Delaware Middle School Survey
Trend Analysis Report

Total
Injury and Violence

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
5.7	7.3	5.5	5.5	3.8	5.2	5.4	No linear change	No quadratic change	No change

QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
29.3	29.8	21.5	20.8	18.6	18.4	17.7	Decreased, 2007-2019	No quadratic change	No change

QN11: Percentage of students who were ever in a physical fight

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
65.3	62.2	57.4	55.4	51.3	45.1	46.8	Decreased, 2007-2019	Decreased, 2007-2015 No change, 2015-2019	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.

Delaware Middle School Survey
Trend Analysis Report

Total
Injury and Violence

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**			

QN12: Percentage of students who were ever bullied on school property

| | | | | | | | | | | | 43.1 | 41.1 | 38.6 | 35.7 | Decreased, 2013-2019 | Not available[§] | No change |

QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

| | | | | | | | | | | | 18.9 | 18.2 | 16.6 | 17.4 | No linear change | Not available | No change |

QN14: Percentage of students who ever seriously thought about killing themselves

| | | | | | | | 21.6 | 20.8 | 22.5 | 11.6 | 18.1 | 17.8 | 19.1 | | Decreased, 2007-2019 | Decreased, 2007-2013 Increased, 2013-2019 | No change |

QN15: Percentage of students who ever made a plan about how they would kill themselves

| | | | | | | | 12.6 | 11.2 | 11.6 | 17.6 | 11.4 | 10.7 | 11.9 | | No linear change | Increased, 2007-2013 Decreased, 2013-2019 | No change |

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

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Delaware Middle School Survey
Trend Analysis Report

Total
Injury and Violence

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN16: Percentage of students who ever tried to kill themselves																	
											6.8	6.1	6.5	8.5	Increased, 2013-2019	Not available[§]	Increased

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

Delaware Middle School Survey
Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																	
								28.5	25.9	22.5	17.6	11.5	9.2	5.8	Decreased, 2007-2019	Decreased, 2007-2011 Decreased, 2011-2019	Decreased
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
								8.3	8.4	5.7	4.3	2.1	1.5	1.2	Decreased, 2007-2019	Decreased, 2007-2011 Decreased, 2011-2019	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
								1.9	2.2	1.4	0.9	0.4	0.1	0.1	Decreased, 2007-2019	No change, 2007-2011 Decreased, 2011-2019	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
								1.4	1.8	1.0	0.8	0.3	0.1	0.1	Decreased, 2007-2019	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Total Tobacco Use

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN21: Percentage of students who ever used an electronic vapor product

| | | | | | | | | | | | | 17.2 | 15.2 | 11.8 | Decreased, 2015-2019 | Not available[§] | Decreased |

QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | | 8.4 | 5.7 | 4.6 | Decreased, 2015-2019 | Not available | No change |

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

| | | | | | | | | | | | | 0.7 | 0.7 | 0.4 | No linear change | Not available | No change |

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

| | | | | | | | | | | | | 0.4 | 0.5 | 0.3 | 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
Trend Analysis Report

**Total
Tobacco Use**

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													1.3	0.8	No linear change	Not available[§]	No change

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								4.9	6.4	4.4	4.2	2.4	1.6	1.0	Decreased, 2007-2019	No change, 2007-2013 Decreased, 2013-2019	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
Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															**Linear Change***	**Quadratic Change***	**Change from 2017-2019 †**
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN26: Percentage of students who ever drank alcohol (other than a few sips)

| | | | | | | | | 42.1 | 39.9 | 34.4 | 26.8 | 21.7 | 23.3 | 17.3 | Decreased, 2007-2019 | No quadratic change | Decreased |

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

| | | | | | | | | 14.9 | 15.8 | 12.5 | 9.6 | 6.8 | 8.6 | 7.7 | Decreased, 2007-2019 | No quadratic change | No change |

QN28: Percentage of students who ever used marijuana

| | | | | | | | | 13.7 | 15.3 | 12.9 | 11.9 | 9.9 | 10.3 | 7.1 | Decreased, 2007-2019 | No change, 2007-2011 Decreased, 2011-2019 | Decreased |

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

| | | | | | | | | 2.7 | 3.2 | 2.3 | 2.5 | 1.4 | 1.7 | 1.7 | Decreased, 2007-2019 | No quadratic change | No change |

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

Delaware Middle School Survey
Trend Analysis Report

Total
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change*	Quadratic Change*	Change from 2017-2019
													4.6	6.7	Increased, 2017-2019	Not available[§]	Increased

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change*	Quadratic Change*	Change from 2017-2019
								2.9	4.2	2.4	1.8	0.9	1.0	1.4	Decreased, 2007-2019	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Total
Sexual Behaviors

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
					Health Risk Behavior and Percentages												
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN34: Percentage of students who ever had sexual intercourse

								2007	2009	2011	2013	2015	2017	2019	Linear	Quadratic	2017-2019
								23.3	22.8	18.8	14.4	10.5	9.2	5.9	Decreased, 2007-2019	No change, 2007-2011 Decreased, 2011-2019	Decreased

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

								2007	2009	2011	2013	2015	2017	2019	Linear	Quadratic	2017-2019
								5.8	6.4	4.9	3.9	2.4	2.5	1.9	Decreased, 2007-2019	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN38: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | 26.7 | 25.6 | 26.9 | 27.4 | 26.3 | 28.0 | 27.5 | No linear change | No quadratic change | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | 44.8 | 43.6 | 46.3 | 47.3 | 43.3 | 47.5 | 42.5 | No linear change | Increased, 2007-2013 Decreased, 2013-2019 | Decreased |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | 11.1 | 11.0 | 9.1 | 9.8 | 10.6 | No linear change | Not available[§] | No change |

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

| | | | | | | | | | | 47.8 | 46.3 | 48.7 | 47.1 | 40.8 | Decreased, 2011-2019 | Not available | Decreased |

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

Delaware Middle School Survey
Trend Analysis Report

Total Physical Activity

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
50.5	47.9	48.2	48.6	50.0	40.5	Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	Decreased

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
15.2	11.1	13.2	12.1	11.4	16.7	No linear change	Decreased, 2009-2015 Increased, 2015-2019	Increased

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
31.5	30.9	27.3	29.1	27.5	20.7	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	Decreased

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

Delaware Middle School Survey
Trend Analysis Report

**Total
Physical Activity**

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

| | | | | | | | | 41.4 | 41.7 | 41.1 | 42.2 | 32.6 | 27.8 | 27.0 | Decreased, 2007-2019 | No change, 2007-2013 Decreased, 2013-2019 | No change |

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)

| | | | | | | | | | 30.0 | 34.9 | 41.8 | 46.0 | 49.5 | 50.9 | Increased, 2009-2019 | Increased, 2009-2013 Increased, 2013-2019 | No change |

QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

| | | | | | | | | 68.1 | 66.1 | 67.8 | 66.9 | 63.8 | 63.9 | 54.1 | Decreased, 2007-2019 | No quadratic change | No change |

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

Delaware Middle School Survey
Trend Analysis Report

**Total
Physical Activity**

	Health Risk Behavior and Percentages															**Linear Change***	**Quadratic Change***	**Change from 2017-2019** [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

								2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
								33.3	30.1	35.3	28.6	20.6	22.7	14.5	Decreased, 2007-2019	No quadratic change	Decreased

QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)

								2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
								60.6	59.9	62.0	62.2	61.5	58.2	52.3	Decreased, 2007-2019	No change, 2007-2015 Decreased, 2015-2019	No change

QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

												2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
													16.3	15.7	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
Trend Analysis Report

