

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Total Injury and Violence												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN6: Among students who rode a bicycle, the percentage who never or rarely wore a bicycle helmet														
						74.3		75.4	76.5	74.3		No linear change	Not available [§]	No change
QN7: Among students who used rollerblades or rode a skateboard, the percentage who never or rarely wore a helmet														
								81.1	81.7	79.8		No linear change	Not available	No change
QN8: Percentage of students who never or rarely wore a seat belt when riding in a car														
						5.7	7.3	5.5	5.5			No linear change	Not available	No change
QN9: Percentage of students who ever rode in a car driven by someone who had been drinking alcohol														
						29.3	29.8	21.5	20.8			Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Total Injury and Violence	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011			
QN10: Percentage of students who ever carried a weapon, such as a gun, knife, or club									27.5	22.7	24.6	No linear change	Not available [§]	No change
QN11: Percentage of students who have ever been in a physical fight								65.3	62.2	57.4	55.4	Decreased, 2007-2013	Not available	No change
QN12: Percentage of students who were ever in a physical fight in which they were hurt and had to be treated by a doctor or nurse										7.4	6.0	Decreased, 2011-2013	Not available	No change
QN15: Percentage of students who ever seriously thought about killing themselves								21.6	20.8	22.5	11.6	Decreased, 2007-2013	Not available	Decreased
QN16: Percentage of students who ever made a plan about how they would kill themselves								12.6	11.2	11.6	17.6	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Total Tobacco Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN18: Percentage of students who ever tried cigarette smoking, even one or two puffs														
								28.5	25.9	22.5	17.6	Decreased, 2007-2013	Not available [§]	Decreased
QN19: Percentage of students who smoked a whole cigarette for the first time before age 11 years														
								5.8	6.8	4.4	3.8	Decreased, 2007-2013	Not available	No change
QN20: Percentage of students who smoked cigarettes on one or more of the past 30 days														
								8.3	8.4	5.7	4.3	Decreased, 2007-2013	Not available	Decreased
QNFRSIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days														
								1.9	2.2	1.4	0.9	Decreased, 2007-2013	Not available	No change
QN21: Among students who reported current cigarette use, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days														
								8.2	14.0	6.5	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.

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Total Tobacco Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †				
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013							
QN22: Among students who reported current cigarette use, the percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days												10.7	9.3	4.3	6.3	No linear change	Not available [§]	No change
QN23: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days												4.6	5.0	3.1	2.2	Decreased, 2007-2013	Not available	No change
QN24: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days												2.8	3.5	2.1	2.7	No linear change	Not available	No change
QN25: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days												4.9	6.4	4.4	4.2	No linear change	Not available	No change
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days												10.1	10.4	7.5	6.4	Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Total Alcohol and Other Drug Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN26: Percentage of students who ever had a drink of alcohol, other than a few sips												Decreased, 2007-2013	Not available [§]	Decreased
								42.1	39.9	34.4	26.8			
QN27: Percentage of students who had their first drink of alcohol other than a few sips before age 11 years												Decreased, 2007-2013	Not available	Decreased
								14.9	15.8	12.5	9.6			
QN28: Percentage of students who ever used marijuana												No linear change	Not available	No change
								13.7	15.3	12.9	11.9			
QN29: Percentage of students who tried marijuana for the first time before age 11 years												No linear change	Not available	No change
								2.7	3.2	2.3	2.5			
QN30: Percentage of students who ever used any form of cocaine, including powder, crack, or freebase												Decreased, 2007-2013	Not available	No change
								2.9	4.2	2.4	1.8			

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

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Total Alcohol and Other Drug Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high														
										10.1	7.5	Decreased, 2011-2013	Not available [§]	Decreased
QN32: Percentage of students who ever took steroid pills or shots without a doctor's prescription														
										1.8	1.7	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.

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Total Sexual Behaviors												Linear Change*	Quadratic Change*	Change from 2011-2013 †				
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013							
QN34: Percentage of students who ever had sexual intercourse												23.3	22.8	18.8	14.4	Decreased, 2007-2013	Not available [§]	Decreased
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years												5.8	6.4	4.9	3.9	Decreased, 2007-2013	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more people												9.1	7.1	5.4	Decreased, 2009-2013	Not available	No change	
QN37: Among students who ever had sexual intercourse, the percentage who used a condom during last sexual intercourse												77.3	71.6	76.1	70.8	No linear change	Not available	No change
QN49: Percentage of students who had ever been taught in school about AIDS or HIV infection												68.3	60.7	55.6	52.9	Decreased, 2007-2013	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, $p < 0.05$.

