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			Hea	lth Risk	Behavio	r and Pei	rcentages	5				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN6: A	mong stu	idents wł	no rode a	bicycle, t	the perce	ntage who	o never o	r rarely w	vore a bic	cycle helr	net			
								74.3	75.4	76.5	74.3	No linear change	Not available [§]	No change
ON7: A		idents wh	no used ro	ollerblade	es or rode	a skateb	oard, the	percentag	ge who n	ever or ra	rely			
	lenet													
	elmet								81.1	81.7	79.8	No linear change	Not available	No change
wore a l		e of stude	nts who r	never or r	arely wo	re a seat l	belt when	riding ir		81.7	79.8	No linear change	Not available	No change
wore a		e of stude	nts who r	never or r	arely wo	re a seat l	belt when	riding ir 5.7		81.7 5.5	79.8 5.5	No linear change No linear change	Not available Not available	No change No change
wore a l QN8: F	ercentage				2	re a seat l		5.7	n a car 7.3	5.5	5.5			

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	nd Violer		Hea	lth Risk	Behavio	r and Per	rcentage	S				Linear Change [*]	Quadratic Change*	Change from 2011-2013 ⁺
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN10:	Percentag	ge of stud	lents who	o ever car	ried a we	apon, suc	h as a gu	ın, knife,	or club	-				
									27.5	22.7	24.6	No linear change	Not available [§]	No change
QN11:	Percentag	ge of stud	lents who	have ev	er been ir	n a physic	al fight							
								65.3	62.2	57.4	55.4	Decreased, 2007-2013	Not available	No change
	Percentag			were ev	er in a ph	ysical fig	ht in whi					Decreased, 2007-2013	Not available	No change
	Percentag by a docto			were ev	er in a ph	ysical fig	ht in whi					Decreased, 2007-2013 Decreased, 2011-2013	Not available Not available	No change
reated		or or nurs	se		_			ch they v	were hurt	and had	to be			
reated	by a docto	or or nurs	se		_			ch they v	were hurt	and had	to be			
N15:	by a docto	or or nurs	se dents who) ever ser	iously the	ought abo	ut killing	g themsel 21.6	were hurt ves 20.8	and had t 7.4 22.5	to be 6.0	Decreased, 2011-2013	Not available	No change

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'otal 'obacco '	Use													
			Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN18: 1	Percentag	ge of stud	dents who	o ever trie	ed cigaret	te smokir	ng, even o	one or tw	o puffs	-	-			
								28.5	25.9	22.5	17.6	Decreased, 2007-2013	Not available [§]	Decreased
										-				
QN19:]	Percentag	ge of stud	dents who	o smoked	l a whole	cigarette	for the fi	rst time b	pefore age	e 11 years	5			
QN19:]	Percentag	ge of stud	dents who	o smoked	l a whole	cigarette	for the fi	rst time b 5.8	efore age 6.8	e 11 years 4.4	3.8	Decreased, 2007-2013	Not available	No change
		-						5.8	0	4.4		Decreased, 2007-2013	Not available	No change
		-						5.8	6.8	4.4		Decreased, 2007-2013 Decreased, 2007-2013	Not available Not available	No change Decreased
QN20:]	Percentag	ge of stuc	dents who	o smoked	l cigarette	es on one	or more o	5.8 of the pas 8.3	6.8 st 30 days	4.4 5.7	3.8	, 		
QN20: 1	Percentag	ge of stuc	dents who	o smoked	l cigarette	es on one	or more o	5.8 of the pas 8.3	6.8 st 30 days 8.4	4.4 5.7	3.8	, 		
QN20:] QNFRC QN21: .	Percentag IG: Perce	ge of stuc	dents who f students who repor	o smoked s who sm rted curre	l cigarette loked ciga	es on one o arettes on	or more of 20 or more e percent	5.8 of the pas 8.3 ore of the 1.9	6.8 st 30 days 8.4 past 30 d	4.4 5.7 lays 1.4	3.8 4.3 0.9	Decreased, 2007-2013	Not available	Decreased

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Total Tobacco	Use		Hea	lth Risk	Behavio	r and Per	centage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN22: A cigarette	Among s s by buy	students w	vho repor in a store	ted curre e or gas s	ent cigare tation du	tte use, the	e percent ast 30 da	age who ys	usually g	ot their o	own			
								10.7	9.3	4.3	6.3	No linear change	Not available [§]	No change
QN23: 1 for 30 da		ge of stud	lents who	ever sm	oked ciga	arettes dai	ly, that is	s, at least	one ciga	rette evei	ry day			
								4.6	5.0	3.1	2.2	Decreased, 2007-2013	Not available	No change
QN24: 1 days	Percenta	ge of stud	lents who	used ch	ewing toł	bacco, snu	ıff, or dir	on one o	or more o	f the past	t 30			
								2.8	3.5	2.1	2.7	No linear change	Not available	No change
QN25: 1 days	Percenta	ge of stuc	lents who	smoked	cigars, c	igarillos, o	or little c	igars on	one or me	ore of the	e past 30			
								4.9	6.4	4.4	4.2	No linear change	Not available	No change
QNANY dip on or	TOB: F ne or mo	Percentagore of the	e of stude past 30 d	ents who ays	smoked o	cigarettes	or cigars	or used	chewing	tobacco,	snuff, or			
								10.1	10.4	7.5	6.4	Decreased, 2007-2013	Not available	No change

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Trend Analysis Report

	and Othe	i Diug (lth Risk	Behavio	r and Pei	rcentage	S				Linear Change [*]	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN26:	Percentag	ge of stud	lents who	ever had	l a drink	of alcoho	l, other tl	nan a few	sips					
								42.1	39.9	34.4	26.8	Decreased, 2007-2013	Not available [§]	Decreased
	D (a of stud	lanta wha	1 1 1 1	C . 1 .		hol otha	n than a f		- f	11			
QN27:	Percentag	ge of stuc	ients who	had thei	r first dri	nk of alco	mor oure	r than a re	ew sips d	erore age	11			
QN27: years	Percentag	ge of stuc	ients who	had thei	r first dri	nk of alco			-	-		Decreased 2007 2013	Notavailable	Decreased
	Percenta	ge of stuc	ients who	had thei	r first dri	nk of alco	mor otne	14.9	15.8	12.5	9.6	Decreased, 2007-2013	Not available	Decreased
years	Percenta								-	-		Decreased, 2007-2013	Not available	Decreased
years									-	-		Decreased, 2007-2013 No linear change	Not available Not available	Decreased No change
years QN28:	Percenta	ge of stuc	lents who) ever use	ed marijua			14.9	15.8	12.5	9.6			
years QN28:	Percenta	ge of stuc	lents who) ever use	ed marijua	ana		14.9	15.8	12.5	9.6			
QN28: QN29:	Percenta; Percenta;	ge of stuc	lents who lents who) ever use) tried ma	d marijua rijuana fo	ana	t time be	14.9 13.7 fore age 2 2.7	15.8 15.3 11 years 3.2	12.5 12.9 2.3	9.6 11.9 2.5	No linear change	Not available	No change

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			Hea	lth Risk	Behavio	r and Pei	centages	8				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
				ever sni	ffed glue	, breathed	the conte	ents of sp	pray cans.	, or inhale	ed any			
	Percentag r sprays to			ever sni	ffed glue	, breathed	the conte	ents of sp	pray cans.	, or inhale 10.1	ed any 7.5	Decreased, 2011-2013	Not available [§]	Decreased
paints o	r sprays t	o get hig	h						pray cans,	10.1	•	Decreased, 2011-2013	Not available [§]	Decreased

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Audi D	ehaviors		Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN34:	Percentag	ge of stud	lents who	ever had	d sexual i	ntercours	e							
-								23.3	22.8	18.8	14.4	Decreased, 2007-2013	Not available [§]	Decreased
N35.	Percentag	e of stud	lents who	had sex	ual interc	ourse for	the first	time befo	ore age 11	vears				
2 1 1 35.	1 creentag			muu sex	uur mitere	04150 101	the mot		ne uge 11	years				
21133.	recentug			, nud sex	uur mere		uio mist	5.8	6.4	4.9	3.9	Decreased, 2007-2013	Not available	No change
	Percentag							5.8	6.4	4.9	3.9	Decreased, 2007-2013	Not available	No change
-								5.8	6.4	4.9	3.9 5.4	Decreased, 2007-2013 Decreased, 2009-2013	Not available Not available	No change No change
QN36: QN37:		ge of stuc	lents who	o ever had	d sexual i	ntercours	e with th	5.8 ree or mo	6.4 ore people 9.1	4.9 2 7.1	5.4	, 		
QN36: QN37:	Percentag	ge of stuc	lents who	o ever had	d sexual i	ntercours	e with th	5.8 ree or mo	6.4 ore people 9.1	4.9 2 7.1	5.4	, 		
2N36: 2N37: exual i	Percentag	ge of stuc tudents v	dents who) ever had	d sexual i al interco	ntercours urse, the	e with th percentaş	5.8 ree or mo ge who us 77.3	6.4 pre people 9.1 sed a cone 71.6	4.9 7.1 dom duri 76.1	5.4 ng last	Decreased, 2009-2013	Not available	No change

Delaware Middle School Survey

`otal Veight N	/Ianagen	nent and	•			r and Pe	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN38:	Percenta	ge of stud	lents who	o describe	ed themse	elves as sl	ightly or	very ove	rweight					
								26.7	25.6	26.9	27.4	No linear change	Not available [§]	No change
QN39:	Percenta	ge of stud	lents who	o were try	ying to lo	se weight		44.8	43.6	46.3	47.3	Increased, 2007-2013	Not available	No change
	Percentagom gainin			o had eve	r gone w	ithout eati	ing for 24	hours of	more to	lose weig	ght or to			
	C	0 0						17.7	16.9	16.4	17.3	No linear change	Not available	No change
	Percentage weight or					iet pills, p	owders, o	or liquids	without	a doctor's	s advice			
								4.6	4.1	4.4	3.7	No linear change	Not available	No change
QN42: gaining		ge of stud	lents who	o had eve	er vomited	l or taken	laxatives	s to lose v	veight or	to keep f	rom			
								4.7	5.5	4.5	5.0	No linear change	Not available	No change

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			Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	D (a of stud	lante who	ata braa	kfast on a	ull of the i	hast sever	1 days						
QN43:	Percentag	ge of stut	ients who	ate orea	kiast on e	in or the j		i duys		47.8	46.3	No linear change	Not available [§]	No change