Total
Other

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								20.9	23.9	25.9	26.3	22.0	20.8	18.3	Decreased, 2007-2019	Increased, 2007-2011 Decreased, 2011-2019	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
										56.9	55.3	54.7	48.9	48.2	Decreased, 2011-2019	Not available[§]	No change

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												74.2	72.3	78.3	No linear change	Not available	Increased

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

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Delaware Middle School Survey
Trend Analysis Report

Total
Site-Added

													Health Risk Behavior and Percentages				**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019**[†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN50: Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting such things as being told who they could or could not spend time with, being humiliated in front of others, or being threatened if they did not do what their date wanted, among students who dated or went out with someone during the 12 months before the survey)

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
13.6	13.0	No linear change	Not available[§]	No change

QN51: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who dated or went out with someone during the 12 months before the survey)

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
4.1	3.6	No linear change	Not available	No change

QN55: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose, during the 12 months before the survey)

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
11.0	11.0	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
Trend Analysis Report

Total Site-Added

															Health Risk Behavior and Percentages	Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN57: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)

											9.5	6.8	7.4	5.1		Decreased, 2013-2019	Not available§	Decreased

QN58: Percentage of students who currently used marijuana (during the 30 days before the survey)

										6.5	5.8	5.1	5.1	2.2		Decreased, 2011-2019	Not available	Decreased

QN59: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, during the 30 days before the survey)

													2.5	3.5		Increased, 2017-2019	Not available	Increased

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

Delaware Middle School Survey
Trend Analysis Report

**Total
Site-Added**

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													39.2	40.8	No linear change	Not available[§]	No change

QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											45.9	50.9	53.0	56.1	Increased, 2013-2019	Not available	No change

QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
										39.0	46.6	54.7	48.5	55.8	Increased, 2011-2019	Not available	Increased

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

Delaware Middle School Survey
Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN64: Percentage of students who did not drink sugar-sweetened beverages from a can, bottle, or glass (counting sports drinks (such as Gatorade or PowerAde), energy drinks (such as Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight and not counting soda or pop, one or more sugar-sweetened beverages the day before the survey)

| | | | | | | | | | | | | | 40.9 | 40.4 | No linear change | Not available§ | No change |

QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)

| | | | | | | | | | | | | | 80.9 | 78.6 | No linear change | Not available | No change |

QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)

| | | | | | | | | | | | | | 3.0 | 3.3 | No linear change | Not available | No change |

QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)

| | | | | | | | | | | | | 34.8 | 31.9 | 29.7 | 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
Trend Analysis Report

Total Site-Added

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN68: Percentage of students who have been taught about AIDS or HIV infection in school

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								68.3	60.7	55.6	52.9	49.1	44.1	35.3	Decreased, 2007-2019	No quadratic change	No change

QN69: Percentage of students who are deaf or have serious difficulty hearing

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												2.1	2.6	2.4	No linear change	Not available[§]	No change

QN70: Percentage of students who have serious difficulty seeing (even when wearing glasses)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												9.0	9.4	8.7	No linear change	Not available	No change

QN72: Percentage of students who have serious difficulty walking or climbing stairs

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													2.9	3.1	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
Trend Analysis Report

Total Site-Added Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN73: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)

													2.2	1.9	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
Trend Analysis Report

Male
Injury and Violence

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
6.8	7.1	5.7	6.4	3.9	6.1	4.9	Decreased, 2007-2019	No quadratic change	No change

QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)

| 28.9 | 29.1 | 19.0 | 18.9 | 16.0 | 16.2 | 16.6 | Decreased, 2007-2019 | Decreased, 2007-2015 No change, 2015-2019 | No change |

QN11: Percentage of students who were ever in a physical fight

| 76.6 | 74.6 | 68.8 | 66.3 | 61.6 | 55.7 | 57.1 | Decreased, 2007-2019 | Decreased, 2007-2011 Decreased, 2011-2019 | No change |

QN12: Percentage of students who were ever bullied on school property

| | | | 38.4 | 35.3 | 32.6 | 30.2 | Decreased, 2013-2019 | 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
Trend Analysis Report

Male
Injury and Violence

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											11.9	10.3	10.0	12.1	No linear change	Not available[§]	No change

QN14: Percentage of students who ever seriously thought about killing themselves

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								17.7	15.0	16.8	7.3	11.9	11.9	12.9	Decreased, 2007-2019	Decreased, 2007-2013 Increased, 2013-2019	No change

QN15: Percentage of students who ever made a plan about how they would kill themselves

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								9.9	8.5	8.9	10.8	6.9	7.8	9.6	No linear change	No quadratic change	No change

QN16: Percentage of students who ever tried to kill themselves

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											3.1	2.9	4.2	5.8	Increased, 2013-2019	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
Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								27.3	27.2	23.5	16.4	10.7	9.1	5.3	Decreased, 2007-2019	No change, 2007-2011 Decreased, 2011-2019	Decreased

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								7.3	7.8	6.0	4.0	1.9	1.9	1.2	Decreased, 2007-2019	No change, 2007-2011 Decreased, 2011-2019	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								1.8	2.1	1.7	1.0	0.5	0.2	0.3	Decreased, 2007-2019	No quadratic change	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								1.4	1.6	1.4	0.9	0.4	0.2	0.3	Decreased, 2007-2019	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN21: Percentage of students who ever used an electronic vapor product

| | | | | | | | | | | | | 18.2 | 15.4 | 12.4 | Decreased, 2015-2019 | Not available[§] | No change |

QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)

| | | | | | | | | | | | | 9.0 | 5.5 | 4.9 | Decreased, 2015-2019 | Not available | No change |

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

| | | | | | | | | | | | | 0.9 | 1.0 | 0.6 | No linear change | Not available | No change |

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

| | | | | | | | | | | | | 0.5 | 0.8 | 0.6 | 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
Trend Analysis Report

Male
Tobacco Use

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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

| | | | | | | | | | | | | | 1.6 | 1.1 | No linear change | Not available[§] | No change |

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

| | | | | | | | | 5.9 | 6.3 | 6.0 | 4.7 | 2.4 | 1.7 | 1.7 | Decreased, 2007-2019 | No change, 2007-2011 Decreased, 2011-2019 | 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
Trend Analysis Report

Male
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN26: Percentage of students who ever drank alcohol (other than a few sips)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								41.7	41.9	34.6	26.2	21.3	20.3	17.5	Decreased, 2007-2019	No quadratic change	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								16.1	18.4	14.0	11.3	7.5	9.4	8.9	Decreased, 2007-2019	No quadratic change	No change

QN28: Percentage of students who ever used marijuana

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								15.1	17.5	16.0	13.0	9.5	10.1	6.9	Decreased, 2007-2019	No quadratic change	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								3.8	4.4	3.6	3.2	1.3	2.0	2.3	Decreased, 2007-2019	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													3.5	6.0	Increased, 2017-2019	Not available[§]	Increased

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
							3.5	3.5	3.2	2.2	0.8	0.8	1.4		Decreased, 2007-2019	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Male
Sexual Behaviors

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN34: Percentage of students who ever had sexual intercourse																	
								27.6	27.9	24.0	18.7	13.8	12.4	7.9	Decreased, 2007-2019	No change, 2007-2011 Decreased, 2011-2019	Decreased
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years																	
								8.3	9.0	8.3	5.8	3.4	3.6	2.5	Decreased, 2007-2019	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Male
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN38: Percentage of students who described themselves as slightly or very overweight

								24.2	21.8	22.1	24.2	21.8	25.0	26.9	No linear change	No quadratic change	No change

QN39: Percentage of students who were trying to lose weight

								36.1	33.9	36.5	39.2	36.3	39.2	37.7	No linear change	No quadratic change	No change