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Total												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN38: Percentage of students who described themselves as slightly or very overweight												No linear change	Not available [§]	No change
						26.7	25.6	26.9	27.4					
QN39: Percentage of students who were trying to lose weight												Increased, 2007-2013	Not available	No change
						44.8	43.6	46.3	47.3					
QN40: Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight												No linear change	Not available	No change
						17.7	16.9	16.4	17.3					
QN41: Percentage of students who had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight												No linear change	Not available	No change
						4.6	4.1	4.4	3.7					
QN42: Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight												No linear change	Not available	No change
						4.7	5.5	4.5	5.0					

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†Based on t-test analysis, p < 0.05.

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Total Weight Management and Dietary Behaviors												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN43: Percentage of students who ate breakfast on all of the past seven days												No linear change	Not available [§]	No change
										47.8	46.3			
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days												No linear change	Not available	No change
										11.1	11.0			

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†Based on t-test analysis, p < 0.05.

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Total Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN44: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days												No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days												Decreased, 2009-2013	Not available	Increased
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days												Decreased, 2009-2013	Not available	Decreased
QN45: Percentage of students who watched three or more hours per day of TV on an average school day												No linear change	Not available	No change
QN46: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day												Increased, 2009-2013	Not available	Increased

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†Based on t-test analysis, p < 0.05.

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Trend Analysis Report

Total Physical Activity	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2011-2013 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009				2011
QN47: Percentage of students who attended physical education (PE) classes one or more days in an average week when they were in school														
								68.1	66.1	67.8	66.9	No linear change	Not available [§]	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school														
								33.3	30.1	35.3	28.6	No linear change	Not available	Decreased
QN48: Percentage of students who played on one or more sports teams during the past 12 months														
								60.6	59.9	62.0	62.2	No linear change	Not available	No change

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Delaware Middle School Survey
Trend Analysis Report

Total Other	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011			
QN50: Percentage of students who had ever been told by a doctor or nurse that they had asthma														
								20.9	23.9	25.9	26.3	Increased, 2007-2013	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.

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2011-2013 †		
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN53: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting, scraping, or burning themselves on purpose, during the past 12 months											14.7	12.0	Decreased, 2011-2013	Not available [§]	Decreased
QN55: Percentage of students who used marijuana during the past 30 days											6.5	5.8	No linear change	Not available	No change
QN56: Percentage of students who have ever exercised to lose weight or to keep from gaining weight								70.2	68.9	70.4	72.2	Increased, 2007-2013	Not available	No change	
QN57: Percentage of students who have ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight								45.7	45.1	47.4	47.8	No linear change	Not available	No change	
QN65: Percentage of students who had one or more caffeinated drinks yesterday											61.0	53.4	Decreased, 2011-2013	Not available	Decreased

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Total Site-Added	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011				2013
QN67: Percentage of students who get eight or more hours of sleep on average school night															
											56.9	55.3	No linear change	Not available [§]	No change
QN68: Percentage of students who typically sleep at home, or at the home of friend or relative, with their parent(s) or guardian(s)															
											97.8	98.9	Increased, 2011-2013	Not available	Increased
QN69: Percentage of students who have physical disabilities or long-term health problems															
											6.9	8.2	No linear change	Not available	No change
QN70: Percentage of students who have long-term emotional problems or learning disabilities															
											7.7	9.2	No linear change	Not available	No change

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male Injury and Violence												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN6: Among students who rode a bicycle, the percentage who never or rarely wore a bicycle helmet												No linear change	Not available [§]	No change
						77.7		77.8		79.6	76.6			
QN7: Among students who used rollerblades or rode a skateboard, the percentage who never or rarely wore a helmet												Decreased, 2009-2013	Not available	No change
								84.0		84.6	80.6			
QN8: Percentage of students who never or rarely wore a seat belt when riding in a car												No linear change	Not available	No change
						6.8		7.1		5.7	6.4			
QN9: Percentage of students who ever rode in a car driven by someone who had been drinking alcohol												Decreased, 2007-2013	Not available	No change
						28.9		29.1		19.0	18.9			
QN10: Percentage of students who ever carried a weapon, such as a gun, knife, or club												Decreased, 2009-2013	Not available	No change
								39.9		33.6	34.4			