Delaware Middle School Survey

Trend Analysis Report

Fotal Physical	Activity													
			Hea	lth Risk	Behavio	r and Pei	rcentages	S				Linear Change*	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag of the pa			were ph	ysically a	active for	a total of	f at least	60 minute	es per day	on five			
									50.5	47.9	48.2	No linear change	Not available [§]	No change
ONPA	DAY P	ercentage	of stude	nts who y	vere nhv	sically act	tive for a	total of a	at least 60	minutes	per dav			
				into who v	vere pily.	stearry act					1			
	the past s				vere piry	siculty uct			15.2	11.1	13.2	Decreased, 2009-2013	Not available	Increased
on 0 of QNPA7	the past s	even days	s of stude							11.1	13.2	Decreased, 2009-2013	Not available	Increased
on 0 of QNPA7	The past set by DAY: Pe	even days	s of stude						15.2	11.1	13.2	Decreased, 2009-2013 Decreased, 2009-2013	Not available Not available	Increased
on 0 of QNPA7 on 7 of	the past so DAY: Pe the past so	even days ercentage even days	s of studes s	nts who v	were phys	sically act	tive for a	total of a	15.2 at least 60	11.1 minutes 30.9	13.2 per day 27.3	,		
On 0 of QNPA7 on 7 of	the past so DAY: Pe the past so	even days ercentage even days	s of studes s	nts who v	were phys	sically act	tive for a	total of a	15.2 at least 60 31.5	11.1 minutes 30.9	13.2 per day 27.3	,		
ON 0 of QNPA7 on 7 of QN45: QN46:	DAY: Petthe past so DAY: Petthe past so Percentag	even days ercentage even days ge of stud	s of stude: s lents who	nts who v watched	were phys	sically act	tive for a rs per da games or	total of a by of TV 41.4	15.2 at least 60 31.5 on an ave	11.1 minutes 30.9 rrage scho 41.1	13.2 per day 27.3 pol day 42.2	Decreased, 2009-2013	Not available	Decreased

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		Hea	lth Risk	Behavioi	and Per	rcentages	8				Linear Change [*]	Quadratic Change [*]	Change from 2011-2013 [†]			
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013						
N47: Percentag				physical	educatio	n (PE) cl	asses one	e or more	days in a	n						
N47: Percentag verage week wh				physical	educatio	n (PE) cl			-		No linear change	Not available ⁸	No change			
				physical	educatio	n (PE) cl	asses one 68.1	e or more 66.1	days in a 67.8	n 66.9	No linear change	Not available ⁸	No change			
verage week wh	centage of	vere in sc	chool				68.1	66.1	67.8	66.9	No linear change	Not available ⁸	No change			
verage week wh	centage of	vere in sc	chool				68.1	66.1	67.8	66.9	No linear change No linear change	Not available [§] Not available	No change Decreased			

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1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013	01 2003 2005 2007 2009 2011 2013	2013	2011	2009	2007	2005 200	03 2005	2003	2001	1999	1997	1995	1993	1991

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Trend Analysis Report

Fotal Site-Add	ed		Hea	alth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
					nething to elves on p					wanting t	o die,			
such as	cutting, s	craping,	or ournin	ig themse	lives on p	urpose, u	uning the	past 121	monuis	14.7	12.0	Decreased, 2011-2013	Not available [§]	Decreased
QN55:	Percentag	ge of stud	lents who	o used ma	arijuana d	uring the	past 30 c	lays						
										6.5	5.8	No linear change	Not available	No change
QN56:	Percentag	ge of stud	lents who	o have ev	er exercis	sed to lose	e weight	or to kee	p from ga	ining we	eight			
								70.2	68.9	70.4	72.2	Increased, 2007-2013	Not available	No change
	Percentag or to keep				er eaten l	ess food,	fewer ca	lories, or	foods lov	w in fat to	o lose			
								45.7	45.1	47.4	47.8	No linear change	Not available	No change
QN65:	Percentag	ge of stud	lents who	o had one	e or more	caffeinate	ed drinks	yesterda	у					
										61.0	53.4	Decreased, 2011-2013	Not available	Decreased

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Total Site-Adde	d		Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN67: P	Percentag	ge of stud	lents who	get eight	t or more	e hours of	sleep on	average	school ni	ght				
										56.9	55.3	No linear change	Not available [§]	No change
			lents who	typically	sleep at	home, or	at the ho	ome of fr	iend or re	elative, w	ith their			
parent(s)	or guard	lian(s)								97.8	98.9	Increased, 2011-2013	Not available	Increased
QN69: P	Percentag	ge of stuc	lents who	have phy	ysical dis	sabilities of	or long-te	erm healt	h probler	ns				
										6.9	8.2	No linear change	Not available	No change
QN70: P	Percentag	ge of stud	lents who	have lon	ıg-term e	motional	problems	s or learn	ung disab	oilities				
										7.7	9.2	No linear change	Not available	No change

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			Hea	lth Risk	Behavior	and Per	centage	8				Linear Change*	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
2N6: A	Among stu	idents wl	no rode a	bicycle,	the percer	ntage who	o never o	r rarely v	vore a bic	cycle helr	net			
								77.7	77.8	79.6	76.6	No linear change	Not available [§]	No change
		idents wl	no used ro	ollerblade	es or rode	a skatebo	oard, the	percenta	-		-	Decreed 2000 2012	Net and lebb	Na ahara
wore a h	nelmet				es or rode				84.0	ever or ra 84.6	arely 80.6	Decreased, 2009-2013	Not available	No change
wore a h	nelmet								84.0		-	Decreased, 2009-2013 No linear change	Not available Not available	No change No change
wore a l	Percentage	e of stude	ents who	never or i		re a seat b	belt wher	n riding in 6.8	84.0 n a car 7.1	84.6 5.7	80.6 6.4			
wore a l	Percentage	e of stude	ents who	never or i	rarely wo	re a seat b	belt wher	n riding in 6.8	84.0 n a car 7.1	84.6 5.7	80.6 6.4			
wore a l QN8: P QN9: P	ercentage	e of stude e of stude	ents who ents who	never or n ever rode	rarely wo	re a seat t hriven by	belt wher someone	n riding in 6.8 e who had 28.9	84.0 n a car 7.1 d been dr 29.1	84.6 5.7 inking ald	80.6 6.4	No linear change	Not available	No change

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			Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change [*]	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN11:	Percentag	e of stud	lents who	have ev	er been ir	n a physic	al fight							
								76.6	74.6	68.8	66.3	Decreased, 2007-2013	Not available [§]	No change
	Percentag			were ev	er in a ph	ysical fig	ht in whi	ch they v	vere hurt	and had t	o be			
				were ev	er in a ph	ysical fig	ht in whi	ch they v	vere hurt	and had t 9.0	o be 7.1	No linear change	Not available	No change
reated l	by a docto	or or nurs	e		_	bysical fig						No linear change	Not available	No change
reated l	by a docto	or or nurs	e		_							No linear change Decreased, 2007-2013	Not available Not available	No change Decreased
QN15:	py a docto	or or nurs	e lents who	ever ser	iously the		ut killing	themsel 17.7	ves 15.0	9.0 16.8	7.1			

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			Hea	lth Risk	Behavio	r and Per	centage	5				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN18:	Percentag	e of stud	lents who	ever trie	d cigaret	te smokin	g, even o	one or tw	o puffs					
								27.3	27.2	23.5	16.4	Decreased, 2007-2013	Not available [§]	Decreased
N110	Danaanta	f - 4												
JN19:	Percentag	ge of stuc	lents who	smoked	a whole of	cigarette f	for the fi	rst time b	before age	e 11 years				
<u>2</u> М19:	Percentag	e of stuc	lents who	smoked	a whole of	cigarette f	for the fi	rst time b 5.8	oefore age 7.4	e 11 years 4.9	4.0	Decreased, 2007-2013	Not available	No change
	Percentag							5.8	7.4	4.9		Decreased, 2007-2013	Not available	No change
								5.8	7.4	4.9		Decreased, 2007-2013 Decreased, 2007-2013	Not available Not available	No change Decreased
QN20:		ge of stuc	lents who	smoked	cigarette	s on one o	or more of	5.8 of the pas 7.3	7.4 st 30 days 7.8	4.9 6.0	4.0	, 		
QN20:	Percentag	ge of stuc	lents who	smoked	cigarette	s on one o	or more of	5.8 of the pas 7.3	7.4 st 30 days 7.8	4.9 6.0	4.0	, 		
QN20: QNFRC	Percentag CIG: Perc Percentag	entage of	lents who f students	smoked	cigarette: oked ciga	s on one o	or more of 20 or mo	5.8 of the pas 7.3 ore of the 1.8	7.4 5t 30 days 7.8 7.8 9 past 30 d 2.1	4.9 6.0 lays 1.7	4.0	Decreased, 2007-2013	Not available	Decreased

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			Hea	lth Risk	Behavio	r and Pe	rcentage	8				Linear Change*	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag	ge of stud	lents who	o used che	ewing tob	oacco, snu	uff, or dip	on one o	or more o	f the past	30			
lays								3.4	4.3	3.2	3.8	No linear change	Not available [§]	No change
QN25:	Percentag	ge of stud	lents who	smoked	cigars, ci	garillos,	or little c					No linear change	Not available [§]	No change
days QN25: days	Percentag	ge of stud	lents who	smoked	cigars, ci	garillos,	or little c					No linear change	Not available ⁸ Not available	No change No change
QN25: days QNANY	TOB: P		e of stude	ents who	cigars, ci smoked c			igars on 6 5.9	one or mo 6.3	ore of the 6.0	past 30 4.7			

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Trend Analysis Report

Male Alcohol :	and Othe	r Drug V		alth Risk	Behavio	r and Per	rcentage	S				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN26:	Percenta	ge of stud	dents who	o ever ha	d a drink	of alcoho	l, other tl	nan a few	sips					
	·							41.7	41.9	34.6	26.2	Decreased, 2007-2013	Not available [§]	Decreased
QN27:	Percentag	ge of stud	dents who	o had the	ir first dri	nk of alco	ohol othe	r than a f	ew sips b	efore age	e 11			
years								16.1	18.4	14.0	11.3	Decreased, 2007-2013	Not available	No change
QN28:	Percentag	ge of stud	dents who	o ever use	ed mariju	ana								
	·	-			U			15.1	17.5	16.0	13.0	No linear change	Not available	No change
QN29:	Percentag	ge of stud	dents who	o tried ma	arijuana f	or the firs	t time be	fore age	11 years	-	-			
								3.8	4.4	3.6	3.2	No linear change	Not available	No change
QN30:	Percentag	ge of stud	dents who	o ever use	ed any for	rm of coc	aine, incl	uding po	wder, cra	ick, or fre	ebase			
								3.5	3.5	3.2	2.2	No linear change	Not available	No change