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

										8.1	8.8	6.8	7.1	6.2	No linear change	Not available[§]	No change

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

										55.1	53.4	56.2	54.9	49.3	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
Trend Analysis Report

Male
Physical Activity

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
56.7	55.1	55.0	57.5	58.9	47.8	No linear change	No change, 2009-2015 Decreased, 2015-2019	Decreased

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
13.5	10.1	11.5	9.7	10.0	12.9	No linear change	Decreased, 2009-2015 No change, 2015-2019	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
38.3	37.3	33.8	38.0	36.0	24.7	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	Decreased

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

Delaware Middle School Survey
Trend Analysis Report

Male
Physical Activity

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								43.7	42.6	41.3	43.7	31.6	27.2	27.4	Decreased, 2007-2019	No change, 2007-2013 Decreased, 2013-2019	No change

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
									32.6	39.5	45.0	46.6	49.9	50.8	Increased, 2009-2019	No quadratic change	No change

QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								71.3	68.8	70.4	69.1	66.9	68.2	57.2	Decreased, 2007-2019	No quadratic change	Decreased

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

Delaware Middle School Survey
Trend Analysis Report

Male
Physical Activity

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

								2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								36.1	29.1	35.1	29.0	21.7	26.0	14.1	Decreased, 2007-2019	No quadratic change	Decreased

QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)

								2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								66.0	66.3	67.7	67.1	67.0	62.7	53.6	Decreased, 2007-2019	No change, 2007-2015 Decreased, 2015-2019	Decreased

QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

												2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													18.3	17.4	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
Trend Analysis Report

Male
Other

															Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
20.6	25.0	26.4	27.5	22.1	18.6	21.1	No linear change	Increased, 2007-2011 Decreased, 2011-2019	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
59.4	58.0	57.2	51.2	50.6	Decreased, 2011-2019	Not available[§]	No change

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
72.1	67.5	75.0	No linear change	Not available	Increased

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

Delaware Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN50: Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting such things as being told who they could or could not spend time with, being humiliated in front of others, or being threatened if they did not do what their date wanted, among students who dated or went out with someone during the 12 months before the survey)

| | | | | | | | | | | | | | 10.5 | 9.7 | No linear change | Not available[§] | No change |

QN51: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who dated or went out with someone during the 12 months before the survey)

| | | | | | | | | | | | | | 4.2 | 4.2 | No linear change | Not available | No change |

QN55: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose, during the 12 months before the survey)

| | | | | | | | | | | | | | 6.7 | 7.2 | 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
Trend Analysis Report

Male
Site-Added

															Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN57: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											9.1	6.0	6.2	4.2	Decreased, 2013-2019	Not available[§]	No change

QN58: Percentage of students who currently used marijuana (during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
										8.5	6.7	4.2	4.9	2.2	Decreased, 2011-2019	Not available	Decreased

QN59: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													1.8	2.9	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
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													42.1	42.4	No linear change	Not available[§]	No change

QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											42.5	48.9	53.1	53.6	Increased, 2013-2019	Not available	No change

QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
										38.0	47.1	54.3	51.9	56.4	Increased, 2011-2019	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
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages																Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN64: Percentage of students who did not drink sugar-sweetened beverages from a can, bottle, or glass (counting sports drinks (such as Gatorade or PowerAde), energy drinks (such as Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight and not counting soda or pop, one or more sugar-sweetened beverages the day before the survey)

| | | | | | | | | | | | | | 44.0 | 43.2 | No linear change | Not available[§] | No change |

QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)

| | | | | | | | | | | | | | 83.3 | 84.8 | No linear change | Not available | No change |

QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)

| | | | | | | | | | | | | | 2.9 | 3.6 | No linear change | Not available | No change |

QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)

| | | | | | | | | | | | | 56.5 | 53.4 | 46.5 | Decreased, 2015-2019 | Not available | Decreased |

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

Delaware Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN68: Percentage of students who have been taught about AIDS or HIV infection in school

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								69.1	65.1	59.1	54.9	50.5	47.4	36.6	Decreased, 2007-2019	No quadratic change	Decreased

QN69: Percentage of students who are deaf or have serious difficulty hearing

| | | | | | | | | | | | | 2.2 | 2.7 | 1.6 | No linear change | Not available[§] | No change |

QN70: Percentage of students who have serious difficulty seeing (even when wearing glasses)

| | | | | | | | | | | | | 5.2 | 6.5 | 6.4 | No linear change | Not available | No change |

QN72: Percentage of students who have serious difficulty walking or climbing stairs

| | | | | | | | | | | | | | 2.2 | 2.1 | No linear change | Not available | No change |

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

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Delaware Middle School Survey
Trend Analysis Report

Male
Site-Added

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**			

QN73: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)

													2.6	2.2	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
Trend Analysis Report

Female
Injury and Violence

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)

								4.4	6.9	5.2	4.4	3.4	4.3	5.7	No linear change	No quadratic change	No change

QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)

								29.5	30.8	24.4	22.7	21.4	20.7	18.7	Decreased, 2007-2019	No quadratic change	No change

QN11: Percentage of students who were ever in a physical fight

								53.0	48.7	45.0	43.6	39.5	33.9	36.7	Decreased, 2007-2019	No quadratic change	No change

QN12: Percentage of students who were ever bullied on school property

											47.9	47.1	44.8	41.0	Decreased, 2013-2019	Not available[§]	No change

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

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Delaware Middle School Survey
Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											26.2	26.4	23.8	22.7	No linear change	Not available[§]	No change

QN14: Percentage of students who ever seriously thought about killing themselves

								25.6	26.5	28.2	15.7	24.1	23.8	25.2	No linear change	Decreased, 2007-2013 Increased, 2013-2019	No change

QN15: Percentage of students who ever made a plan about how they would kill themselves

								15.2	13.4	14.3	24.8	16.0	13.7	14.3	No linear change	Increased, 2007-2013 Decreased, 2013-2019	No change

QN16: Percentage of students who ever tried to kill themselves

											10.3	8.9	9.0	11.0	No linear change	Not available	No change

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

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Delaware Middle School Survey
Trend Analysis Report

Female
Tobacco Use

															Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
29.6	24.4	21.7	18.9	12.4	9.5	6.3	Decreased, 2007-2019	Decreased, 2007-2013 Decreased, 2013-2019	Decreased

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
9.3	8.3	5.5	4.5	2.3	1.2	1.2	Decreased, 2007-2019	No quadratic change	No change

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

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
2.0	1.7	1.1	0.7	0.2	0.0	0.0	Not available	Not available[§]	Not available

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

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
1.4	1.3	0.6	0.6	0.1	0.0	0.0	Not available	Not available	Not available

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

Delaware Middle School Survey
Trend Analysis Report

Female
Tobacco Use

	Health Risk Behavior and Percentages															**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN21: Percentage of students who ever used an electronic vapor product

												15.6	14.7	11.1	Decreased, 2015-2019	Not available[§]	No change

QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)

												7.5	5.8	4.3	Decreased, 2015-2019	Not available	No change

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

												0.3	0.5	0.2	No linear change	Not available	No change

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

												0.1	0.2	0.0	Not available	Not available	Not available

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

Delaware Middle School Survey
Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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

| | | | | | | | | | | | | | 1.0 | 0.6 | No linear change | Not available§ | No change |

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

| | | | | | | | 3.7 | 5.9 | 2.8 | 3.4 | 2.1 | 1.6 | 0.5 | Decreased, 2007-2019 | No change, 2007-2013 Decreased, 2013-2019 | Decreased |

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

Delaware Middle School Survey
Trend Analysis Report

Female
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages															**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019**[†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN26: Percentage of students who ever drank alcohol (other than a few sips)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
								42.5	37.4	34.6	27.4	21.0	26.4	17.5	Decreased, 2007-2019	No quadratic change	Decreased