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

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male Injury and Violence												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN11: Percentage of students who have ever been in a physical fight												Decreased, 2007-2013	Not available [§]	No change
								76.6	74.6	68.8	66.3			
QN12: Percentage of students who were ever in a physical fight in which they were hurt and had to be treated by a doctor or nurse												No linear change	Not available	No change
										9.0	7.1			
QN15: Percentage of students who ever seriously thought about killing themselves												Decreased, 2007-2013	Not available	Decreased
								17.7	15.0	16.8	7.3			
QN16: Percentage of students who ever made a plan about how they would kill themselves												No linear change	Not available	No change
								9.9	8.5	8.9	10.8			

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

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male Tobacco Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN18: Percentage of students who ever tried cigarette smoking, even one or two puffs														
								27.3	27.2	23.5	16.4	Decreased, 2007-2013	Not available [§]	Decreased
QN19: Percentage of students who smoked a whole cigarette for the first time before age 11 years														
								5.8	7.4	4.9	4.0	Decreased, 2007-2013	Not available	No change
QN20: Percentage of students who smoked cigarettes on one or more of the past 30 days														
								7.3	7.8	6.0	4.0	Decreased, 2007-2013	Not available	Decreased
QNFRCIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days														
								1.8	2.1	1.7	1.0	No linear change	Not available	No change
QN23: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days														
								4.4	5.4	3.8	2.3	Decreased, 2007-2013	Not available	No change

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

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Male Tobacco Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN24: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days														
								3.4	4.3	3.2	3.8	No linear change	Not available [§]	No change
QN25: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days														
								5.9	6.3	6.0	4.7	No linear change	Not available	No change
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days														
								10.0	10.2	9.0	6.6	Decreased, 2007-2013	Not available	Decreased

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

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN26: Percentage of students who ever had a drink of alcohol, other than a few sips														
								41.7	41.9	34.6	26.2	Decreased, 2007-2013	Not available [§]	Decreased
QN27: Percentage of students who had their first drink of alcohol other than a few sips before age 11 years														
								16.1	18.4	14.0	11.3	Decreased, 2007-2013	Not available	No change
QN28: Percentage of students who ever used marijuana														
								15.1	17.5	16.0	13.0	No linear change	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years														
								3.8	4.4	3.6	3.2	No linear change	Not available	No change
QN30: Percentage of students who ever used any form of cocaine, including powder, crack, or freebase														
								3.5	3.5	3.2	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.

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Male												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high														
										9.3	7.2	No linear change	Not available [§]	No change
QN32: Percentage of students who ever took steroid pills or shots without a doctor's prescription														
										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.

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male Sexual Behaviors																		
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013							
QN34: Percentage of students who ever had sexual intercourse												27.6	27.9	24.0	18.7	Decreased, 2007-2013	Not available [§]	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	Decreased, 2007-2013	Not available	Decreased
QN36: Percentage of students who ever had sexual intercourse with three or more people												12.7	10.4	8.6	Decreased, 2009-2013	Not available	No change	
QN37: Among students who ever had sexual intercourse, the percentage who used a condom during last sexual intercourse												79.8	76.0	77.4	74.1	No linear change	Not available	No change
QN49: Percentage of students who had ever been taught in school about AIDS or HIV infection												69.1	65.1	59.1	54.9	Decreased, 2007-2013	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, $p < 0.05$.

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Male												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN38: Percentage of students who described themselves as slightly or very overweight												No linear change	Not available [§]	No change
								24.2	21.8	22.1	24.2			
QN39: Percentage of students who were trying to lose weight												Increased, 2007-2013	Not available	No change
								36.1	33.9	36.5	39.2			
QN40: Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight												No linear change	Not available	No change
								13.4	12.9	14.0	12.7			
QN41: Percentage of students who had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight												No linear change	Not available	No change
								3.5	3.1	4.0	3.1			
QN42: Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight												No linear change	Not available	No change
								3.4	3.5	3.5	3.0			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN43: Percentage of students who ate breakfast on all of the past seven days											No linear change	Not available [§]	No change	
										55.1	53.4			
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days											No linear change	Not available	No change	
										8.1	8.8			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey
Trend Analysis Report**