Delaware Middle School Survey

		Hea	alth Risk	Behavio	r and Pe	rcentages	5				Linear Change [*]	Quadratic Change*	Change from 2011-2013 [†]
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
2N31: Percen paints or spray			o ever sni	ffed glue	, breathed	l the cont	ents of sp	pray cans	, or inhale	ed any			
ants of spray	s to get h	ign							9.3	7.2	No linear change	Not available [§]	No change

Delaware Middle School Survey

			Hea	lth Risk	Behavio	r and Per	centage	5				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
N34:	Percentag	e of stud	lents who	ever had	l sexual in	ntercourse	e							
								27.6	27.9	24.0	18.7	Decreased, 2007-2013	Not available [§]	Decreased
N35:	Percentag	e of stud	lante who	had som		f	the first	time befo	re 200 11	Vears				
		,e or stue	ients who	nau sext	ual interc	ourse for	the first		ne age 11	years				
		,e or stat	ients who	nau sexu		ourse for	the first	8.3	9.0	8.3	5.8	Decreased, 2007-2013	Not available	Decreased
-	Percentag							8.3	9.0	8.3	5.8	Decreased, 2007-2013	Not available	Decreased
-								8.3	9.0	8.3	5.8 8.6	Decreased, 2007-2013 Decreased, 2009-2013	Not available Not available	Decreased No change
QN36: QN37:		e of stuc	lents who	ever had	l sexual in	ntercourse	e with th	8.3 ree or mo	9.0 pre people 12.7	8.3	8.6			
0N36:	Percentag	e of stuc	lents who	ever had	l sexual in	ntercourse	e with th	8.3 ree or mo	9.0 pre people 12.7	8.3	8.6			
2N36: 2N37: 2N37: 2N37:	Percentag	ge of stuc tudents v	lents who vho ever l	ever had	l sexual in al interco	ntercourse urse, the J	e with th	8.3 ree or mo ge who us 79.8	9.0 pre people 12.7 sed a cond 76.0	8.3 10.4 dom durin 77.4	8.6 ng last	Decreased, 2009-2013	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

Veight I	Managem	ent and	•			r and Pei	rcentage	S				Linear Change [*]	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN38:	Percentag	ge of stud	lents who	describe	ed themse	elves as sl	ightly or	very ove	rweight					
								24.2	21.8	22.1	24.2	No linear change	Not available [§]	No change
QN39:	Percentag	ge of stud	lents who	were try	ing to lo	se weight		36.1	33.9	36.5	39.2	Increased, 2007-2013	Not available	No change
	Percentag m gainin			had eve	r gone wi	ithout eati	ing for 24	hours of	more to	lose weig	ght or to			
								13.4	12.9	14.0	12.7	No linear change	Not available	No change
	Percentag weight or					iet pills, p	owders,	or liquids	without	a doctor's	s advice			
								3.5	3.1	4.0	3.1	No linear change	Not available	No change
	Percentag weight	ge of stud	lents who	had eve	r vomited	l or taken	laxatives	s to lose v	weight or	to keep f	rom			
								3.4	3.5	3.5	3.0	No linear change	Not available	No change

Delaware Middle School Survey

			Hea	lth Risk	Behavio	r and Per	rcentages	5				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
)N43·	Percentag	ge of stud	lents who	ate brea	kfast on a	all of the j	past sevei	n days		55.1	53.4	No linear change	Not available [§]	No shares
211-3.										55.1	55.4	i to inicar change	Not available	No change

Delaware Middle School Survey

			Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag of the par			were ph	ysically	active for	a total of	f at least	60 minute	es per day	on five			
									56.7	55.1	55.0	No linear change	Not available [§]	No change
	DAY: Petthe past set			nts who v	were phy	sically ac	tive for a	total of a	at least 60	minutes	per day			
011 0 01	ine puse s	oven aay:	,											
									13.5	10.1	11.5	Decreased, 2009-2013	Not available	No change
				nts who v	were phy	sically act	tive for a	total of a				Decreased, 2009-2013	Not available	No change
	DAY: Pethe past set			nts who v	were phy	sically act	tive for a	total of a				Decreased, 2009-2013 No linear change	Not available Not available	No change No change
on 7 of	the past se	even days	\$			sically act			at least 60 38.3	minutes 37.3	per day 33.8			
on 7 of	the past se	even days	\$						at least 60 38.3	minutes 37.3	per day 33.8			
on 7 of QN45: QN46:	Percentag	even days ge of stud	ents who ents who	watched	I three or		irs per da	y of TV 43.7	at least 60 38.3 on an ave 42.6	9 minutes 37.3 rrage scho 41.3	per day 33.8 ool day 43.7	No linear change	Not available	No change

Delaware Middle School Survey

			Hea	lth Risk]	Behavior	and Per	centages	5				Linear Change [*]	Quadratic Change*	Change from 2011-2013 [†]
1991 1	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
				attended	physical	educatio	n (PE) cl	asses one	or more	days in a	n			
					physical	educatio	n (PE) cl			-		No linear change	Not available [§]	No change
					physical	educatio	n (PE) cl	asses one 71.3	or more 68.8	days in a 70.4	n 69.1	No linear change	Not available [§]	No change
verage we	eek whe	en they v	vere in sc	hool				71.3	68.8	70.4	69.1	No linear change	Not available [§]	No change
2N47: Per verage we 2NDLYPE veek when	eek whe	en they v	vere in sc	hool				71.3	68.8	70.4	69.1	No linear change	Not available ⁸ Not available	No change Decreased

Delaware Middle School Survey

Trend Analysis Report

Male Other			Hea	lth Risk	Behavio	r and Per	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN50:	Percenta	ge of stuc	lents who	had eve	r been tol	d by a do	ctor or n	urse that 20.6	they had 25.0	asthma 26.4	27.5	Increased, 2007-2013	Not available [§]	No change

Delaware Middle School Survey

Male Site-Add	ed		Нег	alth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	-		
					nething to elves on p					wanting t	o die,			
such as	cutting, s	craping,	or burnin	ig memse	erves on p	urpose, u	uring the	past 121	monuns	9.5	6.6	Decreased, 2011-2013	Not available [§]	Decreased
QN55:	Percentag	ge of stud	lents who	o used ma	arijuana d	luring the	past 30 d	lays	-					
										8.5	6.7	No linear change	Not available	No change
QN56:	Percentag	ge of stud	lents who	o have ev	ver exercis	sed to los	e weight	or to kee	p from ga	ining we	eight			
								68.3	65.0	67.3	68.6	No linear change	Not available	No change
	Percentag or to keep				ver eaten l	ess food,	fewer ca	lories, or	foods lov	w in fat to	o lose			
								37.2	37.5	41.4	40.7	Increased, 2007-2013	Not available	No change
QN65:	Percentag	ge of stud	lents who	o had one	e or more	caffeinate	ed drinks	yesterda	у	-				
										62.0	52.9	Decreased, 2011-2013	Not available	Decreased

Delaware Middle School Survey

Trend Analysis Report

1ale ite-Adde	ed		Hea	lth Risk	Behavio	r and Pei	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN67: I	Percentag	ge of stud	lents who	get eight	t or more	e hours of	sleep on	average	school ni	ght				
										59.4	58.0	No linear change	Not available [§]	No change
			lents who	typically	sleep at	home, or	r at the ho	ome of fr	iend or re	elative, wi	ith their			
parent(s)) or guard	dian(s)								97.0	98.8	Increased, 2011-2013	Not available	Increased
QN69: I	Percentag	ge of stud	lents who	have phy	ysical dis	sabilities of	or long-te	erm healt	h probler	ns				
-							C			7.2	7.5	No linear change	Not available	No change
QN70: I	Percentag	ge of stuc	lents who	have lon	ıg-term e	motional	problems	s or learn	ing disab	oilities				
										7.7	8.3	No linear change	Not available	No change

Delaware Middle School Survey

			Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
2N6: A	Among stu	idents wl	no rode a	bicycle,	the percer	ntage who	o never o	r rarely w	vore a bic	ycle helr	net			
								70.2	72.3	73.1	71.9	No linear change	Not available [§]	No change
		idents wł	no used re	ollerblade	es or rode	a skatebo	oard, the	percentag	-		-			
wore a h	nelmet				es or rode			-	77.7	ever or ra 78.5	nrely 79.2	No linear change	Not available	No change
wore a l	nelmet							-	77.7		-	No linear change No linear change	Not available Not available	No change No change
wore a l	Percentage	e of stude	ents who	never or n		re a seat b	pelt when	n riding ir 4.4	77.7 n a car 6.9	78.5 5.2	79.2 4.4			
wore a l	Percentage	e of stude	ents who	never or n	rarely wo	re a seat b	pelt when	n riding ir 4.4	77.7 n a car 6.9	78.5 5.2	79.2 4.4			
wore a l QN8: P QN9: P	ercentage	e of stude e of stude	ents who ents who	never or r	rarely wo	re a seat t driven by	belt when	riding ir 4.4 e who hac 29.5	77.7 n a car 6.9 d been dri 30.8	78.5 5.2	79.2 4.4 cohol	No linear change	Not available	No change

Delaware Middle School Survey

			Hea	lth Risk	Behavio	r and Pei	centages	5				Linear Change*	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN11:	Percentag	ge of stud	ents who	have eve	er been ir	n a physic	al fight							
								53.0	48.7	45.0	43.6	Decreased, 2007-2013	Not available [§]	No change
				were ev	er in a ph	iysical fig	ht in whi	ch they v	vere hurt	and had t	o be			
	Percentag by a docto			were eve	er in a ph	nysical fig	ht in whi	ch they v	vere hurt	and had t 5.7	o be 4.7	No linear change	Not available	No change
reated l	by a docto	or or nurs	e		-	nysical fig		-				No linear change	Not available	No change
treated b	by a docto	or or nurs	e		-			-				No linear change Decreased, 2007-2013	Not available Not available	No change Decreased
QN15:	py a docto	or or nurs	e ents who	ever ser	iously the		ut killing	themsel 25.6	ves 26.5	5.7 28.2	4.7			

