Delaware Middle School Survey

			Н	ealth R	isk Beha	avior an	nd Perco	entages					Linear Change [*]	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
	Percenta a bicycle		udents v	vho neve	er or rare	ely wore	e a bicyc	le helme	et (amor	ng stude	nts who	had			
luuen	a bieyek							74.3	75.4	76.5	74.3	69.8	Decreased, 2007-2015	Not available [§]	No change
	Percenta g student							et when	rollerbla	ading or	skatebo	arding			
									81.1	81.7	79.8	77.6	Decreased, 2009-2015	Not available	No change
2N8:	Percenta	ge of st	udents v	vho neve	er or rare	ely wore	e a seat b	elt (whe	en riding	g in a ca	r)				
								5.7	7.3	5.5	5.5	3.8	Decreased, 2007-2015	Not available	Decreased
												-		· · · · ·	
QN9:	Percenta	ge of st	udents v	vho rode	with a o	driver w	ho had	been dri	nking al	cohol (i	n a car)				

Delaware Middle School Survey

otal Jury a	nd Viole	ence	Н	ealth R	Risk Beh	avior aı	nd Perc	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN10:	Percent	tage of s	students	who ca	rried a w	veapon (such as	a gun, k	nife, or	club)					
									27.5	22.7	24.6	24.8	No linear change	Not available [§]	No change
QN11:	Percent	tage of s	students	who we	ere in a p	physical	fight		-	-					
								65.3	62.2	57.4	55.4	51.3	Decreased, 2007-2015	Not available	Decreased
			students	who we	ere injure	ed in a p	hysical	fight (in	juries ha	ad to be	treated l	oy a			
doctor	or nurse)								7.4	6.0	4.6	Decreased, 2011-2015	Not available	Decreased
QN13:	Percent	tage of s	students	who we	ere bullie	ed on scl	hool pro	perty	·						
											43.1	41.1	No linear change	Not available	No change
	Percent	tage of s		who we	ere electi	ronically	/ bullied	l (includ	ing thro	ugh e-m	ail, chat	rooms,			
	messagi		sites of	r textino					-						

Delaware Middle School Survey

			Н	lealth R	isk Beh	avior aı	nd Perce	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN15:	Percen	tage of	students	who sei	riously t	hought a	ıbout kil	ling ther	nselves	-		.;			
								21.6	20.8	22.5	11.6	18.1	Decreased, 2007-2015	Not available [§]	Increased
QN16:	Percen	tage of	students	who ma	ide a pla	n about	how the	y would	kill the	mselves					
								12.6	11.2	11.6	17.6	11.4	Increased, 2007-2015	Not available	Decreased
QN17:	Percen	tage of	students	who trie	ed to kil	themse	lves								
											6.8	6.1	No linear change	Not available	No change

Delaware Middle School Survey

otal obacco Use		Н	lealth R	isk Beh	avior ar	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percen	tage of s	students	who eve	er tried o	cigarette	smokin	g (even 28.5	one or t 25.9	wo puff 22.5	s) 17.6	11.5	Decreased, 2007-2015	Not available ⁸	Decreased
QN19: Percen	tage of s	students	who sm	oked a v	whole ci	garette l	before ag	ge 11 ye	ars (for	the first	time)			
							5.8	6.8	4.4	3.8	2.0	Decreased, 2007-2015	Not available	Decreased
QN20: Percen before the surv		students	who cu	rrently s	moked c	igarette	s (on at	least 1 c	lay durii	ng the 30) days			
							8.3	8.4	5.7	4.3	2.1	Decreased, 2007-2015	Not available	Decreased
QNFRCIG: Poly during the 30 c				o currer	ntly frequ	uently s	moked c	igarette	s (on 20	or more	e days			
							1.9	2.2	1.4	0.9	0.4	Decreased, 2007-2015	Not available	Decreased
QNDAYCIG: the 30 days be			tudents v	who cur	rently sn	noked c	igarettes	daily (o	on all 30	days dı	ıring			
							1.4	1.8	1.0	0.8	0.3	Decreased, 2007-2015	Not available	Decreased

Delaware Middle School Survey

Trend Analysis Report

'otal 'obacco Use		H	ealth Ri	isk Beh	avior ar	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNCIGINT: F internet (during who were aged	g the 30 d	lays bef	dents w	ho usual survey a	lly obtai mong s	ned thei	r own ci who cur	garettes rently sr	by buyi noked c	ing on th igarettes	and			
Ū.							0.0	0.0	0.0	0.0	0.0	No linear change	Not available [§]	No change
QN23: Percen on at least 1 da						keless to	obacco (2.8	chewing 3.5	g tobacc 2.1	o, snuff, 2.7	or dip 1.5	Decreased, 2007-2015	Not available	Decreased
QN24: Percen least 1 day dur	tage of st ing the 30	udents) days b	who cur before th	rently sine surve	moked c y)	eigars (c	igars, ci 4.9	garillos, 6.4	or little	cigars of 4.2	on at 2.4	Decreased, 2007-2015	Not available	Decreased
QNTOB3: Per least 1 day dur						cigarette	es, cigar	s, or smo	okeless t	tobacco	(on at			
							10.9	11.3	8.0	7.1	4.3	Decreased, 2007-2015	Not available	Decreased
QNTOB2: Per the 30 days bef			nts who	current	ly smok	ed cigar	ettes or	cigars (o	on at lea	st 1 day	during			
							9.8	10.1	7.3	6.2	3.6	Decreased, 2007-2015	Not available	Decreased

Delaware Middle School Survey

Total Tobacco	Use		н	lealth R	isk Beh	avior ar	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
	TOB3: o (on at								ttes, cig	ars, or s	mokeles	S			
								89.9	89.6	92.5	93.6	96.5	Increased, 2007-2015	Not available [§]	Increased
	TOB2: ring the					not curr	ently sn	noke cig	arettes o	or cigars	(on at l	east 1			
								90.8	90.5	93.2	94.4	96.9	Increased, 2007-2015	Not available	Increased

Delaware Middle School Survey

			Н	lealth R	lisk Beh	avior ar	nd Perco	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27:	Percen	tage of s	tudents	who ev	er drank	alcohol	(other t	han a fe	w sips)						
								42.1	39.9	34.4	26.8	21.7	Decreased, 2007-2015	Not available [§]	Decreased
QN28: few sig		tage of s	students	who dra	ank alco	hol for t	he first t	time bef	ore age	11 years	s (other t	han a			
1								14.9	15.8	12.5	9.6	6.8	Decreased, 2007-2015	Not available	Decreased
	Percen	tage of s	tudents	who eve	er used :	marijuan	na (durin			12.5	9.6	6.8	Decreased, 2007-2015	Not available	Decreased
	Percen	tage of s	tudents	who ev	er used	marijuan	na (durin			12.5	9.6 11.9	6.8 9.9	Decreased, 2007-2015 Decreased, 2007-2015	Not available Not available	Decreased No change
QN29:						marijuan juana bef		ng their l 13.7	life) 15.3	12.9	11.9		, 		
QN29:								ng their l 13.7	life) 15.3	12.9	11.9		, 		
QN29: QN30: QN31:	Percen	tage of s	tudents	who trie	ed marij		fore age	ng their I 13.7 11 year 2.7	life) 15.3 s (for th 3.2	12.9 e first tir 2.3	11.9 me) 2.5	9.9	Decreased, 2007-2015	Not available	No change

Delaware Middle School Survey

			Н	ealth Ri	isk Beh	avior an	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
						nhalants 1 during			reathed	the cont	ents of s	spray			
cans, o	minance	i any pa	ints of s	praysito	get mgi	i uuring	unen m	-)							
										10.1	7.5	4.9	Decreased, 2011-2015	Not available [§]	Decreased
			tudents	who eve	er took s	teroids v	without	a doctor	's prescr				Decreased, 2011-2015	Not available ⁸	Decreased
	Percent their life		tudents	who eve	er took s	teroids v	without a	a doctor	's prescr				Decreased, 2011-2015 Decreased, 2011-2015	Not available ⁸ Not available	Decreased
during QN34:	their life Percen	e) tage of s	tudents	who eve	er took p	teroids v prescripti erall, Ri	ion drug	s withou	ıt a doct	iption (p 1.8 or's pres	pills or s 1.7 scription	hots 0.9			

Delaware Middle School Survey

			Н	ealth R	isk Beh	avior aı	nd Perco	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN35:	Percent	tage of s	students	who eve	er had se	exual int	ercourse	è		-					
								23.3	22.8	18.8	14.4	10.5	Decreased, 2007-2015	Not available [§]	Decreased
QN36:	Percent	tage of s	students	who had	d sexual	interco	irse befo	ore age 1 5.8	11 years 6.4	(for the 4.9	first tin 3.9	ne) 2.4	Decreased, 2007-2015	Not available	Decreased
QN37:		-	students					5.8	6.4	4.9	3.9	2.4	Decreased, 2007-2015	Not available	Decreased
QN37:		-						5.8	6.4	4.9	3.9	2.4	Decreased, 2007-2015 Decreased, 2009-2015	Not available Not available	Decreased
QN37: life) QN38:	Percent	tage of s		who had	d sexual	interco	urse with	5.8	6.4 or more p 9.1	4.9 persons 7.1	3.9 (during 5.4	2.4 their 2.8			

Delaware Middle School Survey

Trend Analysis Report

			Н	lealth R	isk Beh	avior ar	d Perce	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN39:	Percent	tage of s	students	who des	cribed t	hemselv	es as sli	ghtly or	very ov	verweigh	nt				
								26.7	25.6	26.9	27.4	26.3	No linear change	Not available [§]	No change
QN40:	Percent	tage of s	students	who we	re trying	g to lose	weight				1				
								44.8	43.6	46.3	47.3	43.3	No linear change	Not available	Decreased
QN41:	Percent	tage of s	students	who did	not eat	breakfa	st (durin	ig the 7	days bef	fore the	survey)				
										11.1	11.0	9.1	No linear change	Not available	No change
QNBK survey		Percent	tage of s	tudents	who ate	breakfa	st on all	7 days ((during t	the 7 day	ys befor	e the			
										47.8	46.3	48.7	No linear change	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

otal hysical A	ctivity	y													~
			Н	lealth R	isk Beh	avior a	nd Perco	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991 1	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN42: P days (doin some of t	ing any	y kind o	f physic	al activi	ity that i	ncreased									
				5											
QNPA0D	DAY:	Percent	age of s	tudents	who did	not par	icipate i	in at leas	50.5 st 60 min	47.9 nutes of	48.2 physical	1	No linear change	Not available [§]	No change
activity o	on at le	east 1 da	y (doing	g any ki	nd of ph	ysical a	ctivity th	nat incre	st 60 min ased the	nutes of	physical	1	No linear change Decreased, 2009-2015	Not available [§] Not available	No change No change
activity of them brea QNPA7D days (doin	on at le athe ha DAY: ing any	east 1 da ard som Percent y kind o	y (doing e of the age of s f physic	g any kin time du tudents al activi	nd of ph ring the who we	ysical a 7 days l re physi ncreased	ctivity the sefore the sefore characteristic contracteristic c	at incre le survey	st 60 min ased the 7) 15.2 ast 60 m	nutes of ir heart 11.1 ninutes p	physica rate and 13.2 per day c	l made 12.1 on all 7			
QNPA0D activity o them brea QNPA7D days (doin some of t	on at le athe ha DAY: ing any	east 1 da ard som Percent y kind o	y (doing e of the age of s f physic	g any kin time du tudents al activi	nd of ph ring the who we	ysical a 7 days l re physi ncreased	ctivity the sefore the sefore characteristic contracteristic c	at incre le survey	st 60 min ased the 7) 15.2 ast 60 m	nutes of ir heart 11.1 ninutes p	physica rate and 13.2 per day c	l made 12.1 on all 7			
activity of them brea QNPA7D days (doin	on at le athe ha DAY: ing any the tim	east 1 da ard som Percent y kind o ne (durin	age of s f physic ng the 7	g any kin time du tudents al activi days be	nd of ph ring the who we ity that i fore the	ysical a 7 days l re physi ncreased survey)	cally act their he	ive at le	ast 60 min ased the () 15.2 ast 60 m and mac 31.5	nutes of ir heart 11.1 ninutes p de them 30.9	physica rate and 13.2 ber day of breathe 27.3	l made 12.1 on all 7 hard 29.1	Decreased, 2009-2015	Not available	No change