Male Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN44: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days												No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days												Decreased, 2009-2013	Not available	No change
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days												No linear change	Not available	No change
QN45: Percentage of students who watched three or more hours per day of TV on an average school day												No linear change	Not available	No change
QN46: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day												Increased, 2009-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who attended physical education (PE) classes one or more days in an average week when they were in school												No linear change	Not available [§]	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school												No linear change	Not available	Decreased
QN48: Percentage of students who played on one or more sports teams during the past 12 months												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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male Other	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011			
	QN50: Percentage of students who had ever been told by a doctor or nurse that they had asthma													
								20.6	25.0	26.4	27.5	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN53: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting, scraping, or burning themselves on purpose, during the past 12 months												Decreased, 2011-2013	Not available [§]	Decreased
QN55: Percentage of students who used marijuana during the past 30 days												No linear change	Not available	No change
QN56: Percentage of students who have ever exercised to lose weight or to keep from gaining weight												No linear change	Not available	No change
QN57: Percentage of students who have ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight												Increased, 2007-2013	Not available	No change
QN65: Percentage of students who had one or more caffeinated drinks yesterday												Decreased, 2011-2013	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN67: Percentage of students who get eight or more hours of sleep on average school night												No linear change	Not available [§]	No change
										59.4	58.0			
QN68: Percentage of students who typically sleep at home, or at the home of friend or relative, with their parent(s) or guardian(s)												Increased, 2011-2013	Not available	Increased
										97.0	98.8			
QN69: Percentage of students who have physical disabilities or long-term health problems												No linear change	Not available	No change
										7.2	7.5			
QN70: Percentage of students who have long-term emotional problems or learning disabilities												No linear change	Not available	No change
										7.7	8.3			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Female Injury and Violence														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN6: Among students who rode a bicycle, the percentage who never or rarely wore a bicycle helmet												No linear change	Not available [§]	No change
						70.2		72.3		73.1	71.9			
QN7: Among students who used rollerblades or rode a skateboard, the percentage who never or rarely wore a helmet												No linear change	Not available	No change
								77.7		78.5	79.2			
QN8: Percentage of students who never or rarely wore a seat belt when riding in a car												No linear change	Not available	No change
						4.4		6.9		5.2	4.4			
QN9: Percentage of students who ever rode in a car driven by someone who had been drinking alcohol												Decreased, 2007-2013	Not available	No change
						29.5		30.8		24.4	22.7			
QN10: Percentage of students who ever carried a weapon, such as a gun, knife, or club												No linear change	Not available	Increased
								14.2		11.1	13.8			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female Injury and Violence												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN11: Percentage of students who have ever been in a physical fight														
								53.0	48.7	45.0	43.6	Decreased, 2007-2013	Not available [§]	No change
QN12: Percentage of students who were ever in a physical fight in which they were hurt and had to be treated by a doctor or nurse														
										5.7	4.7	No linear change	Not available	No change
QN15: Percentage of students who ever seriously thought about killing themselves														
								25.6	26.5	28.2	15.7	Decreased, 2007-2013	Not available	Decreased
QN16: Percentage of students who ever made a plan about how they would kill themselves														
								15.2	13.4	14.3	24.8	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Female Tobacco Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN18: Percentage of students who ever tried cigarette smoking, even one or two puffs														
								29.6	24.4	21.7	18.9	Decreased, 2007-2013	Not available [§]	No change
QN19: Percentage of students who smoked a whole cigarette for the first time before age 11 years														
								5.7	5.4	3.8	3.5	Decreased, 2007-2013	Not available	No change
QN20: Percentage of students who smoked cigarettes on one or more of the past 30 days														
								9.3	8.3	5.5	4.5	Decreased, 2007-2013	Not available	No change
QN21: Percentage of students who smoked cigarettes on 20 or more of the past 30 days														
								2.0	1.7	1.1	0.7	Decreased, 2007-2013	Not available	No change
QN23: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days														
								4.7	4.2	2.4	1.9	Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female Tobacco Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN24: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days														
								1.9	2.1	1.1	1.3	No linear change	Not available [§]	No change
QN25: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days														
								3.7	5.9	2.8	3.4	No linear change	Not available	No change
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days														
								10.0	9.9	6.2	6.0	Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female Alcohol and Other Drug Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN26: Percentage of students who ever had a drink of alcohol, other than a few sips														
								42.5	37.4	34.6	27.4	Decreased, 2007-2013	Not available [§]	Decreased
QN27: Percentage of students who had their first drink of alcohol other than a few sips before age 11 years														
								13.7	12.2	11.3	7.9	Decreased, 2007-2013	Not available	Decreased
QN28: Percentage of students who ever used marijuana														
								12.0	12.6	10.0	10.4	No linear change	Not available	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years														
								1.5	1.4	1.0	1.5	No linear change	Not available	No change
QN30: Percentage of students who ever used any form of cocaine, including powder, crack, or freebase														
								2.1	4.4	1.6	1.2	Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high														
										11.0	7.7	Decreased, 2011-2013	Not available [§]	Decreased
