8	No linear change	Decreased, 1999-2009 No change, 2009-2013	No change
QNFR( seven d	): Percent	age of stu	idents wl	ho ate fru	iits or dra	nk 100%	fruit juic	es 0 time	es per day	during tl	he past			
seven a	ay b			12.8	4.1	4.3	4.6	8.0	10.4	6.1	3.5	No linear change	No quadratic change	No change
	: Percent the past se			ho ate fru	its or dra	nk 100%	fruit juic	es one or	more tin	nes per da	ay			
				58.6	66.2	58.9	58.7	57.2	55.6	55.3	66.8	No linear change	No change, 1999-2009 Increased, 2009-2013	Increased
	3: Percent the past se	age of stu even days		ho ate fru	its or dra	nk 100%	fruit juic	es three o	or more t	imes per o	day			
auring														

# **Delaware High School Survey**

**Trend Analysis Report** 

			Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change*	Quadratic Change*	<b>Change from</b> <b>2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentagethe past set			o drank a	can, bottl	le, or glas	s of soda	ı or pop o	one or mo	re times j	per day			
								33.4	25.9	27.3	20.9	Decreased, 2007-2013	Not available <sup>§</sup>	No change
	DA0: Per the past se			s who dra	ank a can	, bottle, c	or glass o	f soda or	pop 0 tin	nes per da	ay			
								17.5	18.1	15.5	24.9	Increased, 2007-2013	Not available	Increased
	DA2: Per ring the pa			s who dra	ank a can	, bottle, c	or glass o	f soda or	pop two	or more t	imes per			
								24.5	16.5	16.9	14.2	Decreased, 2007-2013	Not available	No change
	DA3: Per during th			s who dra	ank a can	, bottle, c	or glass o	f soda or	pop three	e or more	times			
. •	-		-					13.0	9.3	12.4	9.2	No linear change	Not available	No change
	Danaanta	re of stud	lents who	drank th	ree or mo	ore glasse	es ner dav	of milk	during th	e past sev	ven davs			
QN78:	Percentag	se or stud	cines who	urank u		ore glubbe	b per au			- Fuerer	· • • • • • • • • • • • • • • • • • • •			

# **Delaware High School Survey**

**Trend Analysis Report** 

				Behavior llth Risk	Behavio	r and Pei	rcentage	5				Linear Change <sup>*</sup>	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNMIL	.K0: Perc	centage o	f students	s who dra	ank 0 glas	ses per da	ay of mil	k during	the past s	seven day	'S			
				21.7	13.6	13.5	17.5	21.6	21.8	24.2	23.1	Increased, 1999-2013	No quadratic change	No change
QNMIL days	K1: Perc	centage o	f students	s who dra	ank one o	r more gla	asses per	day of m	ilk durin	g the past	t seven			
				39.0	46.3	36.8	42.6	31.0	33.2	32.6	34.8	Decreased, 1999-2013	No quadratic change	No change
QNMIL days	K2: Perc	centage o	f students	s who dra	ank two o	r more gl	asses per	day of m	nilk durin	g the pas	t seven			
				33.2	34.0	21.8	30.2	18.8	22.0	21.2	19.9	Decreased, 1999-2013	No quadratic change	No change
QN79:	Percentag	ge of stud	lents who	ate brea	kfast on a	all of the p	past seve	n days	-	-				
									32.1	33.8	35.6	No linear change	Not available <sup>§</sup>	No change
					. 1 . 1		na of tha	past sov	an dave	-				
QNNO	BKFT: P	ercentage	e of stude	nts who a	ate breaki	ast on no	ne or the	past seve	uays					