Delaware Middle School Survey

			Н	ealth R	isk Beh	avior aı	nd Perce	entages					Linear Change [*]	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
		tage of s for some									er 3 or n	nore			
									30.0	34.9	41.8	46.0	Increased, 2009-2015	Not available [§]	Increased
	D			•			1								
		tage of s when the				hysical e	education	n classe 68.1	s on 1 or 66.1	r more d 67.8	ays (in a 66.9	an 63.8	No linear change	Not available	No change
	e week v		ey were i	in schoo dents wl	ho attend	_		68.1	66.1	67.8	66.9	63.8	No linear change	Not available	No change
	e week v	when the	ey were i	in schoo dents wl	ho attend	_		68.1	66.1	67.8	66.9	63.8	No linear change Decreased, 2007-2015	Not available Not available	No change Decreased
QNDL averag	YPE: Port of the week week week week week week week we	when the	ey were i ge of stud ey were i students	in schoo dents wl in schoo who pla	l) ho attend l) yed on a	ded phys	sical edu	68.1 acation of 33.3	66.1 classes o 30.1	67.8 on all 5 d 35.3	66.9 lays (in a 28.6	63.8 an			

Delaware Middle School Survey

Trend Analysis Report

her		E	lealth R	isk Beh	avior aı	nd Perce	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991 1993	3 199	5 1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN47: Perc	entage o	f students	who had	d ever be	een told	by a doo	tor or n 20.9	urse tha 23.9	t they ha 25.9	ad asthm 26.3	a 22.0	No linear change	Not available [§]	

Delaware Middle School Survey

fotal Site-Adde	d		H	lealth R	isk Beh	avior ai	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN52: 1 die (such survey)	Percent h as cut	tage of s tting, sci	students raping, o	who dio or burnii	l someth	ing to p selves or	urposely n purpos	y hurt th se during	emselve g the 12	es withou months	it wantii before ti	ng to he			
5,										14.7	12.0	12.4	Decreased, 2011-2015	Not available [§]	No change
QN53: 1 before th			tudents	who cu	rrently d	rank alc	ohol (ot	her thar	a few s	ips, duri	ng the 3	30 days			
											9.5	6.8	Decreased, 2013-2015	Not available	Decreased
QN54: 1	Percent	tage of s	tudents	who cu	rrently u	sed mar	ijuana (e	during t	he 30 da	iys befor	e the su	rvey)			
										6.5	5.8	5.1	Decreased, 2011-2015	Not available	No change
QN56: 1 grape juit	ice, not	t countir	ig puncl	h, Kool-	l not drii Aid, spo	nk fruit orts drinl	juice (su ks, or otl	ich as oi her fruit	ange jui -flavore	ice, appl d drinks	e juice, , one or	or more			
	, -			, ,							37.0	41.7	Increased, 2013-2015	Not available	Increased

Delaware Middle School Survey

	ed		H	ealth R	isk Beh	avior aı	nd Perce	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
			tudents	who dic	l not eat	fruit (no	ot counti	ng fruit	juice, o	ne or mo	ore times	s the			
lay bel	fore the	survey)									26.2	25.6	No linear change	Not available [§]	No change
		tage of s	tudents	who dic	l not eat	green s	alad (one	e or mor	re times	the day	before th	ne			
urvey)										69.3	70.1	No linear change	Not available	No change
						other ve e survey		s (not co	ounting	green sa	lad, pota	itoes,			
											39.6	40.3	No linear change	Not available	No change
											(such as he surve				
											45.9	50.9	Increased, 2013-2015	Not available	Increased

Delaware Middle School Survey

	Health	Risk Beh	avior an	d Perce	entages					Linear Change [*]	Quadratic Change [*]	Change from 2013-2015 [†]
1991 1993 1995	1997 199	9 2001	2003	2005	2007	2009	2011	2013	2015			
N61: Percentage of	students who	did not dri	nlr millr ((1		1 1 1	6 4l				
	students who	ulu not un	пк шпк ((one or r	more gla	asses the	e day bei	lore the				
urvey)	students who		шк шпк ((one or r	more gla	asses the	e day bei	32.7	33.7	No linear change	Not available [§]	No change
	students who	did not dri	nk caffei	nated dr	rinks (in	cluding	coffee,	32.7 teas, sod	as,	No linear change	Not available [§]	No change

Delaware Middle School Survey

Trend Analysis Report

			Н	ealth R	isk Beh	avior aı	nd Perco	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
	Percenta a bicycl		udents w	vho neve	er or rare	ely wore	e a bicyc	le helm	et (amor	ig studei	nts who	had			
								77.7	77.8	79.6	76.6	70.7	Decreased, 2007-2015	Not available [§]	Decreased
QN7: (among	Percenta g studen	ige of st ts who u	udents w used rolle	vho neve erblades	er or rare or rode	ely wore a skatel	e a helmo ooard)	et when	rollerbla	ading or	skatebo	arding			
(among	Percenta g student Percenta	ts who u	ised rolle	erblades	or rode	a skatel	ooard)		84.0	84.6	80.6	oarding 77.2	Decreased, 2009-2015	Not available	No change
(among	g studen	ts who u	ised rolle	erblades	or rode	a skatel	ooard)		84.0	84.6	80.6	-	Decreased, 2009-2015 Decreased, 2007-2015	Not available Not available	No change Decreased
(among QN8:	g studen	s who u	udents w	erblades	or rode	a skatel	board) e a seat t	oelt (who 6.8	84.0 en riding 7.1	84.6 g in a car 5.7	80.6 r) 6.4	77.2	, 		
(among QN8:	g student	s who u	udents w	erblades	or rode	a skatel	board) e a seat t	oelt (who 6.8	84.0 en riding 7.1	84.6 g in a car 5.7	80.6 r) 6.4	77.2	, 		
(among QN8: QN9:	g student	s who u ge of str ge of str	udents w	erblades vho neve vho rode	or rode er or rare	a skatel ely wore driver w	board) e a seat b rho had l	belt (who 6.8 been dri 28.9	84.0 en riding 7.1 nking al 29.1	84.6 g in a car 5.7 cohol (in 19.0	80.6 r) 6.4 n a car)	3.9	Decreased, 2007-2015	Not available	Decreased

Delaware Middle School Survey

	nd Viole		Н	ealth R	isk Beh	avior ai	nd Perc	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN11:	Percent	tage of s	students	who we	re in a p	hysical	fight								
								76.6	74.6	68.8	66.3	61.6	Decreased, 2007-2015	Not available [§]	Decreased
QN12:	Percent	tage of s	students	who we	re injure	ed in a p	hysical	fight (in	juries ha	ad to be	treated	by a			
doctor	or nurse												D		- ·
loctor										9.0	7.1	4.7	Decreased, 2011-2015	Not available	Decreased
	or nurse	e)	students	who we	re bullie	ed on scl	hool pro	perty		9.0	7.1	4.7	Decreased, 2011-2015	Not available	Decreased
	or nurse	e)	students	who we	re bullie	ed on scl	hool pro	perty		9.0	7.1	4.7	Decreased, 2011-2015 No linear change	Not available Not available	Decreased No change
QN13: QN14:	Percent Percent	tage of s	students students	who we	re electr				ing thro		38.4	35.3	, 		
QN13: QN14:	Percent Percent	tage of s	students	who we	re electr				ing thro		38.4	35.3	, 		
QN13: QN14: nstant	Percent Percent messagi	tage of s tage of s ing, web	students	who we r texting	ere electr	ronically	y bullied	(includ	_	ugh e-m	38.4 ail, chat	35.3 rooms,	No linear change	Not available	No change

Delaware Middle School Survey

			Н	ealth Ri	isk Beha	avior ar	nd Perce	entages					Linear Change [*]	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN16:	Percent	tage of s	students	who ma	de a pla	n about	how the	y would	kill the	mselves					
QN16:	Percent	tage of s	students	who ma	de a pla	n about	how the	y would 9.9	kill the 8.5	mselves 8.9	10.8	6.9	No linear change	Not available [§]	Decreased
			students		•			•				6.9	No linear change	Not available ⁸	Decreased

Delaware Middle School Survey

Trend Analysis Report

Iale obacco	Use		H	Iealth R	isk Beh	avior ar	nd Perco	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18:	Percen	tage of s	students	who eve	er tried	cigarette	smokin	g (even 27.3	one or t 27.2	wo puff 23.5	s) 16.4	10.7	Decreased, 2007-2015	Not available [§]	Decreased
QN19:	Percen	tage of s	students	who sm	loked a	whole ci	garette l	before ag	ge 11 ye 7.4	ears (for 4.9	the first 4.0	time) 2.2	Decreased, 2007-2015	Not available	Decreased
	Percen the surv		students	who cu	rrently s	moked c	cigarette	s (on at 7.3	least 1 c	lay durii 6.0	ng the 30	0 days 1.9	Decreased, 2007-2015	Not available	Decreased
		ercentag lays befo			io currei	ntly freq	uently s	moked c	garette	s (on 20	or more	e days			
								1.8	2.1	1.7	1.0	0.5	Decreased, 2007-2015	Not available	No change
		Percent fore the		tudents	who cur	rently sr	noked c	igarettes	•	on all 30	•	0	Decreased 2007 2015	Not available	No change
								1.4	1.6	1.4	0.9	0.4	Decreased, 2007-2015	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

obacco Use		Health R	isk Beh	avior an	nd Perce	entages					Linear Change [*]	Quadratic Change*	Change from 2013-2015 [†]
1991 1993 1	995 1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNCIGINT: Perc internet (during th who were aged <1	ne 30 days b												
						0.0	0.1	0.0	0.1	0.0	Not available	Not available [§]	Not available
QN23: Percentag on at least 1 day d QN24: Percentag	luring the 3	0 days bef	fore the s	survey) moked c		3.4	4.3	3.2	3.8	2.1	No linear change	Not available	Decreased
loost 1 day during	ule 50 davs												
least 1 day during		s before li	ic suive	y)		5.9	6.3	6.0	4.7	2.4	Decreased, 2007-2015	Not available	Decreased
least 1 day during QNTOB3: Percer least 1 day during	ntage of stu	dents who	o current	ly used o	cigarette						Decreased, 2007-2015	Not available	Decreased
QNTOB3: Percer	ntage of stu	dents who	o current	ly used o	cigarette	es, cigar					Decreased, 2007-2015 Decreased, 2007-2015	Not available Not available	Decreased
QNTOB3: Percer	ntage of stud the 30 days	dents who s before th dents who	o current ne surve	ly used (y)		es, cigars	s, or smo 11.2	okeless t 9.5	obacco 7.6	(on at 4.1			

Delaware Middle School Survey

			H	ealth Ri	isk Beha	avior an	d Perce	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
			age of st						ttes, cig	ars, or si	nokeles	S			
			age of st ay durin						ttes, cig 89.8	ars, or si 91.0	mokeles 93.4	s 96.7	Increased, 2007-2015	Not available [§]	Increased
	o (on at TOB2:	least 1 d		g the 30 udents v	days be	efore the	survey)	90.0	89.8	91.0	93.4	96.7	Increased, 2007-2015	Not available [§]	Increased

Delaware Middle School Survey

			Н	lealth R	isk Beh	avior ar	nd Perco	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27:	Percen	tage of s	tudents	who eve	er drank	alcohol	(other t	han a fe	w sips)						
								41.7	41.9	34.6	26.2	21.3	Decreased, 2007-2015	Not available [§]	Decreased
		tage of s	tudents	who dra	ank alco	hol for t	he first t	ime bef	ore age	11 years	(other t	han a			
								16.1	18.4	14.0	11.3	7.5	Decreased, 2007-2015	Not available	Decreased
few sip QN29:		tage of s	tudents	who eve	er used 1	marijuan	a (durin	g their l	ife)				, 		
		tage of s	tudents	who eve	er used 1	marijuan	a (durin			14.0 16.0	11.3	7.5 9.5	Decreased, 2007-2015 Decreased, 2007-2015	Not available Not available	Decreased No change
QN29:	Percen	-				marijuan uana bef		g their l 15.1	ife) 17.5	16.0	13.0		, 		
QN29:	Percen	-						g their l 15.1	ife) 17.5	16.0	13.0		, 		
QN29: QN30: QN31:	Percen Percen Percen	tage of s	tudents	who trie	ed marij		ore age	ng their l 15.1 11 years 3.8	ife) 17.5 s (for the 4.4	16.0 e first tin 3.6	13.0 ne) 3.2	9.5	Decreased, 2007-2015	Not available	No change

Delaware Middle School Survey

			Н	ealth R	isk Beh	avior an	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
						nhalants 1 during			reathed	the cont	ents of s	spray			
calls, O	minalet	i any pa	mus or s	prays to	get mgi	i uuring	then m	=)							
										9.3	7.2	4.4	Decreased, 2011-2015	Not available [§]	Decreased
			tudents	who eve	er took s	teroids v	without	a doctor	's prescr		-	-	Decreased, 2011-2015	Not available [§]	Decreased
	Percent their life		tudents	who eve	er took s	teroids v	without a	a doctor	's prescr		-	-	Decreased, 2011-2015 Decreased, 2011-2015	Not available ⁸ Not available	Decreased
during QN34:	their life Percent	e) tage of s	tudents	who eve	er took p	teroids v prescripti erall, Ri	ion drug	s withou	ıt a doct	iption (p 1.9 or's pres	oills or s 1.5 scription	hots 0.6			