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

| | | | | | | | | 13.7 | 12.2 | 11.3 | 7.9 | 6.0 | 7.9 | 6.8 | Decreased, 2007-2019 | No quadratic change | No change |

QN28: Percentage of students who ever used marijuana

| | | | | | | | | 12.0 | 12.6 | 10.0 | 10.4 | 9.3 | 10.7 | 7.1 | Decreased, 2007-2019 | No quadratic change | Decreased |

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

| | | | | | | | | 1.5 | 1.4 | 1.0 | 1.5 | 1.1 | 1.5 | 1.0 | No linear change | No quadratic change | No change |

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

Delaware Middle School Survey
Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019**[†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													5.6	7.4	No linear change	Not available[§]	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								2.1	4.4	1.6	1.2	0.8	1.2	1.3	Decreased, 2007-2019	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Female
Sexual Behaviors

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN34: Percentage of students who ever had sexual intercourse

								2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								18.8	17.1	13.6	9.5	6.3	5.9	4.1	Decreased, 2007-2019	No quadratic change	No change

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

								2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								3.0	3.1	1.3	1.7	1.4	1.4	1.5	Decreased, 2007-2019	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Female
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN38: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | 29.5 | 29.4 | 31.9 | 30.5 | 31.4 | 31.0 | 28.1 | No linear change | No quadratic change | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | 54.0 | 53.4 | 56.4 | 55.8 | 51.3 | 56.2 | 46.9 | Decreased, 2007-2019 | No change, 2007-2013 Decreased, 2013-2019 | Decreased |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | 14.1 | 13.0 | 12.0 | 12.5 | 14.2 | No linear change | Not available[§] | No change |

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

| | | | | | | | | | 40.5 | 39.0 | 40.7 | 39.3 | 33.0 | Decreased, 2011-2019 | Not available | Decreased |

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

Delaware Middle School Survey
Trend Analysis Report

Female
Physical Activity

					Health Risk Behavior and Percentages										**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019**[†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
43.8	40.4	40.6	39.7	40.6	33.8	Decreased, 2009-2019	No quadratic change	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
16.3	12.1	15.1	14.1	12.7	19.8	No linear change	No change, 2009-2015 Increased, 2015-2019	Increased

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
23.9	24.2	19.7	20.1	18.6	17.1	Decreased, 2009-2019	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Female
Physical Activity

															Linear Change[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
Health Risk Behavior and Percentages																	
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**			

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

								39.2	40.8	41.0	40.9	32.5	28.4	27.1	Decreased, 2007-2019	No change, 2007-2013 Decreased, 2013-2019	No change

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)

									27.0	30.8	38.5	45.0	48.9	50.6	Increased, 2009-2019	No quadratic change	No change

QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

| | | | | | | | | | 65.0 | 64.0 | 65.6 | 63.8 | 61.0 | 59.5 | 52.1 | Decreased, 2007-2019 | No quadratic change | No change |

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

Delaware Middle School Survey
Trend Analysis Report

Female
Physical Activity

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
30.2	31.2	35.9	28.1	19.3	19.5	15.1	Decreased, 2007-2019	No quadratic change	No change

QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
55.1	53.8	56.5	57.3	56.7	53.3	51.3	No linear change	No change, 2007-2013 Decreased, 2013-2019	No change

QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
14.1	14.4	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
Trend Analysis Report

Female
Other

	Health Risk Behavior and Percentages															**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019**[†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								20.9	22.2	25.2	25.2	21.8	23.0	15.5	Decreased, 2007-2019	Increased, 2007-2013 Decreased, 2013-2019	Decreased

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
										54.7	52.4	52.2	46.7	46.7	Decreased, 2011-2019	Not available[§]	No change

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												77.7	77.5	82.1	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
Trend Analysis Report

Female
Site-Added

															Health Risk Behavior and Percentages	**Linear Change[*]**	**Quadratic Change[*]**	**Change from 2017-2019 [†]**
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**				

QN50: Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting such things as being told who they could or could not spend time with, being humiliated in front of others, or being threatened if they did not do what their date wanted, among students who dated or went out with someone during the 12 months before the survey)

													16.9	16.7		No linear change	Not available[§]	No change

QN51: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who dated or went out with someone during the 12 months before the survey)

													3.9	3.2		No linear change	Not available	No change

QN55: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose, during the 12 months before the survey)

													15.6	14.9		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
Trend Analysis Report

Female
Site-Added

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN57: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)

											2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												9.9	7.2	8.7	6.0	Decreased, 2013-2019	Not available[§]	Decreased

QN58: Percentage of students who currently used marijuana (during the 30 days before the survey)

										2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
										4.7	4.8	5.4	5.5	2.3	Decreased, 2011-2019	Not available	Decreased

QN59: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, during the 30 days before the survey)

													2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													3.2	4.2	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
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)

| | | | | | | | | | | | | | 35.9 | 38.9 | No linear change | Not available[§] | No change |

QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)

| | | | | | | | | | | 49.1 | 54.0 | 52.8 | 58.6 | Increased, 2013-2019 | Not available | No change |

QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)

| | | | | | | | | | | 39.6 | 45.8 | 56.0 | 45.2 | 55.1 | Increased, 2011-2019 | Not available | Increased |

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

Delaware Middle School Survey
Trend Analysis Report

Female
Site-Added

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019

QN64: Percentage of students who did not drink sugar-sweetened beverages from a can, bottle, or glass (counting sports drinks (such as Gatorade or PowerAde), energy drinks (such as Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight and not counting soda or pop, one or more sugar-sweetened beverages the day before the survey)

													2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													37.9	37.3	No linear change	Not available[§]	No change

QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)

| | | | | | | | | | | | | | 78.3 | 72.8 | Decreased, 2017-2019 | Not available | Decreased |

QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)

| | | | | | | | | | | | | | 3.0 | 3.0 | No linear change | Not available | No change |

QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)

| | | | | | | | | | | | | 11.5 | 9.3 | 12.9 | 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
Trend Analysis Report

Female
Site-Added

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019

QN68: Percentage of students who have been taught about AIDS or HIV infection in school

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
67.8	55.8	52.0	50.8	47.5	40.9	34.4	Decreased, 2007-2019	No quadratic change	No change

QN69: Percentage of students who are deaf or have serious difficulty hearing

2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
1.7	2.5	3.1	Increased, 2015-2019	Not available[§]	No change

QN70: Percentage of students who have serious difficulty seeing (even when wearing glasses)

2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
12.7	12.3	10.8	No linear change	Not available	No change

QN72: Percentage of students who have serious difficulty walking or climbing stairs

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
3.4	3.7	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
Trend Analysis Report

Female
Site-Added

															Health Risk Behavior and Percentages					**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019								

QN73: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													1.9	1.5	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
Trend Analysis Report

White*
Injury and Violence

															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
Health Risk Behavior and Percentages																	
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)

| | | | | | | | | 3.4 | 4.1 | 3.3 | 2.4 | 1.5 | 3.2 | 1.8 | Decreased, 2007-2019 | No quadratic change | No change |

QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)

| | | | | | | | | 30.5 | 29.1 | 21.6 | 22.4 | 18.0 | 21.8 | 18.6 | Decreased, 2007-2019 | No quadratic change | No change |

QN11: Percentage of students who were ever in a physical fight

| | | | | | | | | 56.2 | 54.2 | 46.0 | 44.2 | 37.2 | 33.0 | 36.9 | Decreased, 2007-2019 | Decreased, 2007-2015 No change, 2015-2019 | No change |

QN12: Percentage of students who were ever bullied on school property

| | | | | | | | | | | | 48.6 | 46.3 | 44.2 | 40.7 | Decreased, 2013-2019 | 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
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