QN32: Percentage of students who ever took steroid pills or shots without a doctor's prescription														
										1.6	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Female Sexual Behaviors												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN34: Percentage of students who ever had sexual intercourse												Decreased, 2007-2013	Not available [§]	Decreased
								18.8	17.1	13.6	9.5			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years												Decreased, 2007-2013	Not available	No change
								3.0	3.1	1.3	1.7			
QN36: Percentage of students who ever had sexual intercourse with three or more people												Decreased, 2009-2013	Not available	Decreased
								4.9	3.7	1.8				
QN37: Among students who ever had sexual intercourse, the percentage who used a condom during last sexual intercourse												No linear change	Not available	Decreased
								75.2	67.2	74.8	63.3			
QN49: Percentage of students who had ever been taught in school about AIDS or HIV infection												Decreased, 2007-2013	Not available	No change
								67.8	55.8	52.0	50.8			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN38: Percentage of students who described themselves as slightly or very overweight												No linear change	Not available [§]	No change
								29.5	29.4	31.9	30.5			
QN39: Percentage of students who were trying to lose weight												No linear change	Not available	No change
								54.0	53.4	56.4	55.8			
QN40: Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight												No linear change	Not available	Increased
								22.4	21.0	18.8	22.1			
QN41: Percentage of students who had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight												No linear change	Not available	No change
								5.8	4.8	4.6	4.1			
QN42: Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight												No linear change	Not available	No change
								5.9	7.3	5.4	6.8			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN43: Percentage of students who ate breakfast on all of the past seven days											No linear change	Not available [§]	No change	
										40.5	39.0			
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days											No linear change	Not available	No change	
										14.1	13.0			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Female Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN44: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days									43.8	40.4	40.6	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days									16.3	12.1	15.1	No linear change	Not available	Increased
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days									23.9	24.2	19.7	No linear change	Not available	Decreased
QN45: Percentage of students who watched three or more hours per day of TV on an average school day								39.2	40.8	41.0	40.9	No linear change	Not available	No change
QN46: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day									27.0	30.8	38.5	Increased, 2009-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who attended physical education (PE) classes one or more days in an average week when they were in school												No linear change	Not available [§]	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school												No linear change	Not available	Decreased
QN48: Percentage of students who played on one or more sports teams during the past 12 months												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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female Other	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011			
QN50: Percentage of students who had ever been told by a doctor or nurse that they had asthma														
								20.9	22.2	25.2	25.2	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN53: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting, scraping, or burning themselves on purpose, during the past 12 months												No linear change	Not available [§]	No change
QN55: Percentage of students who used marijuana during the past 30 days												No linear change	Not available	No change
QN56: Percentage of students who have ever exercised to lose weight or to keep from gaining weight												Increased, 2007-2013	Not available	No change
QN57: Percentage of students who have ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight												No linear change	Not available	No change
QN65: Percentage of students who had one or more caffeinated drinks yesterday												Decreased, 2011-2013	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN67: Percentage of students who get eight or more hours of sleep on average school night												No linear change	Not available [§]	No change
										54.7	52.4			
QN68: Percentage of students who typically sleep at home, or at the home of friend or relative, with their parent(s) or guardian(s)												No linear change	Not available	No change
										98.7	99.1			
QN69: Percentage of students who have physical disabilities or long-term health problems												No linear change	Not available	No change
										6.5	8.9			
QN70: Percentage of students who have long-term emotional problems or learning disabilities												No linear change	Not available	Increased
										7.6	9.9			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*														
Injury and Violence														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
QN6: Among students who rode a bicycle, the percentage who never or rarely wore a bicycle helmet														
								63.7	66.0	67.0	62.8	No linear change	Not available [¶]	No change
QN7: Among students who used rollerblades or rode a skateboard, the percentage who never or rarely wore a helmet														
									74.4	76.4	72.9	No linear change	Not available	No change
QN8: Percentage of students who never or rarely wore a seat belt when riding in a car														
								3.4	4.1	3.3	2.4	No linear change	Not available	No change
QN9: Percentage of students who ever rode in a car driven by someone who had been drinking alcohol														
								30.5	29.1	21.6	22.4	Decreased, 2007-2013	Not available	No change
QN10: Percentage of students who ever carried a weapon, such as a gun, knife, or club														
									26.5	25.3	28.0	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*														
Injury and Violence														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
QN11: Percentage of students who have ever been in a physical fight														
								56.2	54.2	46.0	44.2	Decreased, 2007-2013	Not available [¶]	No change
QN12: Percentage of students who were ever in a physical fight in which they were hurt and had to be treated by a doctor or nurse														
										6.7	4.7	No linear change	Not available	No change
QN15: Percentage of students who ever seriously thought about killing themselves														
								21.0	18.8	19.7	10.5	Decreased, 2007-2013	Not available	Decreased
QN16: Percentage of students who ever made a plan about how they would kill themselves														
								12.2	10.0	9.8	16.2	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