Delaware Middle School Survey

			Н	ealth Ri	isk Beha	avior an	d Perce	entages					Linear Change [*]	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN35:	Percent	tage of s	tudents	who eve	er had se	xual int	ercourse	•			5				
								27.6	27.9	24.0	18.7	13.8	Decreased, 2007-2015	Not available [§]	Decreased
QN36:	Percent	tage of s	tudents	who had	l sexual	intercou	irse befo	ore age 1	1 years	(for the	first tin	ie)			
								8.3	9.0	8.3	5.8	3.4	Decreased, 2007-2015	Not available	Decreased
			tudonta	who had	leavual	intercou	urse with	three o	r more r	persons	during	their			
QN37: life)	Percent	tage of s	students	who hac	i sexual	mercou			1						
	Percent	tage of s	students	who hat	i sexual	mercot			12.7	10.4	8.6	4.1	Decreased, 2009-2015	Not available	Decreased
life) QN38:		tage of s	tudents	who use	ed a conc				12.7				Decreased, 2009-2015	Not available	Decreased

Delaware Middle School Survey

Trend Analysis Report

			Н	ealth R	isk Beh	avior ar	d Perce	entages					Linear Change [*]	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN39:	Percent	tage of s	tudents	who des	scribed t	hemselv	es as sli	ghtly or	very ov	verweigh	nt				
								24.2	21.8	22.1	24.2	21.8	No linear change	Not available ⁸	No change
QN40:	Percent	tage of s	tudents	who we	re trying	g to lose	weight								
								36.1	33.9	36.5	39.2	36.3	No linear change	Not available	No change
QN41:	Percent	tage of s	tudents	who did	l not eat	breakfa	st (durin	g the 7	days bef	ore the	survey)				
										8.1	8.8	6.8	No linear change	Not available	No change
QNBK survey		Percent	age of s	tudents	who ate	breakfa	st on all	7 days ((during t	the 7 day	ys befor	e the			
										55.1	53.4	56.2	No linear change	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

iysical	Activit	y	Н	lealth R	lisk Beh	avior a	nd Perco	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
lays (d	loing an	tage of y kind c ne durin	of physic	al activi	ity that i	ncreased									
			0						56.7	55.1	55.0	57.5	No linear change	Not available [§]	No change
2NPA	0DAY:	Percent east 1 da	tage of s	tudents	who did	not par	icipate i	n at leas	st 60 mii	nutes of	physica	l made			
ctivity	on at le	Percent east 1 da aard som	ay (doing	g any ki	nd of ph	ysical a	ctivity th	at incre	ased the	ir heart	physica rate and 11.5	l made 9.7	Decreased, 2009-2015	Not available	No change
Activity them b	7 on at le reathe h 7DAY: loing an	east 1 da	tage of soft physic	g any kin time du tudents cal activi	nd of ph ring the who wer	ysical a 7 days b re physi- ncreased	ctivity the sefore the sefore characteristic contracteristic c	at incre e survey	ased the (7) 13.5 ast 60 m	ir heart 10.1	11.5	made 9.7 on all 7	Decreased, 2009-2015	Not available	No change
Activity them b	7 on at le reathe h 7DAY: loing an	east 1 da hard som Percent by kind c	tage of soft physic	g any kin time du tudents cal activi	nd of ph ring the who wer	ysical a 7 days b re physi- ncreased	ctivity the sefore the sefore characteristic contracteristic c	at incre e survey	ased the (7) 13.5 ast 60 m	ir heart 10.1	11.5	made 9.7 on all 7	Decreased, 2009-2015 No linear change	Not available Not available	No change Increased
activity hem b QNPA days (d some o	7 on at le reathe h 7DAY: loing an f the tin	east 1 da hard som Percent by kind c	ay (doing le of the tage of s of physic ng the 7	g any kin time du tudents cal activi days be	nd of ph ring the who wer ity that i fore the	ysical ad 7 days b re physic ncreased survey)	cally act their he	at incre e survey ive at le eart rate	ased the (7) 13.5 ast 60 m and mad 38.3	ir heart 10.1 ninutes p de them 37.3	11.5 per day of breathe 33.8	made 9.7 on all 7 hard 38.0			

Delaware Middle School Survey

			Н	ealth Ri	isk Beh	avior ar	nd Perce	entages					Linear Change [*]	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
			students ething th								er 3 or n	nore			
									32.6	39.5	45.0	46.6	Increased, 2009-2015	Not available [§]	No change
			students ey were i			hysical e	ducation	n classes 71.3	s on 1 or 68.8	r more d 70.4	ays (in a 69.1	an 66.9	No linear change	Not available	No change
averag QNDL	e week v	when the	ey were i	in schoo dents wł	ho attend	_		71.3	68.8	70.4	69.1	66.9	No linear change	Not available	No change
averag QNDL	e week v	when the	ey were i	in schoo dents wł	ho attend	_		71.3	68.8	70.4	69.1	66.9	No linear change Decreased, 2007-2015	Not available Not available	No change Decreased
averag QNDL averag QN46:	e week v YPE: P e week v Percen	when the ercentag when the tage of s	ey were i	dents whin schoo	l) ho attend l) yed on a	ded phys	sical edu	71.3 cation c 36.1	68.8 classes o 29.1	70.4 on all 5 d 35.1	69.1 lays (in a 29.0	66.9 an			

Delaware Middle School Survey

ale her															
			Н	ealth R	isk Beh	avior aı	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
M47.	Percen	tage of s	students	who ha	doverh	oon told	hu a day	otor or n	urse the	t thay he					
21147.		0	students	who had	u ever b	een tolu	by a doc		uise ma	t they ha	ad asthm	a			
21147.		0	students	who had				20.6	25.0	26.4	ad asthm 27.5	22.1	No linear change	Not available [§]	Decreased
			students				-	20.6	25.0	26.4	27.5		No linear change	Not available [§]	Decreased

Delaware Middle School Survey

/lale lite-Adde	ed		н	lealth R	isk Beh	avior aı	nd Perc	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN52: die (such	Percen h as cu	tage of s tting, sci	students raping, o	who dio or burnii	l someth ng thems	ing to p selves o	urposely n purpos	y hurt th se during	emselve g the 12	es withou months	it wanti before t	ng to he			
survey)										9.5	6.6	5.1	Decreased, 2011-2015	Not available [§]	No change
QN53: before tl			students	who cu	rrently d	lrank alc	ohol (ot	ther thar	n a few s	sips, duri	ng the 3	30 days			
											9.1	6.0	Decreased, 2013-2015	Not available	Decreased
QN54:	Percen	tage of s	students	who cu	rrently u	ised mar	ijuana (during t	he 30 da	iys befor	e the su	rvey)			
										8.5	6.7	4.2	Decreased, 2011-2015	Not available	Decreased
QN56: grape ju times the	lice, no	t countir	ig puncl	h, Kool-	l not drii Aid, spo	nk fruit orts drinl	juice (su ks, or ot	ich as oi her fruit	range ju -flavore	ice, appl d drinks	e juice, , one or	or more			
	-		·								34.6	37.6	No linear change	Not available	No change

Delaware Middle School Survey

e-Add	led		Н	lealth R	isk Beh	avior aı	nd Perce	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
			tudents	who dio	l not eat	fruit (no	ot counti	ng fruit	juice, o	ne or mo	ore times	s the			
ay bei	fore the	survey)									26.6	25.7	No linear change	Not available [§]	No change
		tage of s	tudents	who dio	l not eat	green sa	alad (one	e or moi	re times	the day	before tl	he			
urvey))										69.8	72.4	No linear change	Not available	No change
						other ve e survey		s (not co	ounting	green sa	lad, pota	itoes,			
											40.5	39.6	No linear change	Not available	No change
											(such as he surve				
											42.5	48.9	Increased, 2013-2015	Not available	Increased

Delaware Middle School Survey

	Health	Risk Beh	avior an	d Perce	entages					Linear Change [*]	Quadratic Change*	Change from 2013-2015 [†]
1991 1993 1995	1997 1999	2001	2003	2005	2007	2009	2011	2013	2015			
ON61: Percentage of	students who a	lid not dri	nlr millr (day hat	Forma that				
~	students who t	ilu liot ull	пк шпк (one or n	nore gla	isses the	e day bei	lore the				
urvey)	students who c	na not arr	пк шпк (one or n	nore gla	isses the	e day bei	27.3	28.4	No linear change	Not available [§]	No change
- · ·	students who c	lid not dri	nk caffeir	nated dr	inks (in	cluding	coffee,	27.3 teas, soc	las,	No linear change	Not available [§]	No change

Delaware Middle School Survey

Trend Analysis Report

, ,	nd Viol		Н	ealth R	isk Beh	avior aı	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
	Percenta a bicycl		udents w	who neve	er or rare	ely wore	e a bicyc	le helm	et (amor	ng stude	nts who	had			
								70.2	72.3	73.1	71.9	68.5	No linear change	Not available [§]	No change
QN7: amons	Percenta g studen	ige of str ts who u	udents w sed rolle	vho neve erblades	er or rare or rode	ely wore a skateł	e a helme board)	et when	rollerbl	ading or	skatebo	arding			
among	Percenta g studen Percenta	ts who u	ised rolle	erblades	or rode	a skatel	ooard)		77.7	78.5	79.2	oarding 78.6	No linear change	Not available	No change
among	g studen	ts who u	ised rolle	erblades	or rode	a skatel	ooard)		77.7	78.5	79.2	-	No linear change Decreased, 2007-2015	Not available Not available	No change No change
among	g studen	ts who u	udents w	erblades	or rode	a skateł	board) e a seat b	oelt (who 4.4	77.7 en riding 6.9	78.5 g in a car 5.2	79.2 r) 4.4	78.6			
among	g studen Percenta	ts who u	udents w	erblades	or rode	a skateł	board) e a seat b	oelt (who 4.4	77.7 en riding 6.9	78.5 g in a car 5.2	79.2 r) 4.4	78.6			
amonş QN8: QN9:	g studen Percenta	s who unge of stu	udents w	erblades vho neve vho rode	or rode er or rare	a skatel ely wore driver w	poard) e a seat b who had l	pelt (who 4.4 peen dri 29.5	77.7 en riding 6.9 nking al 30.8	78.5 g in a cau 5.2 cohol (in 24.4	79.2 r) 4.4 n a car)	78.6 3.4	Decreased, 2007-2015	Not available	No change

Delaware Middle School Survey

, ,	nd Viole		Н	lealth R	isk Beh	avior aı	nd Perco	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN11:	Percent	tage of s	students	who we	re in a p	hysical	fight				,				
								53.0	48.7	45.0	43.6	39.5	Decreased, 2007-2015	Not available [§]	No change
loctor	or nurse	<i>;</i>)													
		,	students	who we	re bullie	ed on scl	hool pro	perty		5.7	4.7	4.4	No linear change	Not available	No change
		,	students	who we	re bullie	ed on scl	hool pro	perty		5.7	4.7	4.4	No linear change No linear change	Not available Not available	No change No change
QN13: QN14:	Percent	tage of s	students		re electi		hool pro y bullied		ing throu		47.9	47.1			
QN13: QN14:	Percent	tage of s	students	who we	re electi				ing throu		47.9	47.1			
QN13: QN14: nstant	Percent Percent messagi	tage of s tage of s ing, web	students o sites, o	who we r texting	ere electr	ronically		(includ	-	ugh e-m	47.9 ail, chat	47.1 rooms,	No linear change	Not available	No change

Delaware Middle School Survey

			H	ealth Ri	sk Beh	avior an	d Perce	entages					Linear Change [*]	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
N16:	Percent	tage of s	tudents	who ma	de a pla	n about	how the	y would	kill the	mselves					
QN16:	Percent	tage of s	students	who ma	de a pla	n about	how the	y would 15.2	kill the 13.4	mselves 14.3	24.8	16.0	Increased, 2007-2015	Not available ⁸	Decreased
			tudents									16.0	Increased, 2007-2015	Not available [§]	Decreased