											23.7	21.3	20.8	21.1	No linear change	Not available[¶]	No change

QN14: Percentage of students who ever seriously thought about killing themselves

							21.0	18.8	19.7	10.5	16.2	17.0	16.7	No linear change	Decreased, 2007-2013 Increased, 2013-2019	No change

QN15: Percentage of students who ever made a plan about how they would kill themselves

							12.2	10.0	9.8	16.2	9.4	10.0	10.6	No linear change	No quadratic change	No change

QN16: Percentage of students who ever tried to kill themselves

											4.8	4.4	5.2	6.3	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
Trend Analysis Report

White*
Tobacco Use

															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)

| | | | | | | | | 25.7 | 23.5 | 20.5 | 16.0 | 10.0 | 10.4 | 4.8 | Decreased, 2007-2019 | No change, 2007-2011 Decreased, 2011-2019 | Decreased |

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| | | | | | | | | 9.5 | 8.2 | 6.0 | 3.3 | 2.4 | 1.7 | 1.0 | Decreased, 2007-2019 | No quadratic change | No change |

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

| | | | | | | | | 2.0 | 2.5 | 1.8 | 0.5 | 0.4 | 0.1 | 0.2 | Decreased, 2007-2019 | No quadratic change | No change |

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

| | | | | | | | | 1.4 | 1.9 | 1.1 | 0.5 | 0.3 | 0.1 | 0.2 | Decreased, 2007-2019 | No quadratic change | 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, $p < 0.05$.

Delaware Middle School Survey
Trend Analysis Report

White*
Tobacco Use

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN21: Percentage of students who ever used an electronic vapor product																	
												14.2	13.7	11.8	No linear change	Not available[¶]	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
												6.6	5.1	4.3	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												0.3	0.9	0.2	No linear change	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												0.3	0.4	0.2	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
Trend Analysis Report

White*
Tobacco Use

															Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**				

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

													2017	2019		Linear Change	Quadratic Change	Change from 2017-2019
													1.6	1.0		No linear change	Not available[¶]	No change

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

						2007	2009	2011	2013	2015	2017	2019		Linear Change	Quadratic Change	Change from 2017-2019
						3.6	4.7	3.6	2.0	1.3	1.7	0.6		Decreased, 2007-2019	No change, 2007-2011 Decreased, 2011-2019	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

White*
Alcohol and Other Drug Use

														Health Risk Behavior and Percentages		Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN26: Percentage of students who ever drank alcohol (other than a few sips)

								2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change
								40.0	36.3	30.5	25.0	18.1	22.7	14.0	Decreased, 2007-2019	No quadratic change	Decreased

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

								2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change
								14.4	13.4	10.7	8.3	5.1	7.7	5.8	Decreased, 2007-2019	No quadratic change	No change

QN28: Percentage of students who ever used marijuana

								2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change
								11.0	13.7	11.0	8.5	6.7	8.5	4.0	Decreased, 2007-2019	No change, 2007-2011 Decreased, 2011-2019	Decreased

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

								2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change
								1.9	1.6	1.5	1.4	0.8	1.8	1.1	No linear change	No quadratic change	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, $p < 0.05$.

Delaware Middle School Survey
Trend Analysis Report

White*
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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

| | | | | | | | | | | | | | 5.1 | 3.8 | No linear change | Not available[¶] | No change |

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

| | | | | | | | 2.6 | 3.7 | 2.0 | 1.0 | 0.7 | 0.6 | 0.3 | Decreased, 2007-2019 | No quadratic change | 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
Trend Analysis Report

White*
Sexual Behaviors

	Health Risk Behavior and Percentages														Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN34: Percentage of students who ever had sexual intercourse

								14.7	15.7	11.9	8.6	6.2	6.7	4.4	Decreased, 2007-2019	No quadratic change	No change

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

								2.5	3.3	2.6	1.7	1.4	1.8	1.8	No linear change	No quadratic change	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, $p < 0.05$.

Delaware Middle School Survey
Trend Analysis Report

White*
Weight Management and Dietary Behaviors

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN38: Percentage of students who described themselves as slightly or very overweight

								28.9	27.0	27.6	30.1	26.5	26.5	27.2	No linear change	No quadratic change	No change

QN39: Percentage of students who were trying to lose weight

								48.4	44.0	45.8	48.6	38.1	42.9	39.6	Decreased, 2007-2019	No quadratic change	No change

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

									9.3	9.4	7.9	9.3	9.8	No linear change	Not available[¶]	No change

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

										52.2	49.4	50.0	49.9	42.1	Decreased, 2011-2019	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.

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Delaware Middle School Survey
Trend Analysis Report

White*
Physical Activity

															Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
									57.9	51.4	54.8	54.5	55.3	48.9	No linear change	No quadratic change	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
									9.2	8.0	8.8	8.6	7.3	10.2	No linear change	No quadratic change	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
									35.3	33.3	29.3	31.2	28.6	24.1	Decreased, 2009-2019	No quadratic change	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, $p < 0.05$.

Delaware Middle School Survey
Trend Analysis Report

White*
Physical Activity

															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**			

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
29.3	30.3	31.1	31.2	23.4	20.6	17.3	Decreased, 2007-2019	No change, 2007-2013; Decreased, 2013-2019	No change

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)

| | 24.8 | 28.8 | 36.9 | 42.6 | 47.2 | 49.1 | Increased, 2009-2019 | No quadratic change | No change |

QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

| 67.4 | 67.8 | 67.7 | 65.5 | 63.0 | 62.2 | 56.1 | Decreased, 2007-2019 | No quadratic change | 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, $p < 0.05$.

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Delaware Middle School Survey
Trend Analysis Report

White*
Physical Activity

	Health Risk Behavior and Percentages															**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2017-2019** [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

| | | | | | | | | 33.4 | 31.6 | 38.9 | 32.0 | 20.0 | 21.3 | 14.9 | Decreased, 2007-2019 | No quadratic change | No change |

QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)

| | | | | | | | | 64.0 | 64.0 | 65.7 | 65.1 | 66.2 | 63.6 | 57.6 | No linear change | No quadratic change | No change |

QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

| | | | | | | | | | | | | | 14.5 | 13.3 | 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
Trend Analysis Report

White*
Other

	Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								18.1	20.7	22.9	23.1	18.7	18.7	14.1	No linear change	Increased, 2007-2011 Decreased, 2011-2019	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
										58.6	56.9	57.1	50.9	47.9	Decreased, 2011-2019	Not available[¶]	No change

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												80.5	79.9	86.4	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.