Delaware Middle School Survey

			Hea	lth Risk	Behavio	r and Pei	rcentage	S				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN18: 1	Percentag	e of stud	lents who	o ever trie	ed cigaret	te smokir	ng, even o	one or tw	o puffs	-				
								29.6	24.4	21.7	18.9	Decreased, 2007-2013	Not available [§]	No change
)N19: 1	Percentag	e of stud	lents who	smoked	a whole	cigarette	for the fi	rst time b	efore age	11 years				
N19 : 1	Percentag	ge of stud	lents who	smoked	a whole	cigarette	for the fi	rst time b 5.7	efore age 5.4	e 11 years 3.8	3.5	Decreased, 2007-2013	Not available	No change
						-		5.7	5.4	3.8			Not available	No change
						-		5.7		3.8			Not available Not available	No change No change
2N20: 1	Percentag	ge of stuc	lents who) smoked	cigarette	s on one o	or more o	5.7 of the pas 9.3	5.4 tt 30 days 8.3	3.8 5.5	3.5	Decreased, 2007-2013		
2N20: 1	Percentag	ge of stuc	lents who) smoked	cigarette	s on one o	or more o	5.7 of the pas 9.3	5.4	3.8 5.5	3.5	Decreased, 2007-2013		
2N20: 1	Percentag IG: Perc	e of stud	dents who	s smoked s who sm	cigarette oked ciga	s on one o arettes on	or more of 20 or mo	5.7 of the pas 9.3 ore of the 2.0	5.4 it 30 days 8.3 past 30 d	3.8 5.5 lays 1.1	3.5 4.5 0.7	Decreased, 2007-2013 Decreased, 2007-2013	Not available	No change

Delaware Middle School Survey

			Hea	lth Risk	Behavio	r and Per	rcentage	8				Linear Change*	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag	ge of stud	lents who	o used che	ewing tob	eacco, snu	uff, or dip	on one o	or more o	f the past	30			
lays								1.9	2.1	1.1	1.3	No linear change	Not available [§]	No change
QN25:	Percentag	ge of stud	lents who	smoked	cigars, ci	garillos,	or little c					No linear change	Not available ⁸	No change
days QN25: 1 days	Percentag	ge of stud	lents who) smoked	cigars, ci	garillos,	or little c					No linear change No linear change	Not available ⁸ Not available	No change No change
QN25: days QNANY	TOB: P		e of stude	ents who	cigars, ci smoked c			igars on o 3.7	one or mo	ore of the 2.8	past 30 3.4			

Delaware Middle School Survey

Female Alcohol :	and Othe	r Drug (lth Risk	Behavio	r and Pe	rcentage	8				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN26:	Percentag	ge of stud	lents who	o ever ha	d a drink	of alcoho	l, other tl	nan a few	sips					
								42.5	37.4	34.6	27.4	Decreased, 2007-2013	Not available [§]	Decreased
QN27:	Percentag	ge of stud	lents who	had the	ir first dri	nk of alco	ohol othe	r than a f	ew sips b	efore age	e 11			
years								13.7	12.2	11.3	7.9	Decreased, 2007-2013	Not available	Decreased
QN28:	Percentag	ge of stud	lents who	o ever use	ed mariju	ana	-	-						
								12.0	12.6	10.0	10.4	No linear change	Not available	No change
QN29:	Percentag	ge of stud	lents who	tried ma	arijuana f	or the firs	t time be	fore age	11 years					
								1.5	1.4	1.0	1.5	No linear change	Not available	No change
QN30:	Percentag	ge of stud	lents who	o ever use	ed any fo	rm of coc	aine, incl	uding po	wder, cra	ick, or fre	ebase			
								2.1	4.4	1.6	1.2	Decreased, 2007-2013	Not available	No change

Delaware Middle School Survey

												2011-2013 [†]
93 199	95 1997	1999	2001	2003	2005	2007	2009	2011	2013			
		no ever sn	iffed glue	e, breathed	l the cont	ents of sp	pray cans	, or inhale	ed any			
lys to get	IIIgii							11.0	7.7	Decreased, 2011-2013	Not available [§]	Decreased
ŗ	ys to get	ys to get high	11.0 7.7	ys to get high 11.0 7.7 Decreased, 2011-2013	ys to get high 11.0 7.7 Decreased, 2011-2013 Not available ⁸							

Delaware Middle School Survey

Trend Analysis Report

			Hea	lth Risk	Behavio	r and Per	centage	5				Linear Change*	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
N34:	Percentag	e of stud	lents who	ever had	l sexual i	ntercourse	e							
	_							18.8	17.1	13.6	9.5	Decreased, 2007-2013	Not available [§]	Decreased
N35:	Percentag	e of stud	lents who	had sex	ual interc	ourse for	the first	ime befo	re age 11	years				
								3.0	3.1	1.3	1.7	Decreased, 2007-2013	Not available	No change
														-
2N36:	Percentag	e of stud	lents who	ever had	l sexual i	ntercourse	e with th	ree or mo	ore people	;				
2N36:	Percentag	e of stud	lents who	ever had	l sexual i	ntercourse	e with th	ree or mo	ore people 4.9	3.7	1.8	Decreased, 2009-2013	Not available	Decreased
QN37:	Percentag Among st	udents v							4.9	3.7		Decreased, 2009-2013	Not available	Decreased
2N37:	Among s	udents v							4.9	3.7		Decreased, 2009-2013 No linear change	Not available Not available	Decreased
QN37: exual i	Among s	udents v	vho ever l	had sexua	al interco	urse, the J	percentag	ge who us 75.2	4.9 sed a cond 67.2	3.7 dom durin 74.8	ng last			

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Trend Analysis Report

			Hea	alth Risk	Behavio	r and Pe	rcentage	S				Linear Change [*]	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN38:	Percentag	ge of stuc	lents who	o describe	ed themse	lves as sl	lightly or	very ove	rweight					
								29.5	29.4	31.9	30.5	No linear change	Not available [§]	No change
QN39:	Percentag	ge of stuc	lents who	o were try	ving to los	se weight		-	-	-				
								54.0	53.4	56.4	55.8	No linear change	Not available	No change
	Percentag			o had eve	r gone wi	thout eat	ing for 24	4 hours of	r more to	lose weig	ght or to			
								22.4	21.0	18.8	22.1	No linear change	Not available	Increased
QN41: to lose	Percentag weight or	ge of stuc to keep f	lents who from gain	o had eve	r taken di ht	et pills, p	owders,	or liquids	s without	a doctor's	s advice			
								5.8	4.8	4.6	4.1	No linear change	Not available	No change
	Percentag weight	ge of stud	lents who	o had eve	r vomited	l or taken	laxatives	s to lose v	weight or	to keep f	rom			
									7.3	5.4	6.8	No linear change	Not available	No change

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			Hea	lth Risk	Behavio	r and Pei	centages	5				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
)N43:	Percentag	ge of stud	lents who	ate brea	kfast on a	ll of the j	past sever	n days		40.5	39.0	No linear change	Not available ⁸	No change
-										10.5	57.0	1 to minut change	Tot available	No change

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			Hea	lth Risk	Behavio	r and Pei	centages	5				Linear Change*	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag of the pa			were ph	ysically a	active for	a total of	at least of	60 minute	es per day	on five			
									43.8	40.4	40.6	No linear change	Not available [§]	No change
			of stude	nts who v	were phys	sically act	ive for a	total of a	at least 60	minutes	per day			
on 0 of t	the past so	even days	5		r j	5								
on 0 of a	the past so	even days	5			2			16.3	12.1	15.1	No linear change	Not available	Increased
		ercentage	of stude	nts who		sically act		total of a				No linear change	Not available	Increased
QNPA7	DAY: Pe	ercentage	of stude	nts who v				total of a				No linear change No linear change	Not available Not available	Increased
QNPA7 on 7 of t	DAY: Pethe past se	ercentage even days	of studes		were phys		ive for a		at least 60 23.9	minutes 24.2	per day 19.7			
QNPA7 on 7 of t	DAY: Pethe past se	ercentage even days	of studes		were phys	sically act	ive for a		at least 60 23.9	minutes 24.2	per day 19.7			
QNPA7 on 7 of t QN45:	DAY: Petcentag	ercentage even days ge of stud ge of stud	of studes	watched	were physel three or	sically act	ive for a rs per da games or	y of TV 39.2 used a c	at least 60 23.9 on an ave 40.8	24.2 rage scho 41.0	per day 19.7 ool day 40.9	No linear change	Not available	Decreased

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			Hea	lth Risk	Behavio	and Per	centages	5				Linear Change [*]	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
				attended	physical	educatio	n (PE) cl	asses one	e or more	days in a	n			
			lents who were in sc		physical	educatio	n (PE) cl			-		No linear change	Not available [§]	No change
					physical	educatio	n (PE) cl	asses one 65.0	e or more 64.0	days in a 65.6	n 63.8	No linear change	Not available ⁸	No change
Verage w	veek who PE: Perc	en they v	vere in sc					65.0	64.0	65.6	63.8	No linear change	Not available [§]	No change
werage w	veek who PE: Perc	en they v	vere in sc	hool				65.0	64.0	65.6	63.8	No linear change No linear change	Not available ⁸ Not available	No change Decreased

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Female Other			Hea	lth Risk	Behavio	r and Pei	rcentage	8				Linear Change*	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN50:	Percenta	ge of stuc	lents who	had eve	r been tol	d by a do	ctor or n	urse that 20.9	they had 22.2	asthma 25.2	25.2	Increased, 2007-2013	Not available [§]	No change

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emale ite-Add	ed		Hea	llth Risk	Behavio	r and Pe	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN53: such as	Percentag cutting, se	ge of stuc	lents who or burnin	o did som g themse	ething to lves on p	purposel	y hurt the uring the	emselves past 12 i	without wonths	wanting t	o die,			
		<u>-</u> F <u>8</u> ,		8	F			F		20.0	17.8	No linear change	Not available [§]	No change
QN55:	Percentag	ge of stud	lents who	o used ma	irijuana d	uring the	past 30 c	lays		4.7	4.8	No linear change	Not available	No change
QN56:	Percentag	ge of stud	lents who	o have eve	er exercis	ed to lose	e weight	or to kee 72.3	p from ga 73.3	uning we 73.8	ight 76.1	Increased, 2007-2013	Not available	No change
	Percentag or to keep				er eaten le	ess food,	fewer ca	lories, or	foods lov	w in fat to	o lose			
								54.8	53.3	53.2	54.7	No linear change	Not available	No change
QN65:	Percentag	ge of stud	lents who	had one	or more	caffeinate	ed drinks	yesterda	у	60.4	54.2	Decreased, 2011-2013	Not available	Decreased