Delaware Middle School Survey

Trend Analysis Report

obacco Use		Н	lealth R	isk Beh	avior ai	nd Perce	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percer	ntage of s	students	who ev	er tried o	cigarette	smokin	g (even	one or t	wo puffs	5)				
							29.6	24.4	21.7	18.9	12.4	Decreased, 2007-2015	Not available [§]	Decreased
QN19: Percer	ntage of s	students	who sm	loked a	whole ci	garette l	before ag	ge 11 ye	ars (for	the first	time)			
							5.7	5.4	3.8	3.5	1.5	Decreased, 2007-2015	Not available	Decreased
QN20: Percer before the surv	ntage of svey)	students	who cu	rrently s	moked	cigarette						Decreased, 2007-2015	Not available	Decreased
QN20: Percer before the sur-	ntage of s vey)	students	who cu	rrently s	moked o	cigarette						Decreased, 2007-2015 Decreased, 2007-2015	Not available Not available	Decreased
QN20: Percer before the surv QNFRCIG: P during the 30	vey) Percentag	e of stud	lents wł	_			s (on at 9.3	least 1 d 8.3	lay durin 5.5	ng the 30 4.5) days 2.3			
QNFRCIG: P	vey) Percentag	e of stud	lents wł	_			s (on at 9.3	least 1 d 8.3	lay durin 5.5	ng the 30 4.5) days 2.3			
Defore the survey of the surve	vey) Percentag days before Percent	e of stuc ore the s	lents wł urvey)	no currei	ntly freq	uently s	s (on at 9.3 moked c 2.0	least 1 d 8.3 eigarettes 1.7	lay durin 5.5 s (on 20 1.1	ng the 30 4.5 or more 0.7) days 2.3 e days 0.2	Decreased, 2007-2015	Not available	Decreased

Delaware Middle School Survey

Trend Analysis Report

			H	ealth Ri	isk Beha	avior ar	nd Perco	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
internet	(during		ge of stu days bef urs)												
								0.1	0.0	0.0	0.0	0.1	Not available	Not available [§]	Not available
			the 30 c		rently us ore the s		keless u						Decreased 2007-2015	Not available	No change
QN24:	ast 1 da Percen	y during		lays bef	rently si	survey)		1.9	2.1	1.1	1.3	0.6	Decreased, 2007-2015	Not available	No change
on at lea	ast 1 da Percen	y during	the 30 c	lays bef	rently si	survey)		1.9	2.1	1.1	1.3	0.6	Decreased, 2007-2015 Decreased, 2007-2015	Not available Not available	No change No change
QN24: least 1 c	Ast 1 da Percent day duri 33: Per	y during tage of s ng the 3 centage	the 30 c	lays bef who cur efore th nts who	rently si rently si le survey current	moked c y)	igars (c	1.9 igars, ci 3.7	2.1 garillos, 5.9	1.1 or little 2.8	1.3 cigars o 3.4	0.6 on at 2.1			
QN24: least 1 c	Ast 1 da Percent day duri 33: Per	y during tage of s ng the 3 centage	the 30 c tudents 0 days b of stude	lays bef who cur efore th nts who	rently si rently si le survey current	moked c y)	igars (c	1.9 igars, ci 3.7	2.1 garillos, 5.9	1.1 or little 2.8	1.3 cigars o 3.4	0.6 on at 2.1			
QN24: least 1 d QNTOI least 1 d	Perceni lay duri 33: Per lay duri 32: Per	y during tage of s ng the 3 centage ng the 3	the 30 c tudents to 0 days b of stude 0 days b 0 days b	lays bef who cur efore th nts who efore th	rently si rently si e survey currentl e survey	survey) moked c y) ly used y	igars (c	1.9 igars, ci 3.7 s, cigar 10.6	2.1 garillos, 5.9 s, or smo 10.8	1.1 or little 2.8 okeless t 6.6	1.3 cigars o 3.4 obacco 6.2	0.6 m at 2.1 (on at 3.7	Decreased, 2007-2015	Not available	No change

Delaware Middle School Survey

Female Tobacco	Use		Н	ealth R	isk Beh	avior ar	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
						not curr efore the			ttes, ciga	ars, or si	mokeles	s			
			2	0	2			90.0	90.1	93.8	94.0	96.7	Increased, 2007-2015	Not available [§]	Increased
	TOB2: ring the					not curr	ently sm	noke cig 90.2	arettes o 90.6	or cigars 94.0	(on at l 94.3	east 1 96.8	Increased, 2007-2015	Not available	Increased

Delaware Middle School Survey

Trend Analysis Report

		ner Dru	-	lealth R	isk Beh	avior ar	nd Perco	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27:	Percen	tage of :	students	who eve	er drank	alcohol	(other t	han a fe	w sips)						
								42.5	37.4	34.6	27.4	21.0	Decreased, 2007-2015	Not available [§]	Decreased
		0				hol for t			U	2					
		tage of s	students	who eve	er used i	mariiuan	na (durin	13.7	12.2	11.3	7.9	6.0	Decreased, 2007-2015	Not available	No change
		tage of s	students	who eve	er used 1	marijuan	na (durin			11.3	7.9	6.0 9.3	Decreased, 2007-2015 No linear change	Not available Not available	No change No change
QN29:	Percen					marijuan uana bef		ng their l 12.0	ife) 12.6	10.0	10.4		, 		
	Percen							ng their l 12.0	ife) 12.6	10.0	10.4		, 		
QN29: QN30: QN31:	Percen Percen Percen	tage of s	students	who trie	ed marij		fore age	ng their l 12.0 11 year 1.5	ife) 12.6 s (for the 1.4	10.0 e first tin 1.0	10.4 me) 1.5	9.3	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.

Delaware Middle School Survey

			Н	ealth Ri	isk Beha	avior ar	d Perce	entages					Linear Change [*]	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32:			students						reathed	the cont	ents of s	spray			
								-)							
ans, or	r inhalec	l any pa	ints or s	prays to	get high	n during	their life	e)		11.0	7.7	5.3	Decreased, 2011-2015	Not available ⁸	Decreased
									's prescr				Decreased, 2011-2015	Not available [§]	Decreased
QN33:		tage of s	students						's prescr	iption (p	oills or s	hots			
QN33:	Percent	tage of s							's prescr				Decreased, 2011-2015 No linear change	Not available ^s Not available	Decreased No change
QN33: luring t QN34:	Percent their life Percent	tage of s		who eve	er took s er took p	teroids v	without a	a doctor	ut a doct	iption (p 1.6 or's pres	bills or s 1.9 scription	hots 1.1			

Delaware Middle School Survey

			H	ealth Ri	isk Beha	avior an	d Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991 1	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
N35: F	Percent	age of s	tudents	who eve	er had se	exual into	ercourse								
								18.8	17.1	13.6	9.5	6.3	Decreased, 2007-2015	Not available [§]	Decreased
	Darcon	age of s	tudents	who had	l sexual	intercou	irse befo	re age 1	1 years	(for the	first tim	ne)			
N36: F	ercem	0													
QN36: F	ercen							3.0	3.1	1.3	1.7	1.4	Decreased, 2007-2015	Not available	No change
			tudents	who had	sexual	intercou	rse with					-	Decreased, 2007-2015	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

			Н	ealth R	isk Beha	avior an	d Perce	entages					Linear Change [*]	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN39:	Percent	tage of s	tudents	who des	cribed t	hemselv	es as sli	ghtly or	very ov	verweigh	nt				
								29.5	29.4	31.9	30.5	31.4	No linear change	Not available [§]	No change
QN40:	Percent	age of s	tudents	who we	re trying	g to lose	weight							· · · · · ·	
								54.0	53.4	56.4	55.8	51.3	No linear change	Not available	Decreased
QN41:	Percent	age of s	tudents	who did	not eat	breakfas	st (durin	g the 7	days bef	fore the	survey)				
										14.1	13.0	12.0	No linear change	Not available	No change
QNBK'	7DAY:	Percent	age of s	tudents	who ate	breakfas	st on all	7 days ((during	the 7 day	ys before	e the			
survey))		-					-	-	-					

Delaware Middle School Survey

Trend Analysis Report

			Н	ealth R	isk Beh	avior aı	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
lays (c	loing an	ntage of a by kind one durin	f physic	al activi	ty that ii	ncreased	tive at le l their he	east 60 n eart rate	ninutes p and mad	per day de them	on 5 or 1 breathe	more hard			
			8 / -						43.8	40.4	40.6	39.7	No linear change	Not available [§]	No change
ctivity	y on at le	Percent east 1 da	y (doing	g any kii	nd of phy	ysical ad	ctivity th	at increa	ased the	nutes of ir heart	physical rate and	l made			
ctivity	y on at le	Percent east 1 da aard som	y (doing	g any kii	nd of phy	ysical ad	ctivity th	at increa	ased the	nutes of ir heart 12.1	physical rate and 15.1	1 made 14.1	No linear change	Not available	No change
hem b	y on at le reathe h 7DAY: loing an	east 1 da nard som Percent ry kind o	e of the	g any kin time dur tudents v al activi	nd of phy ring the who wer ty that in	ysical ac 7 days b re physic ncreased	ctivity the before the cally act	at increa e survey	ased the 7) 16.3 ast 60 m	ir heart 1 12.1	15.1	made 14.1	No linear change	Not available	No change
Activity hem b	y on at le reathe h 7DAY: loing an	east 1 da hard som	e of the	g any kin time dur tudents v al activi	nd of phy ring the who wer ty that in	ysical ac 7 days b re physic ncreased	ctivity the before the cally act	at increa e survey	ased the 7) 16.3 ast 60 m	ir heart 1 12.1	15.1	made 14.1	No linear change Decreased, 2009-2015	Not available Not available	No change
QNPA days (c	y on at lo reathe h 7DAY: loing an of the tin	east 1 da nard som Percent ry kind o	y (doing e of the age of s f physic ng the 7	g any kin time dur tudents v al activi days bet	nd of phy ring the who wer ty that in fore the	ysical ac 7 days b re physic ncreasec survey)	cally act their he	at increa e survey ive at lea eart rate	ased the 7) 16.3 ast 60 m and mad 23.9	ir heart 1 12.1 iinutes p de them 24.2	15.1 Der day o breathe 19.7	made 14.1 on all 7 hard 20.1			

Delaware Middle School Survey

			Н	ealth Ri	isk Beh	avior aı	nd Perco	entages					Linear Change [*]	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
		tage of s for some									er 3 or n	nore			
									27.0	30.8	38.5	45.0	Increased, 2009-2015	Not available [§]	Increased
)N45·	Percent	tage of s	students	who atte	ended pl	hysical e	ducatio	n classe	s on 1 or	r more d	avs (in a				
		tage of s when the				hysical e	ducatio	n classes 65.0	s on 1 or 64.0	r more d 65.6	ays (in a 63.8	un 61.0	No linear change	Not available	No change
	e week v		ey were i ge of stud	dents wh	l)	_		65.0	64.0	65.6	63.8	61.0	No linear change	Not available	No change
	e week v	when the	ey were i ge of stud	dents wh	l)	_		65.0	64.0	65.6	63.8	61.0	No linear change Decreased, 2007-2015	Not available Not available	No change Decreased
QNDL average	YPE: Port week week week week week week week wee	when the	ey were i ge of stud ey were i students	dents who pla	l) no attend l) yed on a	ded phys	sical edu	65.0 cation c 30.2	64.0 classes o 31.2	65.6 n all 5 d 35.9	63.8 ays (in a 28.1	61.0 an			

Delaware Middle School Survey

Trend Analysis Report

			Н	ealth Ri	isk Beha	avior ar	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
.991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
								-							
QN47:	Percent	age of	students	who had	l ever be	een told	by a doc	ctor or n	urse tha	t they ha	d asthm	a			
QN47:	Percent	age of a	students	who hac	l ever be	een told	by a doc	ctor or n 20.9	urse tha	t they ha 25.2		a 21.8	No linear change	Not available [§]	No change
			students				-	20.9	22.2	25.2	25.2		No linear change	Not available ⁸	No change

Delaware Middle School Survey

			Н	ealth R	isk Beh	avior aı	nd Perc	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN52: die (suo survey)	Percent th as cut	tage of s ting, scr	tudents aping, c	who dic or burnii	l someth ng thems	ning to p selves of	urposely n purpos	y hurt th se during	emselve g the 12	es withou months	it wantii before tl	ng to he			
										20.0	17.8	19.7	No linear change	Not available [§]	No change
<u></u>	D	6			-										
	he surv		tudents	who cu	rrently d	lrank alc	cohol (ot	her than	a few s	ips, duri	ng the 3	0 days			
			tudents	who cu	rrently d	lrank alc	ohol (ot	her than	a few s	ips, duri	ng the 3 9.9	0 days 7.2	Decreased, 2013-2015	Not available	Decreased
before	he surv	ey)								ips, duri lys befor	9.9	7.2	Decreased, 2013-2015	Not available	Decreased
before	he surv	ey)									9.9	7.2	Decreased, 2013-2015 No linear change	Not available Not available	Decreased No change
QN54: QN56: grape ji	Percent Percent lice, not	age of stage	tudents tudents	who cur who dic 1, Kool-	rrently u I not drin	sed mar	ijuana (during the	he 30 da	lys befor	9.9 e the sur 4.8 e juice, o	7.2 rvey) 5.4 or			