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Delaware Middle School Survey
Trend Analysis Report

White*
Site-Added

															Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN50: Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting such things as being told who they could or could not spend time with, being humiliated in front of others, or being threatened if they did not do what their date wanted, among students who dated or went out with someone during the 12 months before the survey)

													2017	2019		Linear Change	Quadratic Change	Change from 2017-2019
													14.2	17.9		No linear change	Not available[¶]	No change

QN51: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who dated or went out with someone during the 12 months before the survey)

													2017	2019		Linear Change	Quadratic Change	Change from 2017-2019
													3.6	3.5		No linear change	Not available	No change

QN55: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose, during the 12 months before the survey)

													2017	2019		Linear Change	Quadratic Change	Change from 2017-2019
													12.3	11.2		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
Trend Analysis Report

White*
Site-Added

	Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN57: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
										8.4	6.3	6.7	3.7		Decreased, 2013-2019	Not available[¶]	No change

QN58: Percentage of students who currently used marijuana (during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
										5.7	3.5	3.5	4.4	0.6	Decreased, 2011-2019	Not available	Decreased

QN59: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													1.9	1.4	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
Trend Analysis Report

White*
Site-Added

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)

													34.2	38.7	No linear change	Not available[¶]	No change

QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)

											49.8	55.9	57.1	60.4	Increased, 2013-2019	Not available	No change

QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)

										36.5	41.0	51.2	42.3	54.3	Increased, 2011-2019	Not available	Increased

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

Delaware Middle School Survey
Trend Analysis Report

White*
Site-Added

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN64: Percentage of students who did not drink sugar-sweetened beverages from a can, bottle, or glass (counting sports drinks (such as Gatorade or PowerAde), energy drinks (such as Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight and not counting soda or pop, one or more sugar-sweetened beverages the day before the survey)

| | | | | | | | | | | | | | 43.4 | 43.9 | No linear change | Not available[¶] | No change |

QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)

| | | | | | | | | | | | | | 84.3 | 80.6 | No linear change | Not available | No change |

QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)

| | | | | | | | | | | | | | 2.1 | 1.9 | No linear change | Not available | No change |

QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)

| | | | | | | | | | | | | 33.8 | 32.5 | 27.8 | Decreased, 2015-2019 | 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
Trend Analysis Report

White*
Site-Added

														Health Risk Behavior and Percentages	**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2017-2019** [§]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**			

QN68: Percentage of students who have been taught about AIDS or HIV infection in school

| | | | | | | | | 65.7 | 56.1 | 52.2 | 50.3 | 48.3 | 44.6 | 34.3 | Decreased, 2007-2019 | No quadratic change | No change |

QN69: Percentage of students who are deaf or have serious difficulty hearing

| | | | | | | | | | | | | 1.5 | 2.1 | 1.2 | No linear change | Not available[¶] | No change |

QN70: Percentage of students who have serious difficulty seeing (even when wearing glasses)

| | | | | | | | | | | | | 5.5 | 6.6 | 4.2 | No linear change | Not available | Decreased |

QN72: Percentage of students who have serious difficulty walking or climbing stairs

| | | | | | | | | | | | | | 2.8 | 1.9 | 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
Trend Analysis Report

White*
Site-Added

	Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN73: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)

													1.4	1.2	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
Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								7.4	10.1	6.5	8.7	5.7	7.4	11.4	No linear change	No quadratic change	No change

QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								27.9	29.0	18.2	19.4	19.8	12.7	16.7	Decreased, 2007-2019	No quadratic change	No change

QN11: Percentage of students who were ever in a physical fight

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								80.9	77.6	71.9	71.5	71.8	60.9	67.6	Decreased, 2007-2019	No quadratic change	Increased

QN12: Percentage of students who were ever bullied on school property

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											38.2	37.4	31.6	30.9	Decreased, 2013-2019	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
Trend Analysis Report

Black*
Injury and Violence

	Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											13.5	14.8	11.7	15.4	No linear change	Not available[¶]	No change

QN14: Percentage of students who ever seriously thought about killing themselves

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								21.9	21.3	22.3	10.7	19.4	17.9	22.8	No linear change	Decreased, 2007-2013 Increased, 2013-2019	No change

QN15: Percentage of students who ever made a plan about how they would kill themselves

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								11.7	10.9	12.1	16.0	13.1	10.5	14.4	No linear change	No quadratic change	No change

QN16: Percentage of students who ever tried to kill themselves

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
											6.2	6.2	7.4	10.5	Increased, 2013-2019	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
Trend Analysis Report

Black*
Tobacco Use

															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)

| | | | | | | | | 33.4 | 29.4 | 22.6 | 17.2 | 11.3 | 7.3 | 6.9 | Decreased, 2007-2019 | No quadratic change | No change |

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| | | | | | | | | 6.8 | 7.9 | 3.8 | 2.7 | 1.1 | 1.0 | 1.3 | Decreased, 2007-2019 | No quadratic change | No change |

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

| | | | | | | | | 1.1 | 1.2 | 0.1 | 0.4 | 0.1 | 0.0 | 0.0 | Not available | Not available[¶] | Not available |

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

| | | | | | | | | 0.9 | 1.1 | 0.1 | 0.2 | 0.1 | 0.0 | 0.0 | Not available | Not available | Not available |

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

Delaware Middle School Survey
Trend Analysis Report

Black*
Tobacco Use

	Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN21: Percentage of students who ever used an electronic vapor product

												2015	2017	2019			
												20.3	15.0	11.3	Decreased, 2015-2019	Not available[¶]	No change

QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)

												10.4	4.8	3.4	Decreased, 2015-2019	Not available	No change

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

												0.8	0.3	0.6	No linear change	Not available	No change

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

												0.1	0.3	0.6	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
Trend Analysis Report

Black*
Tobacco Use

															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													0.4	0.9	No linear change	Not available[¶]	No change

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								6.3	7.8	3.2	4.8	3.1	1.0	1.6	Decreased, 2007-2019	No quadratic change	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
Trend Analysis Report

Black*
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN26: Percentage of students who ever drank alcohol (other than a few sips)

| | | | | | | | | 45.8 | 44.1 | 33.6 | 26.6 | 24.4 | 21.8 | 17.1 | Decreased, 2007-2019 | No quadratic change | No change |

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

| | | | | | | | | 14.9 | 17.2 | 13.3 | 8.4 | 7.8 | 8.5 | 9.0 | Decreased, 2007-2019 | No quadratic change | No change |

QN28: Percentage of students who ever used marijuana

| | | | | | | | | 17.6 | 16.4 | 13.8 | 13.1 | 14.0 | 11.4 | 11.4 | Decreased, 2007-2019 | No quadratic change | No change |

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

| | | | | | | | | 3.3 | 4.4 | 2.6 | 2.8 | 1.8 | 1.8 | 3.2 | No linear change | No quadratic change | 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, $p < 0.05$.

Delaware Middle School Survey
Trend Analysis Report

Black*
Alcohol and Other Drug Use

															Health Risk Behavior and Percentages	**Linear Change[†]**	**Quadratic Change[†]**	**Change from 2017-2019 [§]**
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**				

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

													5.1	9.4	Increased, 2017-2019	Not available[¶]	Increased

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

					1.8	3.0	1.6	1.8	0.6	1.1	2.2				No linear change	No quadratic change	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
Trend Analysis Report

Black*
Sexual Behaviors

															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN34: Percentage of students who ever had sexual intercourse

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								36.7	35.8	26.8	21.5	16.6	13.2	9.4	Decreased, 2007-2019	No quadratic change	No change

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								10.8	11.2	8.8	6.5	4.8	4.3	3.3	Decreased, 2007-2019	No quadratic change	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, $p < 0.05$.

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Delaware Middle School Survey
Trend Analysis Report

Black*
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN38: Percentage of students who described themselves as slightly or very overweight

| | | | | | | | | 25.5 | 20.0 | 22.2 | 20.7 | 23.7 | 26.1 | 22.2 | No linear change | No quadratic change | No change |

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | 39.1 | 38.3 | 44.6 | 42.0 | 46.2 | 48.4 | 39.8 | No linear change | Increased, 2007-2015 No change, 2015-2019 | Decreased |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | 11.0 | 10.4 | 8.2 | 8.5 | 9.1 | No linear change | Not available[¶] | No change |

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

| | | | | | | | | | | 44.8 | 44.2 | 46.6 | 43.8 | 40.9 | No linear change | Not available | No change |

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*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

Black*
Physical Activity

																Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]

Health Risk Behavior and Percentages

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | 42.5 | 44.7 | 43.4 | 44.7 | 48.2 | 35.3 | No linear change | No change, 2009-2015 Decreased, 2015-2019 | Decreased |

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

| | | | | | | | | | 22.7 | 16.7 | 18.0 | 13.4 | 15.2 | 24.0 | No linear change | Decreased, 2009-2015 Increased, 2015-2019 | Increased |

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

| | | | | | | | | | 27.8 | 26.6 | 27.4 | 28.7 | 29.7 | 21.9 | No linear change | No change, 2009-2015 Decreased, 2015-2019 | 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, $p < 0.05$.