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ite-Add	ed		Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change*	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN67:	Percentag	e of stud	lents who	get eigh	t or more	e hours of	sleep on	average s	school ni	ght				
										54.7	52.4	No linear change	Not available [§]	No change
0.140	Dorcontor	e of stud		4 11-	z sloop at	home or	at the ho	me of fri	iend or re	lativa w	41-41			
QN68: .	reicemag		ients who	typically	y sieep ai	nome, or	at the no		icitu of it	allive, wi	th their			
) or guard		ients who	typically	y sieep at	nome, or	at the no					No linear change	Not available	No change
			ients who	typically	y sleep at	nome, or				98.7	99.1	No linear change	Not available	No change
parent(s)) or guard	lian(s)				sabilities of				98.7		No linear change	Not available	No change
) or guard	lian(s)								98.7		No linear change No linear change	Not available Not available	No change No change
parent(s QN69:) or guard	lian(s) ge of stud	lents who	have ph	ysical dis		or long-te	rm health	h problen	98.7 ns 6.5	99.1			

Delaware Middle School Survey

Trend Analysis Report

Vhite* njury a	nd Violer	nce	Hea	lth Risk	Behavior	and Per	centage	S				Linear Change [†]	Quadratic Change †	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN6: A	Among stu	udents wl	no rode a	bicycle,	the percer	ntage who	o never o	r rarely w	vore a bic	cycle helr	net			
								63.7	66.0	67.0	62.8	No linear change	Not available [¶]	No change
	Among stu helmet	udents wl	no used ro	ollerblade	es or rode	a skatebo	oard, the	percentaș	ge who n	ever or ra	rely			
wore a									74.4	ever or ra 76.4	rrely 72.9	No linear change	Not available	No change
wore a	helmet								74.4		-	No linear change No linear change	Not available Not available	No change No change
wore a QN8: I	helmet	e of stude	ents who	never or t	rarely wor	re a seat b	belt wher	n riding ir 3.4	74.4 n a car 4.1	76.4 3.3	72.9 2.4			
wore a QN8: I	helmet	e of stude	ents who	never or t	rarely wor	re a seat b	belt wher	n riding ir 3.4	74.4 n a car 4.1	76.4 3.3	72.9 2.4			
wore a QN8: I QN9: I	helmet	e of stude e of stude	ents who i	never or r	rarely wor	re a seat t Iriven by	belt wher someone	n riding ir 3.4 e who hac 30.5	74.4 n a car 4.1 d been dri 29.1	76.4 3.3 inking ald	72.9 2.4	No linear change	Not available	No change

Delaware Middle School Survey

- •	nd Violer		Hea	lth Risk	Behavio	or and Pe	rcentage	5				Linear Change †	Quadratic Change †	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN11:	Percentag	ge of stuc	lents who	have eve	er been in	n a physic	al fight							
								56.2	54.2	46.0	44.2	Decreased, 2007-2013	Not available [¶]	No change
QN12: treated	Percentag	ge of stuc or or nurs	lents who	were ev	er in a ph	nysical fig	ht in whi	ch they w	vere hurt	and had	to be			
QN12: treated	Percentag by a docto	ge of stuc or or nurs	lents who se	were ev	er in a pł	nysical fig	ht in whi	ch they v	vere hurt	and had t 6.7	to be 4.7	No linear change	Not available	No change
treated	by a docto	or or nurs	se			nysical fig						No linear change	Not available	No change
treated	by a docto	or or nurs	se									No linear change	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

White* Fobacco	Use		Hea	lth Risk	Behavio	r and Per	rcentage	s				Linear Change [†]	Quadratic Change ⁺	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN18:	Percentag	ge of stud	lents who	ever trie	ed cigaret	te smokir	ng, even	one or tw	o puffs					
-		-			U			25.7	23.5	20.5	16.0	Decreased, 2007-2013	Not available [¶]	Decreased
QN19:	Percentag	ge of stud	lents who	smoked	a whole	cigarette	for the fi	rst time b	efore age	e 11 years				
								5.1	5.0	4.0	3.0	Decreased, 2007-2013	Not available	No change
QN20:	Percentag	ge of stud	lents who	smoked	cigarette	s on one	or more of	of the pas	t 30 days					
								9.5	8.2	6.0	3.3	Decreased, 2007-2013	Not available	Decreased
QNFRC	CIG: Perc	entage of	fstudents	who sm	oked ciga	arettes on	20 or mo	ore of the	past 30 d	lays				
								2.0	2.5	1.8	0.5	Decreased, 2007-2013	Not available	Decreased
ON22.	Percentag	ge of stud	lents who	ever sm	oked ciga	arettes dai	ily, that i	s, at least	one ciga	rette ever	y day			
for 30 d	lays				0		•							

Delaware Middle School Survey

			Hea	lth Risk	Behavio	r and Pei	rcentage	5				Linear Change †	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag	ge of stud	ents who	used che	ewing tob	oacco, snu	ıff, or dip	on one o	or more o	f the past	: 30			
lavs														
lays								3.0	3.2	3.0	2.7	No linear change	Not available [¶]	No change
QN25:	Percenta	ge of stud	ents who	smoked	cigars, ci	igarillos,	or little c					No linear change	Not available [¶]	No change
QN25:	Percentag	ge of stud	ents who	smoked	cigars, ci	igarillos,	or little c					No linear change Decreased, 2007-2013	Not available [¶] Not available	No change Decreased
days QNAN	TOB: F	_	e of stude	ents who	_	igarillos,		igars on o 3.6	one or mo 4.7	ore of the 3.6	past 30 2.0			

Delaware Middle School Survey

Trend Analysis Report

	and Othe	8		alth Risk	Behavio	r and Pei	rcentage	s				Linear Change †	Quadratic Change †	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN26:	Percentag	ge of stud	lents who	o ever ha	d a drink	of alcoho	l, other tl	han a few	sips					
								40.0	36.3	30.5	25.0	Decreased, 2007-2013	Not available [¶]	Decreased
QN27: years	Percentag	ge of stud	lents who	o had the	ir first dri	nk of alco	ohol othe	r than a f	ew sips b	efore age	e 11			
-								14.4	13.4	10.7	8.3	Decreased, 2007-2013	Not available	Decreased
-	Percentag	ge of stud	lents who	o ever use	ed mariju	ana		14.4	13.4	10.7	8.3	Decreased, 2007-2013 No linear change	Not available Not available	Decreased No change
QN28:					ed marijua		t time be	11.0	13.7					
QN28:					_		t time be	11.0	13.7					
QN28: QN29:	Percentag	ge of stud	dents who	o tried ma	_	or the firs		11.0 fore age 1.9	13.7 11 years 1.6	11.0	8.5	No linear change	Not available	No change

Delaware Middle School Survey

			Hea	lth Risk	Behavio	r and Pei	centages	5				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	D (f - 4 J			CC 1 1	1	41	ants of an		: 1 1	1			
				ever sni	fied glue	, breathed	the cont	ents of sp	oray cans,	or innale	ed any			
QN31: paints o	Percentag r sprays to			ever sni	fred glue	, breathed	the cont	ents of sp	oray cans,	9.4	6.4	Decreased, 2011-2013	Not available [¶]	Decreased
baints o	r sprays to	o get higl	n			pills or sl			<u> </u>	9.4	2	Decreased, 2011-2013	Not available [¶]	Decreased

Delaware Middle School Survey

Trend Analysis Report

	ehaviors		Hea	lth Risk	Behavio	or and Per	rcentage	s				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN34:	Percentag	ge of stud	lents who	o ever ha	d sexual i	intercours	e							
								14.7	15.7	11.9	8.6	Decreased, 2007-2013	Not available¶	Decreased
QN35:	Percentag	ge of stud	lents who	had sex	ual interc	course for	the first	time befo	ore age 11	years				
								2.5	3.3	2.6	1.7	No linear change	Not available	No change
												i to inicui chunge	1,000 @, 0110010	No enange
QN36:	Percentag	ge of stud	lents who	ever ha	d sexual i	intercours	e with th	ree or mo	ore people					
QN36:	Percentag	ge of stud	lents who	ever ha	d sexual i	intercours	e with th	ree or mo	ore people 5.8		2.4	Decreased, 2009-2013	Not available	Decreased
QN37:		tudents v				intercourse			5.8	e 4.1	2.4			
QN37:	Among s	tudents v							5.8	e 4.1	2.4			
QN37: exual i	Among si ntercourse	tudents v	/ho ever l	had sexu	al interco		percenta	ge who us 78.0	5.8 sed a con 74.9	e 4.1 dom duri 75.9	2.4 ng last	Decreased, 2009-2013	Not available	Decreased

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Trend Analysis Report

			Hea	lth Risk	Behavio	r and Pei	rcentage	5				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN38:	Percentag	ge of stuc	lents who	o describe	ed themse	lves as sl	ightly or	very ove	rweight					
								28.9	27.0	27.6	30.1	No linear change	Not available [¶]	No change
QN39:	Percentag	ge of stud	lents who	o were try	ving to los	se weight		48.4	44.0	45.8	48.6	No linear change	Not available	No change
QN40: keep fro	Percentagom gainin	ge of stud g weight	lents who	b had eve	r gone wi	thout eati	ing for 24	hours of	r more to	lose weig	ght or to			
								18.1	15.9	13.2	15.0	Decreased, 2007-2013	Not available	No change
QN41: to lose	Percentag weight or	ge of stuc to keep f	lents who from gain	o had even ing weig	r taken di ht	et pills, p	owders, o	or liquids	without	a doctor's	s advice			
								4.6	4.2	3.9	3.0	No linear change	Not available	No change
	Percentag weight	ge of stuc	lents who	o had eve	r vomited	or taken	laxatives	to lose v	weight or	to keep f	rom			
								5.1	5.0	3.4	3.8	No linear change	Not available	No change