Delaware Middle School Survey

emale te-Add	ed		Н	ealth Ri	isk Beh	avior ar	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
			tudents	who did	l not eat	fruit (no	ot counti	ng fruit	juice, o	ne or mo	ore time:	s the			
uay bei	ore the	survey)									25.9	24.8	No linear change	Not available [§]	No change
QN58: survey)		tage of s	tudents	who did	l not eat	green sa	alad (one	e or moi	re times	the day	before the	he			
											68.8	67.6	No linear change	Not available	No change
		tage of s or more						s (not co	ounting	green sa	lad, pota	atoes,			
											38.7	40.9	No linear change	Not available	No change
QN60:	Percent or Sprite	tage of s	tudents luding c	who did liet soda	l not drii 1 or diet	nk a can pop, on	, bottle, e or mor	or glass e times	of soda the day	or pop before t	(such as he surve	Coke, cy)			
Pepsi, o	•														

Delaware Middle School Survey

	Hea	alth Ris	k Beha	wior an	d Perce	entages					Linear Change [*]	Quadratic Change [*]	Change from 2013-2015 [†]
1991 1993 1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
2N61: Percentage of	students w	ho did r	not drin	ık milk ((one or 1	more gla	asses the	e day bei	fore the				
2N61: Percentage of urvey)	students w	ho did r	not drin	ık milk ((one or 1	more gla	asses the	e day bei	fore the 38.0	39.8	No linear change	Not available ⁸	No change
	students w	ho did r	not drin	k caffei	nated dr	rinks (in	cluding	coffee,	38.0 teas, soc	las,	No linear change	Not available ⁸	No change

Delaware Middle School Survey

Trend Analysis Report

Vhite* 1jury ai	nd Viole	ence													
			Н	lealth R	isk Beh	avior ai	nd Perc	entages					Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
	Percenta a bicycl		udents v	who nev	er or rar	ely wore	e a bicyc	le helm	et (amor	ng studer	nts who	had			
								63.7	66.0	67.0	62.8	57.2	Decreased, 2007-2015	Not available [¶]	No change
					er or rar s or rode			et when	rollerbl	ading or	skatebo	arding			
									74.4	76.4	72.9	70.3	No linear change	Not available	No change
QN8: 1	Percenta	age of st	udents v	who nev	er or rar	ely wore	e a seat l	oelt (wh	en riding	g in a ca	r)				
								3.4	4.1	3.3	2.4	1.5	Decreased, 2007-2015	Not available	No change
QN9: 1	Percenta	age of st	udents v	who rode	e with a	driver w	/ho had	been dri	nking al	cohol (i	n a car)				
								30.5	29.1	21.6	22.4	18.0	Decreased, 2007-2015	Not available	Decreased
QN10:	Percen	tage of s	students	who car	rried a w	eapon (such as	a gun, k	nife, or	club)					
									26.5	25.3	28.0	30.2	No linear change	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

	nd Viole	ence	Н	lealth R	isk Beh	avior aı	nd Perco	entages					Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN11:	Percent	tage of s	students	who we	ere in a p	hysical	fight								
								56.2	54.2	46.0	44.2	37.2	Decreased, 2007-2015	Not available [¶]	Decreased
			students	who we	ere injure	ed in a p	hysical	fight (in	juries ha	ad to be	treated	by a			
doctor	or nurse)													
										67	47	39	Decreased 2011-2015	Not available	No change
										6.7	4.7	3.9	Decreased, 2011-2015	Not available	No change
QN13:	Percent	tage of s	students	who we	ere bullie	ed on scl	hool pro	perty		6.7			, 		No change
QN13:	Percent	tage of s	students	who we	ere bullie	ed on scl	hool pro	perty		6.7	4.7 48.6	3.9 46.3	Decreased, 2011-2015 No linear change	Not available Not available	No change No change
QN14:	Percent	tage of s	students		ere electi	-	hool pro y bullied		ing thro		48.6	46.3	, 		
QN14:	Percent	tage of s	students	who we	ere electi	-	-		ing thro		48.6	46.3	, 		
QN14: nstant	Percent messagi	tage of s	students sites, o	who we r texting	ere electi g)	ronically	-	(includ		ugh e-m	48.6 ail, chat	46.3 t rooms,	No linear change	Not available	No change

Delaware Middle School Survey

			H	ealth Ri	isk Beh	avior ar	nd Perce	entages					Linear Change [†]	Quadratic Change †	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN16:	Percent	age of s	tudents	who ma	de a pla	n about	how the	y would	kill the	mselves					
QN16:	Percent	age of s	students	who ma	de a pla	n about	how the	y would 12.2	kill the 10.0	mselves 9.8	16.2	9.4	No linear change	Not available [¶]	Decreased
			tudents		•							9.4	No linear change	Not available¶	Decreased

Delaware Middle School Survey

Trend Analysis Report

Vhite* 'obacco Use		H	lealth R	isk Beh	avior ar	nd Perco	entages					Linear Change [†]	Quadratic Change†	Change from 2013-2015 [§]
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percer	tage of	students	who ev	er tried	cigarette	smokin	g (even 25.7	one or t 23.5	wo puff 20.5	s) 16.0	10.0	Decreased, 2007-2015	Not available [¶]	Decreased
QN19: Percer	tage of	students	who sm	loked a	whole ci	garette ł	pefore ag	ge 11 ye 5.0	ars (for 4.0	the first 3.0	time) 1.1	Decreased, 2007-2015	Not available	Decreased
QN20: Percer before the surv		students	who cu	rrently s	moked c	cigarette	s (on at 9.5	least 1 d	lay durii 6.0	ng the 30 3.3	-	Decreased, 2007-2015	Not available	No change
QNFRCIG: P during the 30				no curren	ntly freq	uently si	moked c	cigarette 2.5	s (on 20 1.8	or more	e days 0.4	Decreased, 2007-2015	Not available	No change
QNDAYCIG: the 30 days be	Percent fore the	age of s survey)	tudents	who cur	rently sn	noked ci	igarettes 1.4	daily (o	on all 30	days du	uring 0.3	Decreased, 2007-2015	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

White* Fobacco Use Health Risk Behavio	or and Percentages					Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991 1993 1995 1997 1999 2001 20	03 2005 2007	2009	2011	2013	2015			
QNCIGINT: Percentage of students who usually of internet (during the 30 days before the survey amon who were aged <18 years)	btained their own c ng students who cur	igarettes rently si	by buyi noked c	ing on th	ne s and			
	0.0	0.0	0.0	0.1	0.0	Not available	Not available [¶]	Not available
QN23: Percentage of students who currently used on at least 1 day during the 30 days before the surv	ey)				•	D 1 2007 2015	N 111	
	3.0	3.2	3.0	2.7	1.2	Decreased, 2007-2015	Not available	Decreased
QN24: Percentage of students who currently smok least 1 day during the 30 days before the survey)	ted cigars (cigars, ci	garillos,	or little	cigars o	on at			
	3.6	4.7	3.6	2.0	1.3	Decreased, 2007-2015	Not available	No change
QNTOB3: Percentage of students who currently u least 1 day during the 30 days before the survey)	sed cigarettes, cigar	s, or sm	okeless	obacco	(on at			
	11.9	9.9	8.2	5.6	3.5	Decreased, 2007-2015	Not available	Decreased
QNTOB2: Percentage of students who currently st the 30 days before the survey)	moked cigarettes or	cigars (on at lea	st 1 day	during			
	10.3	8.9	7.2	4.0	2.7	Decreased, 2007-2015	Not available	No change

Delaware Middle School Survey

			Н	ealth R	isk Beh	avior ar	d Perce	entages					Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 §
991 1	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
NNOTO									ttes, ciga	ars, or si	nokeles	S			
								88.5	90.5	91.9	94.7	96.8	Increased, 2007-2015	Not available [¶]	

Delaware Middle School Survey

Trend Analysis Report

Vhite* Alcohol a	und Oth	ier Dru	-	lealth R	lisk Beh	avior ar	nd Perce	entages					Linear Change [†]	Quadratic Change†	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27:	Percen	tage of s	students	who ev	er drank	alcohol	(other t	han a fe	w sips)						
								40.0	36.3	30.5	25.0	18.1	Decreased, 2007-2015	Not available [¶]	Decreased
		tage of s	students	who dra	ank alco	hol for t	he first 1	time bef	ore age	11 years	(other t	han a			
few sip	s)							14.4	13.4	10.7	8.3	5.1	Decreased, 2007-2015	Not available	Decreased
QN29:	Percen	tage of s	students	who ev	er used i	marijuan	a (durin	g their l	ife)						
								11.0	13.7	11.0	8.5	6.7	Decreased, 2007-2015	Not available	No change
QN30:	Percen	tage of s	students	who trie	ed marij	uana bef	fore age	11 year	s (for th	e first ti	me)				
								1.9	1.6	1.5	1.4	0.8	Decreased, 2007-2015	Not available	No change
QN31: freebas	Percen	tage of s g their li	students	who ev	er used a	any form	n of coca	aine (suc	ch as po	wder, cr	ack, or				
needus	e aanne	, alon n	,					2.6	3.7	2.0	1.0	0.7	Decreased, 2007-2015	Not available	No change

Delaware Middle School Survey

			Н	ealth Ri	isk Beha	avior an	nd Perce	entages					Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
			students						reathed	the cont	ents of s	spray			
cans, or	minated	u any pa	ints of s	prays to	get nigi	i during	their life	e)		9.4	6.4	3.9	Decreased, 2011-2015	Not available [¶]	Decreased
QN33:	Percent	tage of s	students			-			's prescr				Decreased, 2011-2015	Not available [¶]	Decreased
QN33:		tage of s				-			's prescr				Decreased, 2011-2015	Not available [¶] Not available	Decreased
QN33:	Percent	tage of s				-			's prescr	iption (p	oills or s	hots			
QN33: during QN34:	Percent their life Percent	tage of s e) tage of s		who eve	er took s er took p	teroids v	without a	a doctor	ut a doct	iption (p 1.3 cor's pres	pills or s 1.4 scription	hots 0.3			

Delaware Middle School Survey

			icaith K	isk den	avior an	nd Perce	entages					Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 §
991 1993	3 1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
N35: Perce	entage o	f students	who eve	er had se	exual int	ercourse	;	-						
							14.7	15.7	11.9	8.6	6.2	Decreased, 2007-2015	Not available [¶]	Decreased
N36: Perce	entage o	f students	who ha	d sexual	intercou	urse befo	ore age 1	1 years	(for the	first tin	ne)			
							2.5	3.3	2.6	1.7	1.4	Decreased, 2007-2015	Not available	No change
N37: Perce	entage o	f students	who ha	d sexual	intercou	urse with	three o	r more r	persons	(during	their			

Delaware Middle School Survey

			Н	ealth R	isk Beha	avior ar	nd Perco	entages					Linear Change †	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN39:	Percen	tage of s	tudents	who des	cribed t	hemselv	ves as sli	ghtly or	very ov	erweigh	nt				
								28.9	27.0	27.6	30.1	26.5	No linear change	Not available [¶]	No change
QN40:	Percen	tage of s	tudents	who we	re trying	g to lose	weight								
								48.4	44.0	45.8	48.6	38.1	Decreased, 2007-2015	Not available	Decreased
QN41:	Percen	tage of s	students	who did	not eat	breakfa	st (durin	g the 7	days bef	ore the	survey)				
										9.3	9.4	7.9	No linear change	Not available	No change
QNBK survey	7DAY:	Percent	age of s	tudents	who ate	breakfa	st on all	7 days ((during t	the 7 day	ys before	e the			
										52.2	49.4	50.0	No linear change	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

	Activity	5	Н	lealth R	isk Beh	avior aı	nd Perco	entages					Linear Change †	Quadratic Change †	Change from 2013-2015 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
lays (c	loing an	tage of s y kind o ne durin	f physic	al activi	ty that in	ncreased									
			6						57.9	51.4	54.8	54.5	No linear change	Not available [¶]	No change
		Percent													
activity	on at le	Percent east 1 da aard som	y (doing	g any kir	nd of ph	ysical ad	ctivity th	at incre	ased the				No linear change	Not available	No change
activity them b QNPA days (c	v on at le reathe h 7DAY: loing any	east 1 da	y (doing e of the age of s f physic	g any kin time dun tudents al activi	nd of phy ring the who wer ty that in	ysical ac 7 days b re physic ncreased	ctivity the before the cally act	at incre- e survey	ased the 7) 9.2 ast 60 m	eir heart 8.0	8.8 er day o	made 8.6 on all 7	No linear change	Not available	No change
activity them b QNPA days (c	v on at le reathe h 7DAY: loing any	east 1 da aard som Percent	y (doing e of the age of s f physic	g any kin time dun tudents al activi	nd of phy ring the who wer ty that in	ysical ac 7 days b re physic ncreased	ctivity the before the cally act	at incre- e survey	ased the 7) 9.2 ast 60 m	eir heart 8.0	8.8 er day o	made 8.6 on all 7	No linear change Decreased, 2009-2015	Not available Not available	No change
QNPA days (c some c	7 on at le reathe h 7DAY: loing any f the tim	east 1 da aard som Percent	y (doing e of the age of s f physic ng the 7	g any kin time dur tudents v al activi days bet	nd of ph ring the who wer ty that in fore the	ysical ac 7 days b re physic ncreasec survey)	ctivity the before the cally act l their he	at incre e survey ive at le eart rate	ased the 9.2 ast 60 m and mac 35.3	ir heart 8.0 ninutes p de them 33.3	8.8 er day c breathe 29.3	made 8.6 on all 7 hard 31.2			