White* Tobacco Use												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN18: Percentage of students who ever tried cigarette smoking, even one or two puffs														
								25.7	23.5	20.5	16.0	Decreased, 2007-2013	Not available [¶]	Decreased
QN19: Percentage of students who smoked a whole cigarette for the first time before age 11 years														
								5.1	5.0	4.0	3.0	Decreased, 2007-2013	Not available	No change
QN20: Percentage of students who smoked cigarettes on one or more of the past 30 days														
								9.5	8.2	6.0	3.3	Decreased, 2007-2013	Not available	Decreased
QNFCIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days														
								2.0	2.5	1.8	0.5	Decreased, 2007-2013	Not available	Decreased
QN23: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days														
								5.0	5.3	4.1	1.7	Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White* Tobacco Use												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN24: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days												No linear change	Not available [¶]	No change
QN25: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days												Decreased, 2007-2013	Not available	Decreased
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days												Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

White*												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN26: Percentage of students who ever had a drink of alcohol, other than a few sips												Decreased, 2007-2013	Not available [¶]	Decreased
						40.0	36.3	30.5	25.0					
QN27: Percentage of students who had their first drink of alcohol other than a few sips before age 11 years												Decreased, 2007-2013	Not available	Decreased
						14.4	13.4	10.7	8.3					
QN28: Percentage of students who ever used marijuana												No linear change	Not available	No change
						11.0	13.7	11.0	8.5					
QN29: Percentage of students who tried marijuana for the first time before age 11 years												No linear change	Not available	No change
						1.9	1.6	1.5	1.4					
QN30: Percentage of students who ever used any form of cocaine, including powder, crack, or freebase												Decreased, 2007-2013	Not available	Decreased
						2.6	3.7	2.0	1.0					

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*														
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high														
										9.4	6.4	Decreased, 2011-2013	Not available [¶]	Decreased
QN32: Percentage of students who ever took steroid pills or shots without a doctor's prescription														
										1.3	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*														
Sexual Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
QN34: Percentage of students who ever had sexual intercourse														
								14.7	15.7	11.9	8.6	Decreased, 2007-2013	Not available [¶]	Decreased
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years														
								2.5	3.3	2.6	1.7	No linear change	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more people														
									5.8	4.1	2.4	Decreased, 2009-2013	Not available	Decreased
QN37: Among students who ever had sexual intercourse, the percentage who used a condom during last sexual intercourse														
								78.0	74.9	75.9	74.2	No linear change	Not available	No change
QN49: Percentage of students who had ever been taught in school about AIDS or HIV infection														
								65.7	56.1	52.2	50.3	Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN38: Percentage of students who described themselves as slightly or very overweight														
								28.9	27.0	27.6	30.1	No linear change	Not available [¶]	No change
QN39: Percentage of students who were trying to lose weight														
								48.4	44.0	45.8	48.6	No linear change	Not available	No change
QN40: Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight														
								18.1	15.9	13.2	15.0	Decreased, 2007-2013	Not available	No change
QN41: Percentage of students who had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight														
								4.6	4.2	3.9	3.0	No linear change	Not available	No change
QN42: Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight														
								5.1	5.0	3.4	3.8	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
QN43: Percentage of students who ate breakfast on all of the past seven days												No linear change	Not available [¶]	No change
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days												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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*														
Physical Activity														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
QN44: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days												No linear change	Not available [¶]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days												No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days												Decreased, 2009-2013	Not available	Decreased
QN45: Percentage of students who watched three or more hours per day of TV on an average school day												No linear change	Not available	No change
QN46: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day												Increased, 2009-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*														
Physical Activity														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
QN47: Percentage of students who attended physical education (PE) classes one or more days in an average week when they were in school												No linear change	Not available [¶]	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school												No linear change	Not available	Decreased
QN48: Percentage of students who played on one or more sports teams during the past 12 months												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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White* Other	Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011			
QN50: Percentage of students who had ever been told by a doctor or nurse that they had asthma														
								18.1	20.7	22.9	23.1	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN53: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting, scraping, or burning themselves on purpose, during the past 12 months												No linear change	Not available [¶]	No change
QN55: Percentage of students who used marijuana during the past 30 days												Decreased, 2011-2013	Not available	Decreased
QN56: Percentage of students who have ever exercised to lose weight or to keep from gaining weight												No linear change	Not available	No change
QN57: Percentage of students who have ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight												No linear change	Not available	No change
QN65: Percentage of students who had one or more caffeinated drinks yesterday												Decreased, 2011-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN67: Percentage of students who get eight or more hours of sleep on average school night												No linear change	Not available [¶]	No change
										58.6	56.9			
QN68: Percentage of students who typically sleep at home, or at the home of friend or relative, with their parent(s) or guardian(s)												Increased, 2011-2013	Not available	Increased
										98.2	99.5			
QN69: Percentage of students who have physical disabilities or long-term health problems												No linear change	Not available	No change
										7.1	8.6			
QN70: Percentage of students who have long-term emotional problems or learning disabilities												No linear change	Not available	No change
										8.0	9.1			