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			Hea	lth Risk	Behavio	r and Per	rcentages	5				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN43:	Percentag	ge of stuc	lents who	o ate brea	kfast on a	all of the p	past sever	n days		52.2	49.4	No linear change	Not available [¶]	No change

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Trend Analysis Report

			Hea	lth Risk	Behavio	r and Pe	rcentage	8				Linear Change †	Quadratic Change †	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag of the pa			were ph	sically a	active for	a total of	f at least	60 minute	es per day	on five			
									57.9	51.4	54.8	No linear change	Not available [¶]	No change
	the past s				1.5	-			at least 60					
	DAY: Petthe past set			nts who	were phy	sically ac	tive for a	total of a	9.2 at least 60	8.0 minutes	8.8 per day	No linear change	Not available	No change
				nts who	were phy	sically ac	tive for a	total of a				No linear change Decreased, 2009-2013	Not available	No change Decreased
on 7 of	the past s	even days	5						at least 60	minutes 33.3	per day 29.3			
on 7 of	the past s	even days	5						at least 60 35.3	minutes 33.3	per day 29.3			
on 7 of 1 QN45: QN46:	Percentag	even days ge of stud ge of stud	ents who	watched	l three or	more hot	urs per da	y of TV 29.3	at least 60 35.3 on an ave	minutes 33.3 rage scho 31.1	per day 29.3 pol day 31.2	Decreased, 2009-2013	Not available	Decreased

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			Hea	lth Risk	Behavior	and Per	centages	8				Linear Change [†]	Quadratic Change †	Change from 2011-2013 [§]
1991 19	993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
					l physical	educatio	n (PE) cl	asses one	e or more	days in a	n			
					l physical	educatio	n (PE) cl					No linear change	Not available [¶]	No change
					l physical	educatio	n (PE) cl	asses one 67.4	e or more 67.8	days in a 67.7	an 65.5	No linear change	Not available [¶]	No change
NDLYPE:	ek whe	en they w	rere in sc	hool				67.4	67.8	67.7	65.5	No linear change	Not available [¶]	No change
20047: Perce verage wee 2000 2000 2000 2000 2000 2000 2000 2	ek whe	en they w	rere in sc	hool				67.4	67.8	67.7	65.5	No linear change No linear change	Not available [¶] Not available	No change Decreased

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White* Other			Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN50:	Percenta	ge of stud	lents who	had eve	r been to	ld by a do	octor or n	urse that 18.1	they had 20.7	asthma 22.9	23.1	Increased, 2007-2013	Not available [¶]	No change

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Trend Analysis Report

White* Site-Add	ed		Hea	alth Risk	Behavior	r and Per	rcentage	S				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
					nething to elves on pr					wanting t	o die,			
such as	cutting, s	scraping,	or burnin	ig themse	erves on p	urpose, u	uning the	past 12	monuis	13.7	12.2	No linear change	Not available [¶]	No change
QN55:	Percenta	ge of stuc	lents who	o used ma	arijuana d	uring the	past 30 c	lays						
										5.7	3.5	Decreased, 2011-2013	Not available	Decreased
QN56:	Percenta	ge of stud	lents who	o have ev	er exercis	ed to lose	e weight	or to kee	p from ga	ining we	eight			
								72.3	71.8	70.6	71.9	No linear change	Not available	No change
QN57: weight	Percenta or to keep	ge of stuc o from ga	lents who	o have ev ight	er eaten le	ess food,	fewer cal	lories, or	foods lov	w in fat to	o lose			
								49.0	44.8	47.3	49.0	No linear change	Not available	No change
QN65:	Percenta	ge of stud	lents who	o had one	e or more of	caffeinate	ed drinks	yesterda	У		7 0 C			5
										63.5	59.0	Decreased, 2011-2013	Not available	Decreased

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Vhite* ite-Addo	ed		Hea	lth Risk	Behavio	or and Per	centage	5				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN67: 1	Percentag	ge of stud	lents who) get eigh	t or more	e hours of	sleep on	average	school ni	ght				
										58.6	56.9	No linear change	Not available [¶]	No change
			lents who) typically	y sleep at	t home, or	at the ho	ome of fri	iend or re	elative, w	ith their			
parent(s)) or guard	lian(s)								98.2	99.5	Increased, 2011-2013	Not available	Increased
QN69:	Percentag	ge of stud	lents who	have ph	ysical dis	sabilities o	or long-te	rm healt	h problen	ns				
										7.1	8.6	No linear change	Not available	No change
ON70	Percentag	ge of stuc	lents who	have lor	ıg-term e	emotional	problems	s or learn	ing disab	oilities				
Q11/01														

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Trend Analysis Report

- J J J J J J J J	nd Violer		Hea	lth Risk	Behavio	r and Per	centage	S				Linear Change †	Quadratic Change †	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN6: A	Among stu	idents wl	ho rode a	bicycle,	the percer	ntage who	o never o	r rarely v	vore a bic	cycle helr	net			
								89.6	89.6	85.5	86.7	No linear change	Not available [¶]	No change
		idents wl	ho used re	ollerblade	es or rode	a skatebo	pard, the	percenta	-		-			
wore a									91.1	88.6	87.2	No linear change	Not available	No change
wore a	helmet								91.1		-	No linear change No linear change	Not available Not available	No change No change
wore a l QN8: F	helmet	e of stude	ents who	never or 1	rarely wo	re a seat l	pelt wher	n riding in 7.4	91.1 n a car 10.1	88.6 6.5	87.2			
wore a l QN8: F	helmet Percentage	e of stude	ents who	never or 1	rarely wo	re a seat l	pelt wher	n riding in 7.4	91.1 n a car 10.1	88.6 6.5	87.2			
Wore a D QN8: F QN9: F	helmet Percentage	e of stude e of stude	ents who	never or n ever rode	rarely wo	re a seat l driven by	belt wher someone	n riding in 7.4 e who had 27.9	91.1 n a car 10.1 d been dri 29.0	88.6 6.5 inking ald	87.2 8.7 cohol	No linear change	Not available	No change

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ijui y a	nd Violer		Hea	lth Risk	Behavio	r and Pe	rcentages	5				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN11:	Percentag	ge of stud	lents who	have eve	er been ir	n a physic	al fight							
								80.9	77.6	71.9	71.5	Decreased, 2007-2013	Not available [¶]	No change
QN12: treated	Percentag	ge of stuc or or nurs	lents who	were ev	er in a ph	nysical fig	ht in whi	ch they v	vere hurt	and had	to be			
QN12: treated	Percentag by a docto	ge of stuc or or nurs	lents who se	were eve	er in a ph	nysical fig	ht in whi	ch they v	vere hurt	and had 6.8	to be 6.7	No linear change	Not available	No change
treated	by a docto	or or nurs	se			nysical fig ought abo		-				No linear change	Not available	No change
treated	by a docto	or or nurs	se					-				No linear change Decreased, 2007-2013	Not available Not available	No change Decreased
QN15:	oy a docto Percentag	or or nurs	e lents who) ever ser	iously the		out killing	themsel 21.9	ves 21.3	6.8 22.3	6.7			

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Black* Fobacco	Use		Hea	lth Risk	Behavio	r and Per	rcentage	s				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN18:	Percentag	ge of stud	lents who	o ever trie	ed cigaret	te smokir	ng, even o	one or tw	o puffs					
		-			C			33.4	29.4	22.6	17.2	Decreased, 2007-2013	Not available [¶]	Decreased
QN19:	Percentag	ge of stud	lents who	smoked	a whole	cigarette	for the fi	rst time b	efore age	e 11 years	5			
								6.1	8.2	4.4	3.8	Decreased, 2007-2013	Not available	No change
QN20:	Percentag	ge of stud	lents who	smoked	cigarette	s on one	or more o	of the pas	t 30 days					
								6.8	7.9	3.8	2.7	Decreased, 2007-2013	Not available	No change
ONIEDC	IG: Perc	entage of	f students	whosm	okad cigo	mattas on	20	and of the		1				
QNFRC	10. TUIC	entage of	Brudent	s who shi	okeu eiga	irelies on	20 or mo	ne or me	past 50 c	iays				
QNFRC	.io. i eie	entage of	student	s who shi	okeu eiga	arettes on	20 or mo	1.1	1.2	0.1	0.4	No linear change	Not available	No change
-	Percentag					arettes dai		1.1	1.2	0.1		No linear change	Not available	No change

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			Hea	llth Risk	Behavio	r and Pe	rcentage	8				Linear Change ^{\dagger}	Quadratic Change ^{\dagger}	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag	ge of stud	lents who	o used che	ewing tob	bacco, sni	uff, or dip	on one o	or more o	f the past	: 30			
lays								1.6	2.7	0.5	1.8	No linear change	Not available [¶]	Increased
QN25: 1	Percentag	ge of stud	lents who	o smoked	cigars, c	igarillos,	or little c					No linear change	Not available¶	Increased
days QN25: 1 days	Percenta	ge of stud	lents who	o smoked	cigars, c	igarillos,	or little c					No linear change No linear change	Not available [¶]	Increased No change
QN25: 1 lays QNANY	TOB: P	_	e of stude	ents who		igarillos,		igars on 6.3	one or mo 7.8	ore of the 3.2	past 30 4.8			

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			Hea	lth Risk	Behavio	r and Per	centage	5				Linear Change †	Quadratic Change †	Change from 2011-2013 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN26:	Percentag	ge of stud	lents who	ever had	d a drink	of alcoho	l, other tl	nan a few	sips					
								45.8	44.1	33.6	26.6	Decreased, 2007-2013	Not available [¶]	Decreased
	Percentag	ge of stud	lents who	had thei	ir first dri	nk of alco	hol othe	r than a f	ew sips b	efore age	e 11			
years														
								14.9	17.2	13.3	8.4	Decreased, 2007-2013	Not available	Decreased
QN28:	Percentag	ge of stud	lents who	ever use	ed mariju	ana		14.9	17.2	13.3	8.4	Decreased, 2007-2013	Not available	Decreased
QN28:	Percentag	ge of stud	lents who	ever use	ed marijua	ana		14.9 17.6	17.2	13.3 13.8	8.4	Decreased, 2007-2013 No linear change	Not available Not available	Decreased No change
-					ed marijua arijuana fo		t time be	17.6	16.4			, 		
-							t time be	17.6	16.4			, 		
QN29:	Percentag	ge of stud	lents who	tried ma		or the firs		17.6 fore age 3.3	16.4 11 years 4.4	13.8 2.6	13.1 2.8	No linear change	Not available	No change