Delaware Middle School Survey

Trend Analysis Report

White* Physical	Activity	y	Н	ealth R	isk Beh	avior aı	nd Perce	entages					Linear Change [†]	Quadratic Change †	Change from 2013-2015 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
	Percent Per day (er 3 or n	nore			
									24.8	28.8	36.9	42.6	Increased, 2009-2015	Not available [¶]	Increased
	Percent e week v					nysical e	educatio	n classe	s on 1 o	r more d	lays (in a	an			
								67.4	67.8	67.7	65.5	63.0	No linear change	Not available	No change
	YPE: P e week v					led phy	sical edu	ication o	classes o	on all 5 d	lays (in a	an			
								33.4	31.6	38.9	32.0	20.0	Decreased, 2007-2015	Not available	Decreased
	Percent nity gro					at least o	one spor	ts team	(run by	their sch	iool or				
								64.0	64.0	65.7	65.1	66.2	No linear change	Not available	No change

Delaware Middle School Survey

nite* ner			Н	lealth R	isk Beh	avior ar	nd Perce	entages					Linear Change [†]	Quadratic Change †	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN47:	Percent	tage of	students	who hae	d ever b	een told	by a doo	ctor or n 18.1		t they ha 22.9		a 18.7	No linear change	Not available¶	Decreased
						een told		18.1	20.7	22.9	23.1		No linear change	Not available¶	Decreased

Delaware Middle School Survey

Vhite* ite-Added		H	lealth R	isk Beh	avior ar	nd Perce	entages					Linear Change [†]	Quadratic Change †	Change from 2013-2015 [§]
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN52: Percen die (such as cu survey)	tage of s tting, sci	students raping, o	who did or burnii	l someth	ing to p selves or	urposely n purpos	y hurt th se during	emselve g the 12	es withou months	it wantir before tl	ng to he			
									13.7	12.2	11.5	Decreased, 2011-2015	Not available [¶]	No change
QN53: Percen before the surv		tudents	who cu	rently d	rank alc	ohol (ot	her than	a few s	ips, duri	ng the 3	0 days			
										8.4	6.3	Decreased, 2013-2015	Not available	No change
QN54: Percen	tage of s	tudents	who cu	rently u	sed mar	ijuana (during tl	he 30 da	ys befor	e the sur	rvey)			
									5.7	3.5	3.5	Decreased, 2011-2015	Not available	No change
QN56: Percen grape juice, no times the day b	t countir	ng puncl	n, Kool-											
-										44.6	47.1	No linear change	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

/hite* ite-Added		H	ealth Ri	isk Beh	avior ar	nd Perce	entages					Linear Change [†]	Quadratic Change †	Change from 2013-2015 [§]
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN57: Percenta		tudents	who did	l not eat	fruit (no	ot counti	ng fruit	juice, o	ne or mo	ore time	s the			
day before the s	uivey)									24.4	22.6	No linear change	Not available [¶]	No change
QN58: Percenta survey)	age of s	tudents	who did	l not eat	green sa	alad (one	e or mor	e times	the day					
										67.5	68.1	No linear change	Not available	No change
QN59: Percenta or carrots, one o							s (not co	ounting	green sa	lad, pota	itoes,			
										37.5	37.7	No linear change	Not available	No change
QN60: Percenta Pepsi, or Sprite,	age of s not inc	tudents luding d	who did liet soda	l not drin a or diet	nk a can pop, on	, bottle, e or mor	or glass e times	of soda the day	or pop before t	(such as he surve	Coke, y)			

Delaware Middle School Survey

	He	ealth Ris	sk Beha	vior and	d Percei	ntages					Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 §
1991 1993 199	95 1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN61: Percentage urvey)	of students v	who did 1	not drin	ık milk (o	one or n	nore gla	sses the	day bef	ore the				
									26.8	27.8	No linear change	Not available [¶]	No change
2N63: Percentage ower drinks, energ urvey)									teas, sod	as,	No linear change	Not available [¶]	No change

Delaware Middle School Survey

Trend Analysis Report

			Н	ealth R	isk Beh	avior aı	nd Perce	entages					Linear Change [†]	Quadratic Change †	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
	Percenta a bicycl		udents v	vho neve	er or rare	ely wore	e a bicyc	le helme	et (amon	ng studei	nts who	had			
								89.6	89.6	85.5	86.7	85.2	No linear change	Not available [¶]	No change
										-					
(amon	g studen	ts who u	sed roll	erblades	or rode	ely wore a skateł	ooard)		91.1	88.6	87.2	oarding 88.2	No linear change	Not available	No change
(amon	g studen	ts who u	sed roll	erblades	or rode		ooard)		91.1	88.6	87.2	-		Not available Not available	No change Decreased
(amon QN8:	g student	ts who u	udents v	erblades	or rode	a skatel	board) e a seat b	oelt (whe 7.4	91.1 en riding 10.1	88.6 g in a car 6.5	87.2 r) 8.7	88.2	No linear change No linear change Decreased, 2007-2015		

Delaware Middle School Survey

Trend Analysis Report

jury a	nd Viole	ence	Н	lealth R	isk Beh	avior ar	nd Perc	entages					Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN11:	Percent	tage of s	tudents	who we	ere in a p	hysical	fight								
								80.9	77.6	71.9	71.5	71.8	Decreased, 2007-2015	Not available [¶]	No change
	Percent or nurse		tudents	who we	ere injure	ed in a p	hysical	fight (in	juries ha	ad to be 6.8	treated 6.7	by a 5.4	No linear change	Not available	No change
QN13:	Percent	tage of s	tudents	who we	ere bullie	ed on scl	hool pro	perty			38.2	37.4	No linear change	Not available	No change
	Percent messagi				ere electi	ronically	/ bullied	(includ	ing thro	ugh e-m	ail, chat	rooms,			
iistailt	messagi	<u>s</u> , weu	51105, 0	i textilig	5/						13.5	14.8	No linear change	Not available	No change
QN15:	Percent	tage of s	tudents	who see	riously tl	hought a	ıbout kil	ling the	mselves						
								21.9	21.3	22.3	10.7	19.4	Decreased, 2007-2015		

Delaware Middle School Survey

			Н	ealth Ri	isk Beha	avior an	d Perce	entages					Linear Change ⁺	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN16:	Percent	tage of s	students	who ma	de a pla	n about	how the	y would	kill the	mselves					
QN16:	Percent	tage of s	students	who ma	de a pla	n about i	how the	y would 11.7	kill the 10.9	mselves 12.1		13.1	Increased, 2007-2015	Not available [¶]	No change
			students					•				13.1	Increased, 2007-2015	Not available¶	No change

Delaware Middle School Survey

Trend Analysis Report

lack* obacco	Use		H	lealth R	isk Beh	avior ar	ıd Perco	entages					Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18:	Percen	tage of s	students	who eve	er tried o	cigarette	smokin	g (even	one or t	wo puff	s)				
								33.4	29.4	22.6	17.2	11.3	Decreased, 2007-2015	Not available [¶]	Decreased
QN19:	Percen	tage of s	students	who sm	oked a v	whole ci	garette b	before a	ge 11 ye	ars (for	the first	time)			
								6.1	8.2	4.4	3.8	1.9	Decreased, 2007-2015	Not available	Decreased
	Percen the surv		students	who cu	rently s	moked c	igarette	s (on at	least 1 d	lay durii	ng the 30	0 days			
		5,						6.8	7.9	3.8	2.7	1.1	Decreased, 2007-2015	Not available	Decreased
	CIG: Pe the 30 d			lents wh urvey)	o currer	ntly frequ	uently si	moked c	cigarette	s (on 20	or more	e days			
								1.1	1.2	0.1	0.4	0.1	Decreased, 2007-2015	Not available	No change
	YCIG: days bef			tudents	who cur	rently sn	noked ci	igarettes	daily (o	on all 30	days dı	ıring			
			-												

Delaware Middle School Survey

Trend Analysis Report

lack* obacco Use	Н	ealth Ris	sk Beha	avior an	ıd Perce	entages					Linear Change †	Quadratic Change [†]	Change from 2013-2015 [§]
1991 1993	1995 1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNCIGINT: Per internet (during t who were aged <	he 30 days bef												
						0.0	0.0	0.0	0.0	0.0	Not available	Not available [¶]	Not available
on at least 1 day QN24: Percenta	during the 30 c	lays befo	rently sr	survey)		1.6	2.7	0.5	1.8	1.1	No linear change	Not available	No change
on at least 1 day QN24: Percenta	during the 30 c	lays befo	rently sr	survey)		1.6	2.7	0.5	1.8	1.1	No linear change Decreased, 2007-2015	Not available Not available	No change
QN24: Percenta least 1 day durin QNTOB3: Perce	during the 30 c ge of students g the 30 days b entage of stude	days befo	rently sr e survey currentl	noked c	igars (ci	1.6 igars, cij 6.3	2.7 garillos, 7.8	0.5 or little 3.2	1.8 cigars o 4.8	1.1 on at 3.1			
QN23: Percenta on at least 1 day QN24: Percenta least 1 day durin QNTOB3: Perce least 1 day durin	during the 30 c ge of students g the 30 days b entage of stude	days befo	rently sr e survey currentl	noked c	igars (ci	1.6 igars, cij 6.3	2.7 garillos, 7.8	0.5 or little 3.2	1.8 cigars o 4.8	1.1 on at 3.1			
On at least 1 day QN24: Percenta least 1 day durin QNTOB3: Perce	during the 30 c ge of students y g the 30 days b entage of stude g the 30 days b entage of stude	days befo who curr before the nts who d before the	rently sr ently sr e survey currentl e survey	survey) noked c /) ly used c /)	igars (ci	1.6 igars, ci 6.3 es, cigars 9.8	2.7 garillos, 7.8 s, or smo 12.0	0.5 or little 3.2 okeless t 5.1	1.8 cigars o 4.8 tobacco 6.2	1.1 nn at 3.1 (on at 3.8	Decreased, 2007-2015	Not available	No change

Delaware Middle School Survey

			Н	ealth Ri	isk Beha	avior an	d Perce	entages					Linear Change [†]	Quadratic Change †	Change from 2013-2015 [§]
991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
						not curr			ttes, cig	ars, or sr	nokeles	5			
						not curr efore the			ttes, ciga 89.3	ars, or sr 95.2	mokeles 94.9	s 96.9	Increased, 2007-2015	Not available [¶]	No change
	TOB2:	least 1 d	lay durin	g the 30	days be		survey)	91.3	89.3	95.2	94.9	96.9	Increased, 2007-2015	Not available [¶]	No change

Delaware Middle School Survey

Trend Analysis Report

			Н	lealth R	isk Beh	avior ar	nd Perco	entages					Linear Change [†]	Quadratic Change †	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27:	Percen	tage of s	tudents	who ev	er drank	alcohol	(other t	han a fe	w sips)	-					
								45.8	44.1	33.6	26.6	24.4	Decreased, 2007-2015	Not available [¶]	No change
		tage of s	tudents	who dra	ank alco	hol for t	he first t	ime bef	ore age	11 years	(other t	han a			
few sij	os)							14.9	17.2	13.3	8.4	7.8	Decreased, 2007-2015	Not available	No change
QN29:	Percen	tage of s	tudents	who ev	er used 1	marijuan	a (durin	g their l	ife)						
								17.6	16.4	13.8	13.1	14.0	No linear change	Not available	No change
QN30:	Percen	tage of s	tudents	who trie	ed marij	uana bef	ore age	11 years	s (for the	e first tii	ne)				
								3.3	4.4	2.6	2.8	1.8	Decreased, 2007-2015	Not available	No change
ON31-	Percen	tage of s	tudents	who ev	er used a	any form	of coca	aine (suc	h as pov	wder, cr	ack, or				
freeba	e during	their li	te)												

Delaware Middle School Survey

			Н	ealth R	isk Beh	avior an	d Perce	entages					Linear Change †	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
			students						reathed	the cont	ents of s	spray			
cans or	maiec	a any pa	ints or s	prays to	get mgr	1 auring	their hie	2)							
cuilis, oi					8. 8			-)		8.7	6.4	6.2	No linear change	Not available [¶]	No change
		tage of s	students						's presci				No linear change	Not available [¶]	No change
QN33:			students						's presci				No linear change	Not available [¶]	No change
QN33:	Percent		students						's presci	ription (p	oills or s	hots			
QN33: during t QN34:	Percent their life Percent	tage of s	students students t, Vicodi	who eve	er took s er took p	teroids v	without a	a doctor	ut a doci	iption (p 1.0 tor's pres	pills or s 1.5 scription	hots 1.5			