# **Delaware High School Survey**

Trend Analysis Report

-	/Latino Activity		Heal	th Risk	Behavio	and Per	rcentage	S				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag of the pa		lents who days	were ph	ysically a	ctive for	a total of	f at least (	60 minute	es per day	on five			
								38.4	32.3	38.2	38.3	No linear change	Not available <sup>§</sup>	No change
									1 10	· • .				
on 0 of QNPA7	The past set of the past set o	even day	of studer					16.9	19.6	26.6	19.1	No linear change	Not available	Decreased
on 0 of QNPA7	the past so	even day	s e of studer					16.9	19.6	26.6	19.1	No linear change No linear change	Not available Not available	Decreased No change
on 0 of QNPA7 on 7 of	the past so 'DAY: Pe the past so	even day ercentage even day	s e of studer	nts who v	vere phys	ically act	tive for a	16.9 total of a 23.0	19.6 at least 60 18.1	26.6 ) minutes 21.2	19.1 per day 22.7			
on 0 of QNPA7 on 7 of	the past so 'DAY: Pe the past so	even day ercentage even day	s e of studer s	nts who v	vere phys	ically act	tive for a	16.9 total of a 23.0	19.6 at least 60 18.1	26.6 ) minutes 21.2	19.1 per day 22.7			
ON 0 of QNPA7 on 7 of QN81: QN82:	The past so DAY: Petthe past so Percentag	even day ercentage even day ge of stuc	s e of studer s	uts who w watched 58.3 played v	vere phys three or 54.1	ically act more hou 47.8	tive for a Irs per da 51.1 games or	16.9 total of a 23.0 y of TV o 44.1	19.6 at least 60 18.1 on an ave 38.5	26.6 0 minutes 21.2 erage scho 41.4	19.1 per day 22.7 pol day 42.8	No linear change	Not available	No change

# **Delaware High School Survey**

hysical	Activity		Hea	lth Risk	Behavior	and Per	centages	5				Linear Change*	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag week wh				l physical 43.0			asses on 44.1		2				
				42.1	45.0	42.2	61.0	44.1	43.6	45.8	40.9	No linear change	No quadratic change	No change
	YPE: Pero											No linear change	No quadratic change	No change
												No linear change Decreased, 1999-2013	No quadratic change No change, 1999-2009 Decreased, 2009-2013	No change Decreased
week w		were in s	chool	s who att 35.0	ended ph	ysical edu 33.4	acation (I 35.2	PE) classe 28.9	es daily in 25.5	n an aver 25.8	age 12.1		No change, 1999-2009	

# **Delaware High School Survey**

Hispanic, Site-Add														
			Hea	alth Risk	Behavio	r and Pe	rcentage	s				Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN87: past 12 i		ge of stuc	lents who	o would d	lescribe t	heir grade	es in scho	ol as mo	stly A's c	or B's duri	ing the			
					53.6	44.7	49.8	51.1	52.3	58.1	63.0	Increased, 2001-2013	No quadratic change	No change
QN88: parent(s			lents who	o typicall	y sleep at	home, or	r home of	f friend o	r relative	, with the	ir			
parent(s	) of guard	ulaii(s)								95.2	96.5	No linear change	Not available <sup>§</sup>	No change
QN89:	Percentag	ge of stuc duty in t	lents who	o reported	d that eith	er of thei	r parents	or other	adults in	their fam	ily are			
serving		duty in t		пу						10.3	15.4	No linear change	Not available	No change
QN90: prison d	Percentag	ge of stuc past 12 1	lents who	o have a p	parent or	other adu	lt in their	family v	who has b	een in jai	l or in			
Prison u	aring the	Publ 12 1								23.0	15.8	Decreased, 2011-2013	Not available	Decreased
QN91:	Percentag	ge of stuc	lents who	o have ph	ysical dis	sabilities	or long-te	erm healt	h probler					
										6.7	9.3	No linear change	Not available	No change

# **Delaware High School Survey**

ispanic ite-Add	/Latino ed		Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN92:	Percentag	ge of stud	lents who	have lon	ng-term e	motional	problems	or learn	ing disab	ilities				
										10.0	10.4	No linear change	Not available <sup>§</sup>	No change
ON94:	Percentag	ge of stud	lents who	responde	ed that so	meone ha	ad tried to	o hurt the	m by hitt	ting, pund	ching, or			
						omeone ha ne past 30		o hurt the 16.2	em by hitt 15.4	ting, pund 9.6	ching, or 10.4	No linear change	Not available	No change
kicking QN96:	them on s	school pr	operty on	n one or n	nore of the		days 8.0 y hurt the	16.2 emselves	15.4 without v	9.6	10.4	No linear change	Not available	No change
kicking QN96:	them on s	school pr	operty on	n one or n	nore of the	ne past 30	days 8.0 y hurt the	16.2 emselves	15.4 without v	9.6	10.4	No linear change No linear change	Not available Not available	No change No change
QN96: such as QN98:	Percentag cutting, s	school pr ge of stuc craping,	dents who or burning	did som did som g themsel	ething to lves on p during th	ne past 30	days 8.0 y hurt the uring the 11.1 days, the	16.2 emselves past 12 r 13.7	15.4 without wononths 17.9 age who r	9.6 wanting to 12.6 reported t	10.4 10.4 10.4 13.1 heir			