Delaware Middle School Survey

			Hea	lth Risk	Behavio	r and Pei	centages	5				Linear Change [†]	Quadratic Change ^{\dagger}	Change from 2011-2013 [§]
1991 199	93	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
N31: Perce aints or spra				o ever sni	ffed glue	, breathed	the cont	ents of sp	oray cans.	, or inhale	ed any			
Junto or opri	uys 10	, get ing	1							8.7	6.4	No linear change	Not available [¶]	No change

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Trend Analysis Report

lack* exual B	ehaviors		Hea	lth Risk	Behavio	r and Per	rcentage	s				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN34:	Percentag	e of stud	lents who	ever had	d sexual i	ntercours	e							
-	C							36.7	35.8	26.8	21.5	Decreased, 2007-2013	Not available¶	No change
QN35:	Percentag	e of stud	lents who	had sex	ual interc	ourse for	the first	time befo	ore age 11	years				
								10.8	11.2	8.8	6.5	Decreased, 2007-2013	Not available	No change
QN36:	Percentag	e of stud	lents who	ever had	d sexual i	ntercours	e with th	ree or mo	ore people	9				
									15.0	10.8	8.4	Decreased, 2009-2013	Not available	No change
	Among st ntercourse		/ho ever l	had sexu	al interco	ourse, the j	percentag	ge who us	sed a con-	dom duri	ng last			
								79.6	75.3	75.9	71.6	No linear change	Not available	No change
QN49:	Percentag	e of stud	lents who	had eve	r been tai	ught in scl	hool abo	ut AIDS of	or HIV in	fection				

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Trend Analysis Report

			Неа	alth Risk	Behavio	r and Pei	rcentage	8				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN38:	Percentag	ge of stuc	lents who	o describe	ed themse	lves as sl	ightly or	very ove	rweight					
								25.5	20.0	22.2	20.7	No linear change	Not available [¶]	No change
QN39:	Percentag	ge of stud	lents who	o were try	ying to los	se weight								
								39.1	38.3	44.6	42.0	No linear change	Not available	No change
QN40: keep fro	Percentag m gainin	ge of stud g weight	lents who	o had eve	er gone wi	thout eati	ing for 24	hours of	r more to	lose weig	ght or to			
								16.8	18.8	17.7	21.4	No linear change	Not available	No change
QN41: to lose	Percentag weight or	ge of stuc to keep f	lents who rom gain	o had eve ing weig	r taken di ht	et pills, p	owders, o	or liquids	without	a doctor's	s advice			
								3.7	3.0	3.5	2.9	No linear change	Not available	No change
	Percentag weight	ge of stud	lents who	o had eve	er vomited	l or taken	laxatives	to lose v	weight or	to keep f	rom			
								4.4	5.7	3.9	4.6	No linear change	Not available	No change

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			Hea	llth Risk	Behavio	r and Pei	rcentages	8				Linear Change †	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN43:	Percentag	ge of stud	lents who	o ate brea	kfast on a	all of the j	past sevei	n days		44.8	44.2	No linear change	Not available [¶]	No change

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Trend Analysis Report

	Activity		Hea	alth Risk	Behavio	r and Pe	rcentage	s				Linear Change [†]	Quadratic Change †	Change from 2011-2013 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
		ge of stud st seven o		o were pł	ysically a	active for	a total o	f at least	60 minute	es per day	y on five			
	-		-						42.5	44.7	43.4	No linear change	Not available [¶]	No change
		ercentage even day		ents who	were phy	sically ac	tive for a	total of a	at least 60) minutes	per day			
	the past s	even day	5											
									22.7	16.7	18.0	No linear change	Not available	No change
		ercentage even day		ents who	were phy	sically ac	tive for a	total of a	22.7 at least 60			No linear change	Not available	No change
				ents who	were phy	sically ac	tive for a	total of a				No linear change	Not available Not available	No change No change
on 7 of 1	the past s	even day	5						at least 60) minutes 26.6	per day 27.4			
on 7 of t	the past s	even day	5						at least 60 27.8) minutes 26.6	per day 27.4			
QN45:	the past s Percentag Percentag	even days ge of stud ge of stud	ents who	o watched	d three or	more hou	urs per da	ay of TV 61.7 r used a c	at least 60 27.8 on an ave) minutes 26.6 erage scho 55.8	per day 27.4 ool day 57.8	No linear change	Not available	No change

Delaware Middle School Survey

			Hea	lth Risk	Behavioı	and Per	centages					Linear Change [†]	Quadratic Change †	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
		e of stud	ents who	attended	l physical	educatio	n (PE) cla	asses one	or more	davs in a	n			
					· · · · · · · · · · · · · · · · · · ·		()							
verage w	eek wh	en they v	vere in sc							-		No linear change	Not available [¶]	No change
verage w	veek wh	en they v			- FJ			65.2	67.4	69.9	69.8	No linear change	Not available [¶]	No change
NDLYP	PE: Perc		vere in sc	hool	ended ph			65.2	67.4	69.9	69.8	No linear change	Not available [¶]	No change
NDLYP	PE: Perc	centage o	vere in sc	hool				65.2	67.4	69.9	69.8	No linear change No linear change	Not available [¶] Not available	No change No change

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Black* Other			Hea	lth Risk	Behavio	r and Pe	rcentage	s				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN50:	Percenta	ge of stuc	lents who	had eve	r been tol	ld by a do	octor or n	urse that 25.5	they had 32.9	asthma 28.5	32.7	Increased, 2007-2013	Not available [¶]	No change

Delaware Middle School Survey

Trend Analysis Report

Black* Site-Add	ed		Hea	lth Risk	Behavior	and Per	rcentage	s				Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
					hething to					wanting t	o die,			
such as	cutting, s	scraping,	or burnin	ig themse	elves on pu	irpose, u	uring the	past 12	monuns	10.8	9.1	No linear change	Not available [¶]	No change
QN55:	Percenta	ge of stud	lents who	o used ma	arijuana dı	uring the	past 30 c	lays						
										5.8	6.9	No linear change	Not available	No change
QN56:	Percenta	ge of stud	lents who	o have ev	er exercise	ed to lose	e weight	or to kee	p from ga	aining we	ight			
								65.2	65.0	69.6	72.0	Increased, 2007-2013	Not available	No change
		ge of stuc o from ga			ver eaten le	ess food,	fewer ca	lories, or	foods lov	w in fat to	o lose			
								40.4	44.8	46.7	43.7	No linear change	Not available	No change
QN65:	Percenta	ge of stud	lents who	o had one	e or more c	caffeinate	ed drinks	yesterda	у	57.0	45.9	Decreased, 2011-2013	Not available	Decreased

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lack* ite-Adde	ed		Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change †	Quadratic Change [†]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN67: I	Percentag	ge of stud	lents who	get eigh	t or more	hours of	sleep on	average	school ni	ght				
										54.7	52.9	No linear change	Not available [¶]	No change
			lents who	typically	sleep at	home, or	at the ho	ome of fri	iend or re	lative, wi	ith their			
parent(s)) or guard	nan(s)								97.6	98.5	No linear change	Not available	No change
QN69: I	Percentag	ge of stud	lents who	have ph	ysical dis	abilities o	r long-te	rm healt	h problen	ns				
										6.8	6.9	No linear change	Not available	No change
QN70: I	Percentag	ge of stud	lents who	have lor	ıg-term e	motional	problems	s or learn	ing disab	ilities				
										5.7	7.4	No linear change	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

ıjury ar	nd Violer	ice	Hea	lth Risk	Behavio	r and Per	centage	5				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN6: A	Among stu	idents wł	no rode a	bicycle,	the perce	ntage who	o never o	r rarely v	vore a bic	ycle helr	net			
								82.4	85.9	87.1	80.5	No linear change	Not available [§]	Decreased
	Among stu helmet	idents wh	no used ro	ollerblad	es or rode	a skateb	pard, the	percenta	ge who n	ever or ra	arely			
wore a h									89.2	ever or ra 85.9	arely 85.9	No linear change	Not available	No change
wore a h	helmet								89.2		-	No linear change No linear change	Not available Not available	No change No change
wore a h QN8: P	helmet	e of stude	ents who	never or	rarely wo	re a seat l	pelt wher	n riding ir 10.0	89.2 n a car 10.2	85.9 7.6	85.9			
wore a h QN8: P	Percentage	e of stude	ents who	never or	rarely wo	re a seat l	pelt wher	n riding ir 10.0	89.2 n a car 10.2	85.9 7.6	85.9			
wore a ł QN8: P QN9: P	Percentage	e of stude e of stude	ents who ents who	never or ever rode	rarely wo	re a seat l driven by	pelt wher someone	n riding in 10.0 e who had 30.4	89.2 n a car 10.2 d been dri 32.5	85.9 7.6 inking ald	85.9 7.1 cohol	No linear change	Not available	No change

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	nd Violen	ice	Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change [*]	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN11:	Percentag	ge of stud	lents who	have evo	er been ir	a physic	al fight							
								65.2	63.8	60.3	53.8	Decreased, 2007-2013	Not available [§]	No change
					-									
	Percentag			were ev	er in a ph	ysical fig	ht in whi	ch they v	vere hurt	and had t	to be			
	Percentag by a docto			were ev	er in a ph	ysical fig	ht in whi	ch they v	vere hurt	and had t 10.6	to be 7.7	No linear change	Not available	No change
treated b		or or nurs	e									No linear change	Not available	No change
treated b	by a docto	or or nurs	e									No linear change Decreased, 2007-2013	Not available Not available	No change Decreased
QN15:	by a docto	or or nurs	e lents who	ever ser	iously the	ought abo	ut killing	themsel 24.4	ves 22.9	10.6 28.1	7.7			