Delaware Middle School Survey

			Н	lealth R	isk Beh	avior aı	nd Perce	entages					Linear Change †	Quadratic Change †	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN35:	Percent	tage of s	students	who eve	er had se	exual int	ercourse	2							
								36.7	35.8	26.8	21.5	16.6	Decreased, 2007-2015	Not available [¶]	No change
QN36:	Percent	tage of s	students	who ha	d sexual	interco	irse befo	ore age 1 10.8	11 years 11.2	(for the 8.8	first tim 6.5	ne) 4.8	Decreased, 2007-2015	Not available	No change
QN37:								10.8	11.2	8.8		4.8	Decreased, 2007-2015	Not available	No change
QN37:								10.8	11.2	8.8	6.5	4.8	Decreased, 2007-2015 Decreased, 2009-2015	Not available Not available	No change Decreased
QN37: life) QN38:	Percent	tage of s	students	who had	d sexual	interco	urse with	10.8	11.2 or more p 15.0	8.8 persons 10.8	6.5 (during	4.8 their 4.8			

Delaware Middle School Survey

			Н	ealth R	isk Beh	avior ar	nd Perco	entages					Linear Change †	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN39:	Percen	tage of s	students	who des	scribed t	hemselv	ves as sli	ightly or	very ov	verweigh	nt				
								25.5	20.0	22.2	20.7	23.7	No linear change	Not available [¶]	No change
QN40:	Percen	tage of s	students	who we	re trying	g to lose	weight								
								39.1	38.3	44.6	42.0	46.2	Increased, 2007-2015	Not available	No change
QN41:	Percen	tage of s	students	who did	not eat	breakfa	st (durin	ng the 7	days bef	fore the	survey)				
										11.0	10.4	8.2	No linear change	Not available	No change
		Percent	tage of s	tudents	who ate	breakfa	st on all	7 days ((during	the 7 day	ys before	e the			
survey	,									44.8	44.2	46.6	No linear change	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

iysicai	Activity	y	Н	ealth R	isk Beh	avior a	nd Perc	entages					Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
days (d	loing an	tage of s y kind one durin	f physic	al activi	ty that i	ncreased									
			0	,					42.5	44.7	43.4	44.7	No linear change	Not available [¶]	No change
		Percent east 1 da													
activity	on at le	Percent east 1 da aard som	y (doing	g any kii	nd of ph	ysical a	ctivity th	nat incre	ased the				Decreased, 2009-2015	Not available	Decreased
activity them b QNPA days (d	7 on at le reathe h 7DAY: loing any	east 1 da	y (doing e of the age of s f physic	g any kin time dur tudents al activi	nd of ph ring the who we ty that i	ysical a 7 days b re physion ncreased	ctivity the before the cally act	hat incre le survey	ased the (7) 22.7 ast 60 m	ir heart 16.7	18.0	made 13.4 on all 7			
activity them b QNPA days (d	7 on at le reathe h 7DAY: loing any	east 1 da aard som Percent y kind o	y (doing e of the age of s f physic	g any kin time dur tudents al activi	nd of ph ring the who we ty that i	ysical a 7 days b re physion ncreased	ctivity the before the cally act	hat incre le survey	ased the (7) 22.7 ast 60 m	ir heart 16.7	18.0	made 13.4 on all 7 hard			
QNPA days (d some o	7 on at le reathe h 7DAY: loing any f the tim	east 1 da aard som Percent y kind o	y (doing e of the age of s f physic ng the 7	g any kin time dur tudents al activi days ber	nd of ph ring the who we ty that i fore the	ysical ac 7 days b re physic ncreased survey)	ctivity the before the cally act	ive at le	ased the 22.7 ast 60 m and mac 27.8	ir heart 16.7 ninutes p de them 26.6	18.0 Der day of breathe 27.4	made 13.4 on all 7 hard 28.7	Decreased, 2009-2015	Not available	Decreased

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

Delaware Middle School Survey

Trend Analysis Report

			Н	ealth Ri	isk Beh	avior aı	d Perce	entages					Linear Change [†]	Quadratic Change †	Change from 2013-2015 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
		tage of s for some									er 3 or n	nore			
									36.5	43.0	46.5	50.1	Increased, 2009-2015	Not available [¶]	No change
		tage of s when the				hysical e	ducation	n classes 65.2	s on 1 or 67.4	69.9	-	un 66.0	No linear change	Not available	No change
average QNDL	e week v		ey were i	in schoo dents wh	l)	_		65.2	67.4	69.9	69.8	66.0	No linear change	Not available	No change
	e week v	when the	ey were i	in schoo dents wh	l)	_		65.2	67.4	69.9	69.8	66.0	No linear change Decreased, 2007-2015	Not available Not available	No change No change
QNDL average QN46:	YPE: P week v Percen	when the	ey were i ge of stud ey were i students	in schoo dents whin schoo who pla	l) no attend l) yed on a	ded phys	sical edu	65.2 acation c 29.6	67.4 classes o 27.7	69.9 n all 5 d 29.2	69.8 ays (in a 24.6	66.0 an			

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

Delaware Middle School Survey

ner			Н	ealth Ri	isk Beh	avior ar	nd Perce	entages					Linear Change [†]	Quadratic Change †	Change from 2013-2015 [§]
991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN47:	Percent	age of s	students	who hac	l ever be	een told	by a doo	ctor or n	urse tha	t they ha	ad asthm	ia			
)N47:	Percent	age of s	students	who hac	l ever be	een told	by a doo	ctor or n 25.5	urse tha 32.9	2	ad asthm 32.7	na 27.2	No linear change	Not available [¶]	Decreased
			students					25.5	32.9	28.5	32.7		No linear change	Not available¶	Decreased

Delaware Middle School Survey

Black* Site-Added	I	Iealth R	isk Beh	avior ar	nd Perco	entages					Linear Change †	Quadratic Change [†]	Change from 2013-2015 [§]
1991 1993 199	5 1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN52: Percentage of die (such as cutting, survey)													
57								10.8	9.1	11.4	No linear change	Not available [¶]	No change
QN53: Percentage of before the survey)	of students	who cu	rrently d	rank alc	ohol (ot	her than	a few s	ips, duri	ng the 3	30 days			
									7.8	6.5	No linear change	Not available	No change
QN54: Percentage of	of students	who cu	rently u	sed mar	ijuana (during tl	he 30 da	ys befor	e the su	rvey)			
								5.8	6.9	6.4	No linear change	Not available	No change
QN56: Percentage of grape juice, not cour times the day before	ting punc	h, Kool-											
·									29.3	36.2	Increased, 2013-2015	Not available	Increased

Delaware Middle School Survey

Trend Analysis Report

3lack* Site-Added		Н	ealth R	isk Beh	avior ai	nd Perce	entages					Linear Change †	Quadratic Change [†]	Change from 2013-2015 [§]
1991 1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN57: Percent day before the s		tudents	who did	l not eat	fruit (n	ot counti	ng fruit	juice, o	ne or m	ore time	s the			
	,,.,,,,									31.7	30.4	No linear change	Not available [¶]	No change
QN58: Percent survey)	age of s	tudents	who did	l not eat	green s	alad (on	e or moi	e times	the day	before t	he			
										69.8	73.5	No linear change	Not available	No change
QN59: Percent or carrots, one of							s (not co	ounting	green sa	lad, pota	atoes,			
										40.0	43.1	No linear change	Not available	No change
QN60: Percent Pepsi, or Sprite	age of s	tudents luding c	who did liet soda	l not dri a or diet	nk a can pop, on	i, bottle, e or moi	or glass e times	of soda the day	or pop before t	(such as he surve	Coke, cy)			
										44.2	44.6	No linear change	Not available	No change

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

Delaware Middle School Survey

	He	ealth Ri	sk Beha	avior and	d Perce	ntages					Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 §
1991 1993 19	995 1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
N61: Percentage urvey)	e of students v	who did	not drin	ık milk (o	one or n	nore gla	asses the	day bef	fore the				
<i>.</i> .									13.1	13 5	No linear change	Not available¶	No change
									43.4	43.5	No linear change	Not available [¶]	No change
2N63: Percentago ower drinks, ener urvey)									teas, sod	as,	No linear change	Not available [¶]	No change

Delaware Middle School Survey

Trend Analysis Report

			Н	ealth R	isk Beh	avior aı	nd Perco	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
	Percenta a bicycl		udents v	vho neve	er or rare	ely wore	e a bicyc	le helm	et (amor	ng stude	nts who	had			
								82.4	85.9	87.1	80.5	80.7	No linear change	Not available [§]	No change
211/.	Percenta	ige of st	udents v	who neve	er or rare	ely wore	a helm	et when	rollerbla	ading or	skatebo	arding			
among	g studen	ts who u	ised roll	erblades	er or rare or rode	a skatel	ooard)		89.2	85.9	85.9	83.7	No linear change	Not available	No change
(among	g studen	ts who u	ised roll	erblades	or rode	a skatel	ooard)		89.2	85.9	85.9	-	No linear change Decreased, 2007-2015	Not available Not available	No change No change
(among QN8:	g studen Percenta	ts who u	udents v	erblades	or rode	a skateł ely wore	board) e a seat t	oelt (who 10.0	89.2 en riding 10.2	85.9 g in a car 7.6	85.9 r) 7.1	83.7			
(among QN8:	g studen Percenta	ts who u	udents v	erblades	or rode	a skateł ely wore	board) e a seat t	oelt (who 10.0	89.2 en riding 10.2	85.9 g in a car 7.6	85.9 r) 7.1	83.7			
(among QN8: QN9:	g student Percenta Percenta	s who under the second se	udents v udents v	erblades vho neve vho rode	or rode	a skatel ely wore driver w	board) e a seat b rho had l	belt (who 10.0 been dri 30.4	89.2 en riding 10.2 nking al 32.5	85.9 g in a cau 7.6 cohol (in 26.1	85.9 r) 7.1 n a car)	83.7 5.9	Decreased, 2007-2015	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

								entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991 19	993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN11: Per	ercenta	ige of s	tudents	who we	ere in a p	hysical	fight								
								65.2	63.8	60.3	53.8	48.7	Decreased, 2007-2015	Not available [§]	No change
N13. Per	ercent	oge of s	tudents	who we	ere bullie	ed on sch	und pro	perty		10.6	7.7	5.4	Decreased, 2011-2015	Not available	No change
QN13: Per	ercenta	ige of s	tudents	who we	ere bullie	ed on sch	nool pro	perty			36.9	32.9	No linear change	Not available	No change
N14: Per nstant mes						ronically	bullied	(includ	ing throu	ıgh e-m	ail, chat	rooms,			
											15.6	15.4	No linear change	Not available	No change

Delaware Middle School Survey

			H	ealth Ri	sk Beha	avior an	d Perce	entages					Linear Change [*]	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN16:	Percent	tage of s	students	who ma	de a pla	n about	how the	y would	kill the	mselves					
QN16:	Percent	tage of s	students	who ma	de a pla	n about i	how the	y would 14.9	kill the 12.2	mselves 13.0	21.2	12.5	No linear change	Not available [§]	Decreased
			students					-				12.5	No linear change	Not available [§]	Decreased

Delaware Middle School Survey

Trend Analysis Report

ispani obacco	c/Latino) Use		H	lealth R	isk Beh	avior ar	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18	Percen	tage of s	students	who eve	er tried o	cigarette	smokin	g (even	one or t	wo puff:	s)				
								29.6	29.0	26.5	21.3	15.6	Decreased, 2007-2015	Not available [§]	No change
	-					whole ci		6.4	8.9	3.5	5.1	3.2	Decreased, 2007-2015	Not available	No change
	the surv						-5	7.5	9.9	6.5	8.1		No linear change	Not available	Decreased
	CIG: Pe the 30 d				o currer	ntly frequ	uently si	moked c	cigarette	s (on 20	or more	e days			
								2.4	3.5	1.4	1.8	0.4	Decreased, 2007-2015	Not available	No change
				tudents	who cur	rently sn	noked ci	igarettes	daily (o	on all 30	days dı	iring			
	days bef	fore the	survey)												