# **Delaware High School Survey**

**Trend Analysis Report** 

Iispanic ite-Add	/Latino led		Hea	llth Risk	Behavio	r and Pe	rcentages	5				Linear Change*	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
that they	y drink, tl	he percer	tage who	o reported		uch as vo	dka, rum		ve a usual bourbon,					
									45.9	42.2	47.5	No linear change	Not available <sup>§</sup>	No change
30 days				12.0	10.2	5.3	6.2	8.6	more time 7.3	5.2	7.1	No linear change	No quadratic change	No change
					ne or mor				8.0	6.6	as 5.9	No linear change	Not available	No shance
												i to initial change	i tot a tanaore	No change
QN102: Percoce	Percent t, withou	age of stu t a doctor	idents wł	no have ta	aken prese e or more	cription p times du	ainkillers	s, such as life	s OxyCon	tin, codei	ne, or			No change
QN102: Percoce	Percent t, withou	age of stu t a doctor	idents wh 's prescri	no have ta ption one	aken prese e or more	cription p times du	ainkillers ring their	s, such as life 16.7	s OxyCon 23.8	tin, codei 16.5	ne, or 16.4	No linear change	Not available	No change
Percoce QN103:	t, withou	t a doctor	's prescri	ption one	e or more	times du	ring their	life 16.7		16.5				

# **Delaware High School Survey**

**Trend Analysis Report** 

Hispanic Site-Add														
			Hea	lth Risk	Behavio	or and Pe	rcentage	8				Linear Change*	Quadratic Change*	<b>Change from 2011-2013</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN105:	Percenta	age of stu	idents wł	no have b	een preg	nant or go	otten som	eone preg	gnant one	or more	times			
				11.3	7.5	12.2	10.0	11.7	10.9	9.1	6.2	No linear change	No quadratic change	No change
				no have e	ver been	told by a	doctor or	nurse th	at they ha	id a sexua	ally			
transmit	ted disea	se (STD)						3.8	7.8	3.1	2.5	No linear change	Not available <sup>§</sup>	No change
QN108:	Percenta	age of stu	idents wł	no descrit	e themse	elves as g	ay or lest	oian or bi	sexual					
								9.2	6.8	8.1	6.2	No linear change	Not available	No change
QN109:	Percenta	age of stu	idents wł	no have e	ver giver	or receiv	ved oral s	ex						
							44.7	59.0	51.7	51.4	46.1	No linear change	Not available	No change
			idents wh	no think t	hat their	health tea	cher has	given the	m the mo	ost inform	nation			
about sa	fe sex pr	actices							22.4	31.3	29.6	No linear change	Not available	No change

# **Delaware High School Survey**

Trend Analysis Report

			Hea	lth Risk	Behavio	r and Per	rcentage	5				Linear Change*	Quadratic Change <sup>*</sup>	<b>Change from</b> 2011-2013 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN111: past 30		age of stu	idents wh	no exercis	ed to lose	e weight	or to keej	o from ga	aining we	ight durii	ng the			
				48.9	55.5	59.8	66.2	67.0	60.9	57.4	64.7	No linear change	No quadratic change	No change
				no ate less ne past 30		wer calor	ies, or fo	ods low i	in fat to lo	ose weigh	nt or to			
				29.8	39.6	39.1	47.2	36.7	41.8	39.0	43.3	No linear change	No quadratic change	No change
QN113:	Percenta	age of stu	idents wh	no had on	e or more	caffeina	ted drink	s yesterd	ay					
									65.1	63.1	55.7	No linear change	Not available <sup>§</sup>	No change
	Percenta	age of stu	idents wł	no would	know wh	ere to ha	ve an HI	V test if t	hey want	ed one do	one			
QN114:								74.5	70.2	58.8	66.2	Decreased, 2007-2013	Not available	No change
QN114:														
	Percenta	age of stu	idents wh	no get eig	ht or mor	e hours o	of sleep of	n average	e school r	night				

# **Delaware High School Survey**

**Trend Analysis Report** 

		Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change <sup>*</sup>	Quadratic Change*	Change from 2011-2013 <sup>†</sup>
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
N117: Perce	ntage of st	1 . 1											
rinking, drug				most like	ely talk to	no one i	f they had	l a persor	nal proble	em with			