Delaware Middle School Survey
Trend Analysis Report

Black*
Physical Activity

															Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019[§]
								61.7	59.0	55.8	57.8	46.3	37.7	43.5	Decreased, 2007-2019	No quadratic change	No change

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019[§]
									36.5	43.0	46.5	50.1	51.6	54.1	Increased, 2009-2019	No quadratic change	No change

QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019[§]
									65.2	67.4	69.9	69.8	66.0	67.6	58.0	No linear change	No quadratic change	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, $p < 0.05$.

Delaware Middle School Survey
Trend Analysis Report

Black*
Physical Activity

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
							29.6	27.7	29.2	24.6	19.2	25.0	16.9		Decreased, 2007-2019	No quadratic change	Decreased

QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
							60.0	60.0	55.6	63.8	61.5	55.2	53.7		No linear change	No quadratic change	No change

QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													17.5	18.1	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
Trend Analysis Report

Black*
Other

															Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
25.5	32.9	28.5	32.7	27.2	25.0	23.3	Decreased, 2007-2019	Increased, 2007-2013 Decreased, 2013-2019	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
54.7	52.9	50.4	45.1	46.7	Decreased, 2011-2019	Not available[¶]	No change

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
69.9	67.0	67.8	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
Trend Analysis Report

Black*
Site-Added

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019

QN50: Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting such things as being told who they could or could not spend time with, being humiliated in front of others, or being threatened if they did not do what their date wanted, among students who dated or went out with someone during the 12 months before the survey)

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
14.3	9.3	Decreased, 2017-2019	Not available[¶]	Decreased

QN51: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who dated or went out with someone during the 12 months before the survey)

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
4.0	5.1	No linear change	Not available	No change

QN55: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose, during the 12 months before the survey)

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
8.3	11.5	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
Trend Analysis Report

Black*
Site-Added

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019

QN57: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)

											7.8	6.5	7.4	5.1	No linear change	Not available[¶]	No change

QN58: Percentage of students who currently used marijuana (during the 30 days before the survey)

										5.8	6.9	6.4	5.0	3.9	No linear change	Not available	No change

QN59: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, during the 30 days before the survey)

													3.3	6.5	Increased, 2017-2019	Not available	Increased

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

Delaware Middle School Survey
Trend Analysis Report

Black*
Site-Added

	Health Risk Behavior and Percentages															**Linear Change[†]**	**Quadratic Change[†]**	**Change from 2017-2019 [§]**
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**			

QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)

| | | | | | | | | | | | | | 45.5 | 45.5 | No linear change | Not available[¶] | No change |

QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)

| | | | | | | | | | | 44.2 | 44.6 | 46.8 | 49.9 | | No linear change | Not available | No change |

QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)

| | | | | | | | | | | 43.0 | 54.1 | 59.2 | 54.3 | 58.0 | Increased, 2011-2019 | 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
Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages															Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN64: Percentage of students who did not drink sugar-sweetened beverages from a can, bottle, or glass (counting sports drinks (such as Gatorade or PowerAde), energy drinks (such as Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight and not counting soda or pop, one or more sugar-sweetened beverages the day before the survey)

													2017	2019	Linear	Quadratic	Change
													35.4	32.8	No linear change	Not available[¶]	No change

QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)

													2017	2019			
													77.2	74.6	No linear change	Not available	No change

QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)

													2017	2019			
													3.4	5.7	No linear change	Not available	No change

QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)

													2017	2019			
													36.3	30.3	35.0	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
Trend Analysis Report

Black*
Site-Added

															Health Risk Behavior and Percentages	Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN68: Percentage of students who have been taught about AIDS or HIV infection in school

| | | | | | | | | 78.3 | 70.9 | 61.8 | 61.8 | 55.8 | 48.7 | 42.1 | | Decreased, 2007-2019 | No quadratic change | No change |

QN69: Percentage of students who are deaf or have serious difficulty hearing

| | | | | | | | | | | | | 2.3 | 2.3 | 2.9 | | No linear change | Not available[¶] | No change |

QN70: Percentage of students who have serious difficulty seeing (even when wearing glasses)

| | | | | | | | | | | | | 12.3 | 12.0 | 11.2 | | No linear change | Not available | No change |

QN72: Percentage of students who have serious difficulty walking or climbing stairs

| | | | | | | | | | | | | | 2.4 | 3.5 | | 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
Trend Analysis Report

Black*
Site-Added

	Health Risk Behavior and Percentages														**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2017-2019**[§]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**			

QN73: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)

| | | | | | | | | | | | | | 3.1 | 0.8 | Decreased, 2017-2019 | 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

Hispanic
Injury and Violence

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)

								2007	2009	2011	2013	2015	2017	2019	Linear	Quadratic	2017-2019
								10.0	10.2	7.6	7.1	5.9	6.3	5.3	Decreased, 2007-2019	No quadratic change	No change

QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)

								2007	2009	2011	2013	2015	2017	2019			
								30.4	32.5	26.1	23.3	20.6	20.0	19.9	Decreased, 2007-2019	No quadratic change	No change

QN11: Percentage of students who were ever in a physical fight

								2007	2009	2011	2013	2015	2017	2019			
								65.2	63.8	60.3	53.8	48.7	44.6	43.6	Decreased, 2007-2019	No quadratic change	No change

QN12: Percentage of students who were ever bullied on school property

											2013	2015	2017	2019			
											36.9	32.9	33.6	32.9	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
Trend Analysis Report

Hispanic
Injury and Violence

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)

											15.6	15.4	13.4	13.9	No linear change	Not available[§]	No change

QN14: Percentage of students who ever seriously thought about killing themselves

							24.4	22.9	28.1	12.9	20.3	18.9	20.9		Decreased, 2007-2019	No quadratic change	No change

QN15: Percentage of students who ever made a plan about how they would kill themselves

							14.9	12.2	13.0	21.2	12.5	11.5	11.7		No linear change	Increased, 2007-2013 Decreased, 2013-2019	No change

QN16: Percentage of students who ever tried to kill themselves

										11.0	8.6	8.1	10.6		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
Trend Analysis Report

Hispanic
Tobacco Use

	Health Risk Behavior and Percentages														**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
1991	**1993**	**1995**	**1997**	**1999**	**2001**	**2003**	**2005**	**2007**	**2009**	**2011**	**2013**	**2015**	**2017**	**2019**			

QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)

| | | | | | | | | 29.6 | 29.0 | 26.5 | 21.3 | 15.6 | 10.8 | 7.3 | Decreased, 2007-2019 | No change, 2007-2011 Decreased, 2011-2019 | No change |

QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| | | | | | | | | 7.5 | 9.9 | 6.5 | 8.1 | 3.1 | 2.7 | 2.2 | Decreased, 2007-2019 | No change, 2007-2013 Decreased, 2013-2019 | No change |

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

| | | | | | | | | 2.4 | 3.5 | 1.4 | 1.8 | 0.4 | 0.5 | 0.3 | Decreased, 2007-2019 | No quadratic change | No change |

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

| | | | | | | | | 2.1 | 2.7 | 1.2 | 1.7 | 0.4 | 0.5 | 0.3 | Decreased, 2007-2019 | No quadratic change | No change |

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

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Tobacco Use

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019

QN21: Percentage of students who ever used an electronic vapor product

2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
21.3	17.9	15.3	No linear change	Not available[§]	No change

QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)