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lispanic/ obacco	/Latino Use													
			Hea	llth Risk	Behavio	r and Pe	rcentage	S				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
2N18: 1	Percentag	ge of stud	dents who	o ever trie	ed cigaret	te smokir	ng, even o	one or tw	o puffs					
								29.6	29.0	26.5	21.3	No linear change	Not available [§]	No change
QN19:]	Percentag	ge of stud	dents who	smoked	a whole	cigarette	for the fi	rst time b	efore age	11 years	5			
QN19: 1	Percentag	ge of stud	dents who	o smoked	a whole	cigarette	for the fi	rst time b 6.4	efore age 8.9	e 11 years 3.5	5.1	No linear change	Not available	No change
-	_							6.4	-	3.5		No linear change	Not available	No change
	_							6.4	8.9	3.5		No linear change No linear change	Not available Not available	No change No change
QN20:]	Percentag	ge of stuc	dents who	o smoked	cigarette	s on one	or more o	6.4 of the pas 7.5	8.9 st 30 days	3.5 6.5	5.1			
QN20:]	Percentag	ge of stuc	dents who	o smoked	cigarette	s on one	or more o	6.4 of the pas 7.5	8.9 st 30 days 9.9	3.5 6.5	5.1			
QN20:	Percentag IG: Perce Percentag	ge of stuc	dents who	o smoked s who sm	cigarette oked ciga	s on one o arettes on	or more of 20 or mo	6.4 of the pas 7.5 ore of the 2.4	8.9 st 30 days 9.9 past 30 d	3.5 6.5 lays 1.4	5.1 8.1 1.8	No linear change	Not available	No change

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			Heal	th Risk 1	Behavioi	r and Per	centages	5				Linear Change [*]	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag	ge of stud	ents who	used che	wing tob	acco, snu	ff, or dip	on one o	or more o	f the past	30			
					U	<i>,</i>	ý I			i une puse	50			
days					C	,		4.5	5.4	1.6	3.7	No linear change	Not available [§]	No change
	Percentag	ge of stud	ents who	smoked		garillos, o		4.5	5.4	1.6	3.7	No linear change	Not available [§]	No change
QN25:	Percentag	ge of stud	ents who	smoked				4.5	5.4	1.6	3.7	No linear change No linear change	Not available [§] Not available	No change No change
QN25: days		ercentage	e of stude	nts who s	cigars, ci		or little ci	4.5 igars on 6 6.8	5.4 one or mo 7.3	1.6 pre of the 6.0	3.7 past 30 6.5			

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Hispanic Alcohol a	/Latino and Othe	r Drug (llth Risk	Behavio	or and Pe	rcentage	s				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN26:	Percenta	ge of stud	lents who	o ever ha	d a drink	of alcoho	l, other tl	han a few	sips					
-	·	-						46.6	49.0	44.5	31.9	Decreased, 2007-2013	Not available [§]	Decreased
QN27:	Percentag	ge of stud	dents who	had the	ir first dri	ink of alco	ohol othe	r than a f	ew sips b	efore age	e 11			
years								16.1	23.0	14.7	13.0	No linear change	Not available	No change
QN28:	Percenta	ge of stud	lents who	o ever use	ed mariju	ana				-	-			
	·	-			0			14.6	15.6	15.0	16.2	No linear change	Not available	No change
QN29:	Percentag	ge of stud	dents who	o tried ma	arijuana f	or the firs	st time be	fore age	11 years					
								2.6	4.2	2.1	4.7	No linear change	Not available	Increased
QN30:	Percentag	ge of stud	lents who	o ever use	ed any fo	rm of coc	aine, incl	uding po	wder, cra	ick, or fre	eebase			
								4.7	6.7	4.1	3.5	No linear change	Not available	No change

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			Hea	lth Risk	Behavio	r and Pei	centages	5				Linear Change [*]	Quadratic Change*	Change from 2011-2013 [†]
1991 19	993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Pero				ever sni	ffed glue	, breathed	the cont	ents of sp	oray cans,	or inhale	ed any			
Janus OF SD	1ays 10	' get mgi	1											

Delaware Middle School Survey

			Hea	lth Risk	Behavio	r and Per	centages	5				Linear Change [*]	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN34:	Percentag	ge of stud	lents who	ever had	d sexual in	ntercourse	e		-		-			
								26.9	26.2	22.4	13.8	Decreased, 2007-2013	Not available [§]	Decreased
QN35:	Percentag	ge of stuc	lents who	had sex	ual interc	ourse for	the first t	ime befo	ore age 11	years	-			
								7.8	6.9	3.9	3.7	Decreased, 2007-2013	Not available	No change
QN36:	Percentag	ge of stud	lents who	ever had	l sexual i	ntercourse	e with the	ree or mo	ore people	e				
									9.8	8.1	6.4	No linear change	Not available	No change
QN49:	Percentag	ge of stud	lents who	had eve	r been tau	ight in scl	nool abou	it AIDS of	or HIV in	fection				
								65.5	57.7	51.3	48.3	Decreased, 2007-2013	Not available	No change

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			Hea	alth Risk	Behavio	r and Pe	rcentage	S				Linear Change [*]	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN38:	Percentag	ge of stuc	lents who	o describe	ed themse	lves as sl	ightly or	very ove	rweight					
								25.7	25.1	31.5	32.3	Increased, 2007-2013	Not available [§]	No change
QN39:	Percentag	ge of stuc	lents who	o were try	ving to los	se weight		50.6	46.1	53.4	56.6	Increased, 2007-2013	Not available	No change
	Percentagom gainin			o had eve	r gone wi	thout eati	ing for 24	hours of	r more to	lose weig	ght or to			
F		6						15.7	15.8	17.2	19.8	No linear change	Not available	No change
	Percentag weight or					et pills, p	owders,	or liquids	s without	a doctor's	s advice			
								6.3	5.4	6.1	6.4	No linear change	Not available	No change
	Percentag weight	ge of stuc	lents who	o had eve	r vomited	l or taken	laxatives	s to lose v	weight or	to keep f	rom			
								5.6	6.5	6.0	8.3	No linear change	Not available	No change

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

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			Hea	lth Risk	Behavio	r and Pei	centages	;			Linear Change [*]	Quadratic Change*	Change from 2011-2013 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
ON43:	Percentag	ge of stud	lents who	ate brea	kfast on a	all of the p	oast sevei	n days		42.7	40.8	No linear change	Not available [§]	
										42.7	40.8	No inical change	Not available [®]	No change

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			Hea	lth Risk	Behavio	r and Pei	centage	8				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag of the pa			were ph	ysically a	active for	a total of	at least	60 minute	es per day	on five			
									40.5	45.3	38.8	No linear change	Not available [§]	No change
	DAY: Petthe past so			nts who v	were phy	sically act	ive for a	total of a	at least 60	minutes	per day			
		2	,											
		,	,						23.9	10.3	15.5	Decreased, 2009-2013	Not available	Increased
	DAY: Petthe past set	ercentage	of stude	nts who v	were phys	sically act	ive for a	total of a				Decreased, 2009-2013	Not available	Increased
		ercentage	of stude	nts who v	were phys	sically act	ive for a	total of a				Decreased, 2009-2013 No linear change	Not available Not available	Increased
on 7 of		ercentage even days	of stude						at least 60 26.2	minutes 31.0	per day 21.6	, 		
on 7 of	the past so	ercentage even days	of stude						at least 60 26.2	minutes 31.0	per day 21.6	, 		
on 7 of QN45: QN46:	the past so	ercentage even days ge of stud	of studes	watched	three or	more hou	irs per da games or	y of TV 45.5	at least 60 26.2 on an ave 47.1	9 minutes 31.0 rrage scho 44.0	per day 21.6 pol day 45.3	No linear change	Not available	Decreased

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•	·		Hea	lth Risk	Behavio	r and Pei	centage	8				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
0N47·	Percenta	ge of stud	lents who	attended	1 physical	aducatio	n (DE) al			1 .				
					i pilysica	euucatio		asses one	e or more	days in a	n			
	week wh				i pirysica	educatio		73.8	57.6	69.9	65.0	No linear change	Not available [§]	No change
average	week wh	en they v	vere in sc	chool				73.8	57.6	69.9	65.0	No linear change	Not available ⁸	No change
average QNDLY	week wh	en they v	vere in sc	chool		ysical edu		73.8	57.6	69.9	65.0	No linear change	Not available ⁸	No change
average QNDLY	Week wh	en they v	vere in sc	chool				73.8	57.6	69.9	65.0	No linear change Decreased, 2007-2013	Not available ⁸ Not available	No change Decreased
average QNDLY week w	week wh YPE: Per hen they	en they v centage c were in s	vere in sc of student chool	chool	ended ph		ucation (I	73.8 PE) classo 37.4	57.6 es daily in 28.4	69.9 n an aver 34.5	65.0 age 23.8			

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her		Hea	lth Risk	Behavio	r and Pei	rcentages	5				Linear Change [*]	Quadratic Change [*]	Change from 2011-2013 [†]
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			

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te-Add	ed		Hea	lth Risk	Behavio	r and Pe	rcentage	S				Linear Change*	Quadratic Change*	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	Percentag									wanting t	o die,			
	27	1 0,		0	1	1	U	1		20.6	16.5	No linear change	Not available [§]	No change
QN55:	Percentag	ge of stud	lents who	o used ma	arijuana d	uring the	past 30 c	lays		7.9	9.0	No linear change	Not available	No change
QN56:	Percentag	ge of stud	lents who	o have ev	er exercis	ed to lose	e weight	or to kee	p from ga	ining we	ight			
								77.6	68.4	74.6	78.0	No linear change	Not available	No change
	Percentag or to keep				er eaten l	ess food,	fewer ca	lories, or	foods lov	w in fat to	o lose			
								49.3	48.5	50.1	52.1	No linear change	Not available	No change
QN65:	Percentag	ge of stud	lents who	had one	or more	caffeinate	ed drinks	yesterda	у					
										64.0	55.7	Decreased, 2011-2013	Not available	Decreased

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

Delaware Middle School Survey

ispanic, ite-Add	/Latino ed		Hea	lth Risk	Behavio	r and Pei	centages	5				Linear Change [*]	Quadratic Change [*]	Change from 2011-2013 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN67:	Percentag	ge of stud	ents who	get eigh	t or more	e hours of	sleep on	average	school ni	ight				
										55.5	56.0	No linear change	Not available [§]	No change
			ents who	typically	y sleep at	t home, or	at the ho	me of fr	iend or re	elative, w	ith their			
parent(s) or guard	lian(s)								98.3	98.4	No linear change	Not available	No change
	·												-	
QN69:	Percentag	ge of stud	ents who	have ph	ysical dis	sabilities o	or long-te	rm healt	h probler					
										6.3	6.4	No linear change	Not available	No change
QN70:	Percentag	ge of stud	ents who	have lor	ng-term e	motional	problems	or learn	ing disat	oilities	· · · ·			
										6.8	8.2	No linear change	Not available	No change