*Non-Hispanic.

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

[‡]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Black*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Injury and Violence														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN6: Among students who rode a bicycle, the percentage who never or rarely wore a bicycle helmet														
								89.6	89.6	85.5	86.7	No linear change	Not available [¶]	No change
QN7: Among students who used rollerblades or rode a skateboard, the percentage who never or rarely wore a helmet														
									91.1	88.6	87.2	No linear change	Not available	No change
QN8: Percentage of students who never or rarely wore a seat belt when riding in a car														
								7.4	10.1	6.5	8.7	No linear change	Not available	No change
QN9: Percentage of students who ever rode in a car driven by someone who had been drinking alcohol														
								27.9	29.0	18.2	19.4	Decreased, 2007-2013	Not available	No change
QN10: Percentage of students who ever carried a weapon, such as a gun, knife, or club														
									28.2	19.0	20.4	Decreased, 2009-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Black*														
Injury and Violence														
Health Risk Behavior and Percentages												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN11: Percentage of students who have ever been in a physical fight												Decreased, 2007-2013	Not available [¶]	No change
								80.9	77.6	71.9	71.5			
QN12: Percentage of students who were ever in a physical fight in which they were hurt and had to be treated by a doctor or nurse												No linear change	Not available	No change
										6.8	6.7			
QN15: Percentage of students who ever seriously thought about killing themselves												Decreased, 2007-2013	Not available	Decreased
								21.9	21.3	22.3	10.7			
QN16: Percentage of students who ever made a plan about how they would kill themselves												Increased, 2007-2013	Not available	Increased
								11.7	10.9	12.1	16.0			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Black* Tobacco Use												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN18: Percentage of students who ever tried cigarette smoking, even one or two puffs														
								33.4	29.4	22.6	17.2	Decreased, 2007-2013	Not available [¶]	Decreased
QN19: Percentage of students who smoked a whole cigarette for the first time before age 11 years														
								6.1	8.2	4.4	3.8	Decreased, 2007-2013	Not available	No change
QN20: Percentage of students who smoked cigarettes on one or more of the past 30 days														
								6.8	7.9	3.8	2.7	Decreased, 2007-2013	Not available	No change
QNFCIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days														
								1.1	1.2	0.1	0.4	No linear change	Not available	No change
QN23: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days														
								3.3	3.3	0.7	1.6	Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Tobacco Use												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN24: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days														
								1.6	2.7	0.5	1.8	No linear change	Not available [¶]	Increased
QN25: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days														
								6.3	7.8	3.2	4.8	No linear change	Not available	No change
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days														
								8.7	10.7	4.8	5.1	Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*														
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
QN26: Percentage of students who ever had a drink of alcohol, other than a few sips														
								45.8	44.1	33.6	26.6	Decreased, 2007-2013	Not available [¶]	Decreased
QN27: Percentage of students who had their first drink of alcohol other than a few sips before age 11 years														
								14.9	17.2	13.3	8.4	Decreased, 2007-2013	Not available	Decreased
QN28: Percentage of students who ever used marijuana														
								17.6	16.4	13.8	13.1	No linear change	Not available	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	No linear change	Not available	No change
QN30: Percentage of students who ever used any form of cocaine, including powder, crack, or freebase														
								1.8	3.0	1.6	1.8	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*														
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high												No linear change	Not available [¶]	No change
QN32: Percentage of students who ever took steroid pills or shots without a doctor's prescription												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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*														
Sexual Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
QN34: Percentage of students who ever had sexual intercourse														
								36.7	35.8	26.8	21.5	Decreased, 2007-2013	Not available [¶]	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years														
								10.8	11.2	8.8	6.5	Decreased, 2007-2013	Not available	No change
QN36: Percentage of students who ever had sexual intercourse with three or more people														
									15.0	10.8	8.4	Decreased, 2009-2013	Not available	No change
QN37: Among students who ever had sexual intercourse, the percentage who used a condom during last sexual intercourse														
								79.6	75.3	75.9	71.6	No linear change	Not available	No change
QN49: Percentage of students who had ever been taught in school about AIDS or HIV infection														
								78.3	70.9	61.8	61.8	Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