2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
10.7	8.7	9.1	No linear change	Not available	No change

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

2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
0.7	1.1	0.9	No linear change	Not available	No change

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

2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
0.3	0.9	0.3	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
Trend Analysis Report

Hispanic
Tobacco Use

															Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													2.2	1.0	No linear change	Not available[§]	No change

QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								6.8	7.3	6.0	6.5	3.6	2.6	1.5	Decreased, 2007-2019	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN26: Percentage of students who ever drank alcohol (other than a few sips)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								46.6	49.0	44.5	31.9	27.8	28.0	27.7	Decreased, 2007-2019	No quadratic change	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								16.1	23.0	14.7	13.0	9.8	10.5	10.6	Decreased, 2007-2019	No quadratic change	No change

QN28: Percentage of students who ever used marijuana

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								14.6	15.6	15.0	16.2	9.1	12.8	8.7	No linear change	No quadratic change	No change

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								2.6	4.2	2.1	4.7	1.4	1.8	2.2	No linear change	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

															Health Risk Behavior and Percentages	Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
													2.1	10.3	Increased, 2017-2019	Not available[§]	Increased

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
							4.7	6.7	4.1	3.5	1.8	1.1	3.0		No linear change	No quadratic change	No change

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

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Sexual Behaviors

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]

Health Risk Behavior and Percentages

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN34: Percentage of students who ever had sexual intercourse

| | | | | | | | | 26.9 | 26.2 | 22.4 | 13.8 | 8.8 | 8.9 | 6.5 | Decreased, 2007-2019 | No quadratic change | No change |

QN35: Percentage of students who had sexual intercourse for the first time before age 11 years

| | | | | | | | | 7.8 | 6.9 | 3.9 | 3.7 | 0.7 | 1.9 | 1.6 | Decreased, 2007-2019 | No quadratic change | No change |

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

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN38: Percentage of students who described themselves as slightly or very overweight

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								25.7	25.1	31.5	32.3	30.3	35.4	39.6	Increased, 2007-2019	No quadratic change	No change

QN39: Percentage of students who were trying to lose weight

| | | | | | | | | 50.6 | 46.1 | 53.4 | 56.6 | 56.6 | 58.5 | 55.7 | Increased, 2007-2019 | No quadratic change | No change |

QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | | | | | | | | | 15.5 | 15.8 | 14.5 | 12.8 | 15.3 | No linear change | Not available[§] | No change |

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

| | | | | | | | | | | 42.7 | 40.8 | 44.8 | 44.5 | 35.0 | No linear change | Not available | Decreased |

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

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Physical Activity

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | | | | | | | | | 40.5 | 45.3 | 38.8 | 40.8 | 41.2 | 25.3 | Decreased, 2009-2019 | No change, 2009-2015
Decreased, 2015-2019 | Decreased |

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

| | | | | | | | | | 23.9 | 10.3 | 15.5 | 17.4 | 12.4 | 20.5 | No linear change | Decreased, 2009-2013
No change, 2013-2019 | Increased |

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

| | | | | | | | | | 26.2 | 31.0 | 21.6 | 25.0 | 21.5 | 9.0 | Decreased, 2009-2019 | No change, 2009-2015
Decreased, 2015-2019 | Decreased |

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

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Physical Activity

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

| | | | | | | | | 45.5 | 47.1 | 44.0 | 45.3 | 33.2 | 28.2 | 24.9 | Decreased, 2007-2019 | No change, 2007-2013 / Decreased, 2013-2019 | No change |

QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)

| | | | | | | | | | 32.2 | 34.5 | 44.9 | 47.8 | 52.2 | 55.1 | Increased, 2009-2019 | No quadratic change | No change |

QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

| | | | | | | | | 73.8 | 57.6 | 69.9 | 65.0 | 61.4 | 61.3 | 48.6 | Decreased, 2007-2019 | No quadratic change | Decreased |

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

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Physical Activity

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

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

								37.4	28.4	34.5	23.8	22.2	22.8	12.5	Decreased, 2007-2019	No quadratic change	Decreased

QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)

								54.0	53.3	58.8	55.9	54.7	51.8	38.5	Decreased, 2007-2019	No change, 2007-2015 Decreased, 2015-2019	Decreased

QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

													18.5	16.1	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
Trend Analysis Report

Hispanic
Other

															Health Risk Behavior and Percentages	Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
								19.1	18.8	27.8	25.5	19.6	20.3	20.6	No linear change	Increased, 2007-2011 Decreased, 2011-2019	No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
										55.5	56.0	53.1	47.8	44.5	Decreased, 2011-2019	Not available§	No change

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
												66.0	65.1	75.0	No linear change	Not available	Increased

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

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

																Health Risk Behavior and Percentages	**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					

QN50: Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting such things as being told who they could or could not spend time with, being humiliated in front of others, or being threatened if they did not do what their date wanted, among students who dated or went out with someone during the 12 months before the survey)

	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	12.3	12.5	No linear change	Not available[§]	No change

QN51: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who dated or went out with someone during the 12 months before the survey)

	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	5.5	2.4	No linear change	Not available	No change

QN55: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose, during the 12 months before the survey)

	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	13.5	12.7	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
Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN57: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)

| | | | | | | | | | | 14.4 | 9.2 | 9.1 | 8.9 | No linear change | Not available[§] | No change |

QN58: Percentage of students who currently used marijuana (during the 30 days before the survey)

| | | | | | | | | | | 7.9 | 9.0 | 5.6 | 6.4 | 4.0 | Decreased, 2011-2019 | Not available | No change |

QN59: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, during the 30 days before the survey)

| | | | | | | | | | | | | | 1.6 | 5.1 | Increased, 2017-2019 | Not available | Increased |

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

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

																Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)

| | | | | | | | | | | | | | 42.2 | 36.5 | No linear change | Not available[§] | No change |

QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)

| | | | | | | | | | | | 40.4 | 46.6 | 50.9 | 51.0 | Increased, 2013-2019 | Not available | No change |

QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)

| | | | | | | | | | | 36.0 | 44.3 | 56.1 | 52.1 | 54.8 | Increased, 2011-2019 | 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
Trend Analysis Report

Hispanic
Site-Added

															Health Risk Behavior and Percentages	Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				

QN64: Percentage of students who did not drink sugar-sweetened beverages from a can, bottle, or glass (counting sports drinks (such as Gatorade or PowerAde), energy drinks (such as Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight and not counting soda or pop, one or more sugar-sweetened beverages the day before the survey)

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
41.4	40.0	No linear change	Not available§	No change

QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
78.9	78.0	No linear change	Not available	No change

QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)

2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
4.4	3.5	No linear change	Not available	No change

QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)

2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
32.1	30.4	28.6	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
Trend Analysis Report

Hispanic
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Health Risk Behavior and Percentages															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN68: Percentage of students who have been taught about AIDS or HIV infection in school

| | | | | | | | | 65.5 | 57.7 | 51.3 | 48.3 | 38.4 | 34.5 | 30.5 | Decreased, 2007-2019 | No quadratic change | No change |

QN69: Percentage of students who are deaf or have serious difficulty hearing

| | | | | | | | | | | | | 2.3 | 4.4 | 4.2 | No linear change | Not available[§] | No change |

QN70: Percentage of students who have serious difficulty seeing (even when wearing glasses)

| | | | | | | | | | | | | 12.0 | 13.1 | 11.7 | No linear change | Not available | No change |

QN72: Percentage of students who have serious difficulty walking or climbing stairs

| | | | | | | | | | | | | | 3.6 | 5.4 | 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
Trend Analysis Report

Hispanic
Site-Added

															Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			

QN73: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)

															Linear Change	Quadratic Change	Change from 2017-2019
													2.7	3.5	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.