Delaware Middle School Survey

Trend Analysis Report

			Н	ealth Ri	isk Beha	avior ar	nd Perce	entages					Linear Change [*]	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
nterne	t (during		ge of stu days bef ars)												
	-	-						0.2	0.1	0.0	0.1	0.0	Not available	Not available [§]	Not available
			students g the 30 o				keless to	obacco (cnewing	g tobacc	o, snuff,	or dip			
On at le	ast 1 da	y during		lays bef	rently si	survey)		4.5	5.4	1.6	3.7	2.1	No linear change	Not available	No change
QN24:	ast 1 da	y during	g the 30 of the students	lays bef	rently si	survey)		4.5	5.4	1.6	3.7	2.1	No linear change No linear change	Not available Not available	No change Decreased
QN24: least 1	Percen day duri B3: Per	y during tage of s ing the 3 centage	g the 30 of the students	days bef who cur before th nts who	rently si rently si e survey current	moked c	igars (c	4.5 igars, ci 6.8	5.4 garillos, 7.3	1.6 or little 6.0	3.7 cigars o 6.5	2.1 on at 3.6			
QN24: least 1	Percen day duri B3: Per	y during tage of s ing the 3 centage	g the 30 of students	days bef who cur before th nts who	rently si rently si e survey current	moked c	igars (c	4.5 igars, ci 6.8	5.4 garillos, 7.3	1.6 or little 6.0	3.7 cigars o 6.5	2.1 on at 3.6			
QN24: least 1 QNTO least 1 QNTO	Percen day duri B3: Per day duri B2: Per	y during tage of s ing the 3 centage ing the 3	g the 30 d students 30 days b of stude 30 days b of stude	days bef who cur before th nts who before th	rently si rently si e survey current e survey	survey) moked c 7) ly used o	igars (ci	4.5 igars, ci 6.8 es, cigar 10.6	5.4 garillos, 7.3 s, or smo 13.4	1.6 or little 6.0 okeless t 9.1	3.7 cigars o 6.5 obacco 10.0	2.1 on at 3.6 (on at 5.8	No linear change	Not available	Decreased

Delaware Middle School Survey

Trend Analysis Report

Hispanic Fobacco			н	ealth R	isk Beh	avior ar	nd Perce	entages					Linear Change [*]	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
						not curr efore the			ttes, cig 87.7	ars, or si 91.7	mokeles 90.8	s 96.2	No linear change	Not available ⁸	Increased
	TOB2: ring the					not curr	ently sn	noke cig	arettes o	or cigars	(on at l	east 1			

Delaware Middle School Survey

			Н	ealth R	isk Beh	avior ar	nd Perce	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27:	Percen	tage of s	tudents	who eve	er drank	alcohol	(other the	han a fe	w sips)	-					
								46.6	49.0	44.5	31.9	27.8	Decreased, 2007-2015	Not available [§]	No change
				who dru	IIK alco	hol for tl	ne first t		-	-			Decreased 2007-2015	Not available	No change
few sip	s)							16.1	23.0	14.7	13.0	9.8	Decreased, 2007-2015	Not available	No change
few sip	s)					nol for ti marijuan		16.1	23.0	-			Decreased, 2007-2015 No linear change	Not available Not available	No change Decreased
few sip QN29:	s) Percen	tage of s	tudents	who eve	er used 1		a (durin	16.1 g their 1 14.6	23.0 ife) 15.6	14.7	13.0 16.2	9.8			
few sip QN29:	s) Percen	tage of s	tudents	who eve	er used 1	marijuan	a (durin	16.1 g their 1 14.6	23.0 ife) 15.6	14.7	13.0 16.2	9.8			
QN29: QN30: QN31:	s) Percen Percen Percen	tage of s	tudents tudents	who eve who trie	er used 1 ed marij	marijuan	a (durin `ore age	16.1 g their 1 14.6 11 years 2.6	23.0 ife) 15.6 s (for the 4.2	14.7 15.0 e first tin 2.1	13.0 16.2 me) 4.7	9.8 9.1	No linear change	Not available	Decreased

Delaware Middle School Survey

			Н	ealth Ri	isk Beha	avior ar	nd Perce	entages					Linear Change [*]	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
ON32:	Percent	tage of s	students	who eve	or used i	nhalante	(amiffa)	1 -1 1-		.1					
									reathed	the cont	ents or s	spray			
			ints or s						reathed	12.9	10.4	5.6	Decreased, 2011-2015	Not available [§]	Decreased
cans, or	inhalec	d any pa		prays to	get high	n during	their life	e)		12.9	10.4	5.6	Decreased, 2011-2015	Not available [§]	Decreased
QN33:	inhalec	tage of s	iints or s	prays to	get high	n during	their life	e)		12.9 iption (p	10.4 oills or s	5.6			
QN33:	Percent	tage of s	iints or s	prays to	get high	n during	their life	e)		12.9	10.4	5.6	Decreased, 2011-2015 Decreased, 2011-2015	Not available ^s Not available	Decreased No change
QN33: during t QN34:	Percent Percent their life	tage of s	iints or s	who eve	get high er took s er took p	teroids v	without a	a doctor	's prescr	12.9 iption (p 2.1 cor's pres	10.4 bills or s 2.7 scription	5.6 hots 1.1			

Delaware Middle School Survey

			Н	ealth Ri	isk Beha	avior an	d Perce	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
991 1	993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
N35: Pe	ercent	age of s	tudents	who eve	er had se	xual int	ercourse								
								26.9	26.2	22.4	13.8	8.8	Decreased, 2007-2015	Not available [§]	Decreased
	ercent	age of s	tudents	who had	i sexual	intercou	irse befo	re age 1	1 years	(for the	first tim	ie)			
N36: Pe								7.8	6.9	3.9	3.7	0.7	Decreased, 2007-2015	Not available	
QN36: Pe								1.0	0.9	5.7	5.7				Decreas
2N36: Pe	ercent	age of s	tudents	who had	l sexual	intercou	urse with								Decreased

Delaware Middle School Survey

Hispanic Weight N				-		avior ar	nd Perce	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN39:	Percen	tage of s	students	who des	scribed t	hemselv	ves as sli	ightly or	very ov	verweigh	nt				
								25.7	25.1	31.5	32.3	30.3	Increased, 2007-2015	Not available [§]	No change
QN40:	Percen	tage of s	students	who we	re trying	g to lose	weight								
								50.6	46.1	53.4	56.6	56.6	Increased, 2007-2015	Not available	No change
QN41:	Percen	tage of s	students	who did	l not eat	breakfa	st (durir	ng the 7	days bef	fore the	survey)				
										15.5	15.8	14.5	No linear change	Not available	No change
QNBK survey)		Percent	tage of s	tudents	who ate	breakfa	st on all	7 days ((during	the 7 day	ys befor	e the			
										42.7	40.8	44.8	No linear change	Not available	No change

Delaware Middle School Survey

Trend Analysis Report

			Н	ealth R	isk Beh	avior aı	nd Perce	entages					Linear Change [*]	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
lays (d	loing an	ntage of s by kind o me durin	f physic	al activi	ty that ii	ncreased	tive at le l their he	east 60 n eart rate	ninutes p and mad	per day de them	on 5 or 1 breathe	nore hard			
			8 / -						40.5	45.3	38.8	40.8	No linear change	Not available [§]	No change
ctivit	y on at le	Percent east 1 da ard som	ıy (doing	g any kir	nd of phy	ysical ac	tivity th	at increa	ased the						
ctivit	y on at le		ıy (doing	g any kir	nd of phy	ysical ac	tivity th	at increa	ased the				No linear change	Not available	No change
Antivity hem b QNPA lays (o	y on at le reathe h 7DAY: loing an	east 1 da	y (doing e of the age of s f physic	g any kir time dur tudents v al activi	nd of phy ring the who wer ty that in	ysical ac 7 days b re physic ncreased	ctivity the before the cally act	at increa e survey	ased the (7) 23.9 ast 60 m	ir heart 1 10.3	15.5	made 17.4 on all 7	No linear change	Not available	No change
QNPA days (y on at le reathe h 7DAY: loing an	east 1 da hard som Percent by kind o	y (doing e of the age of s f physic	g any kir time dur tudents v al activi	nd of phy ring the who wer ty that in	ysical ac 7 days b re physic ncreased	ctivity the before the cally act	at increa e survey	ased the (7) 23.9 ast 60 m	ir heart 1 10.3	15.5	made 17.4 on all 7	No linear change No linear change	Not available Not available	No change
QNPA days (c	y on at le reathe h 7DAY: loing an of the tim	east 1 da hard som Percent by kind o	y (doing e of the age of s f physic ng the 7	g any kir time dur tudents v al activi days bef	nd of phy ring the who wer ty that in fore the	ysical ac 7 days b re physic ncreasec survey)	ctivity the before the cally act	at increa e survey ive at leart rate	ased the 23.9 ast 60 m and mac 26.2	ir heart r 10.3 iinutes p de them 31.0	15.5 Der day of breathe 21.6	made 17.4 on all 7 hard 25.0			

Delaware Middle School Survey

Hispanic Physical			Н	ealth R	isk Beh	avior ai	nd Perc	entages					Linear Change*	Quadratic Change*	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
									r used a school da		er 3 or 1	nore			
									32.2	34.5	44.9	47.8	Increased, 2009-2015	Not available [§]	No change
				who atte in schoo		nysical	educatio	n classe	s on 1 o	r more d	lays (in	an			
								73.8	57.6	69.9	65.0	61.4	No linear change	Not available	No change
QNDL [*] average	YPE: Pe week v	ercentag	ge of stu ey were	dents wl in schoo	ho attene l)	ded phy	sical edu	ication o	classes o	on all 5 c	lays (in	an			
								37.4	28.4	34.5	23.8	22.2	Decreased, 2007-2015	Not available	No change
				who pla past 12 n		at least o	one spor	ts team	(run by	their sch	nool or				
								54.0	53.3	58.8	55.9	54.7	No linear change	Not available	No change

Delaware Middle School Survey

			Н	ealth Ri	isk Beha	avior an	d Perce	entages					Linear Change [*]	Quadratic Change*	Change from 2013-2015 [†]
.991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
2N47:	Percen	tage of s	students	who had	l ever be	en told	by a doc	ctor or n	urse tha	t they ha	ıd asthm	a			
QN47:	Percen	tage of s	students	who had	l ever be	een told	by a doc	ctor or n 19.1	urse tha 18.8	t they ha 27.8	ud asthm 25.5	a 19.6	No linear change	Not available ⁸	Decreased
				who had				19.1	18.8	27.8	25.5		No linear change	Not available [§]	Decreased

Delaware Middle School Survey

			Н	ealth R	isk Beh	avior aı	nd Perco	entages					Linear Change [*]	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
	h as cut									s withou months					
										20.6	16.5	17.4	No linear change	Not available [§]	No change
	Percent the surv		tudents	who cui	rrently d	rank alc	ohol (ot	her than	a few s	ips, duri	ng the 3 14.4	0 days 9.2	Decreased, 2013-2015	Not available	Decreased
before	he surv	ey)								ips, duri ys befor	14.4	9.2	Decreased, 2013-2015	Not available	Decreased
before	he surv	ey)									14.4	9.2	Decreased, 2013-2015 No linear change	Not available Not available	Decreased No change
QN54: QN56: grape ji	Percent Percent lice, not	tage of s	tudents tudents	who cui who dic	rrently u I not drin	sed mar	ijuana (d	during th	ne 30 da	ys befor	14.4 e the sur 9.0 e juice, o	9.2 rvey) 5.6 or			

Delaware Middle School Survey

Trend Analysis Report

e-Adde	ed		Н	ealth R	isk Beh	avior aı	nd Perce	entages					Linear Change*	Quadratic Change [*]	Change from 2013-2015 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN57: lav befo	Percent	tage of s survey)	tudents	who did	l not eat	fruit (n	ot counti	ing fruit	juice, o	ne or mo	ore times	s the			
											23.9	24.2	No linear change	Not available [§]	No change
QN58: urvey)	Percent	tage of s	tudents	who did	l not eat	green s	alad (on	e or moi	e times	the day	before tl	he			
											71.2	67.3	No linear change	Not available	No change
						other vo e survey	egetable)	s (not co	ounting	green sa	lad, pota	itoes,			
											46.7	45.6	No linear change	Not available	No change
							, bottle, e or mor								
											40.4	46.6	Increased, 2013-2015	Not available	No change

Delaware Middle School Survey

	Hea	lth Risk	k Behav	vior and	d Perce	ntages					Linear Change [*]	Quadratic Change [*]	Change from 2013-2015 [†]
1991 1993 1995	1997 1	.999 2	2001 2	2003	2005	2007	2009	2011	2013	2015			
QN61: Percentage of	students wł	no did ne	ot drink	c milk (o	one or n	nore gla	asses the	e day bei	fore the				
QN61: Percentage of survey)	students wh	no did no	ot drink	c milk (o	one or n	nore gla	asses the	e day bei	fore the 31.7	33.7	No linear change	Not available ⁸	No change
	students wh	no did ne	ot drink	caffein	nated dr	inks (in	cluding	coffee,	31.7 teas, sod	as,	No linear change	Not available [§]	No change