QN38: Percentage of students who described themselves as slightly or very overweight									25.5	20.0	22.2	20.7	No linear change	Not available [¶]	No change
QN39: Percentage of students who were trying to lose weight									39.1	38.3	44.6	42.0	No linear change	Not available	No change
QN40: Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight									16.8	18.8	17.7	21.4	No linear change	Not available	No change
QN41: Percentage of students who had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight									3.7	3.0	3.5	2.9	No linear change	Not available	No change
QN42: Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight									4.4	5.7	3.9	4.6	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*											Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]		
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				
QN43: Percentage of students who ate breakfast on all of the past seven days											44.8	44.2	No linear change	Not available [¶]	No change
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days											11.0	10.4	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Black*												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]				
Physical Activity																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013							
QN44: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days												42.5	44.7	43.4	No linear change	Not available [¶]	No change	
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days												22.7	16.7	18.0	No linear change	Not available	No change	
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days												27.8	26.6	27.4	No linear change	Not available	No change	
QN45: Percentage of students who watched three or more hours per day of TV on an average school day												61.7	59.0	55.8	57.8	No linear change	Not available	No change
QN46: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day												36.5	43.0	46.5	Increased, 2009-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*														
Physical Activity														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
QN47: Percentage of students who attended physical education (PE) classes one or more days in an average week when they were in school												No linear change	Not available [¶]	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school												No linear change	Not available	No change
QN48: Percentage of students who played on one or more sports teams during the past 12 months												No linear change	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]		
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011				2013	
QN50: Percentage of students who had ever been told by a doctor or nurse that they had asthma														Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN53: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting, scraping, or burning themselves on purpose, during the past 12 months												No linear change	Not available [¶]	No change
QN55: Percentage of students who used marijuana during the past 30 days												No linear change	Not available	No change
QN56: Percentage of students who have ever exercised to lose weight or to keep from gaining weight												Increased, 2007-2013	Not available	No change
QN57: Percentage of students who have ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight												No linear change	Not available	No change
QN65: Percentage of students who had one or more caffeinated drinks yesterday												Decreased, 2011-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN67: Percentage of students who get eight or more hours of sleep on average school night												No linear change	Not available [¶]	No change
										54.7	52.9			
QN68: Percentage of students who typically sleep at home, or at the home of friend or relative, with their parent(s) or guardian(s)												No linear change	Not available	No change
										97.6	98.5			
QN69: Percentage of students who have physical disabilities or long-term health problems												No linear change	Not available	No change
										6.8	6.9			
QN70: Percentage of students who have long-term emotional problems or learning disabilities												No linear change	Not available	No change
										5.7	7.4			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey
Trend Analysis Report**

**Hispanic/Latino
Injury and Violence**

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN6: Among students who rode a bicycle, the percentage who never or rarely wore a bicycle helmet														
								82.4	85.9	87.1	80.5	No linear change	Not available [§]	Decreased
QN7: Among students who used rollerblades or rode a skateboard, the percentage who never or rarely wore a helmet														
									89.2	85.9	85.9	No linear change	Not available	No change
QN8: Percentage of students who never or rarely wore a seat belt when riding in a car														
								10.0	10.2	7.6	7.1	No linear change	Not available	No change
QN9: Percentage of students who ever rode in a car driven by someone who had been drinking alcohol														
								30.4	32.5	26.1	23.3	No linear change	Not available	No change
QN10: Percentage of students who ever carried a weapon, such as a gun, knife, or club														
									30.1	19.5	19.4	Decreased, 2009-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Hispanic/Latino Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013						
QN11: Percentage of students who have ever been in a physical fight											65.2	63.8	60.3	53.8	Decreased, 2007-2013	Not available [§]	No change
QN12: Percentage of students who were ever in a physical fight in which they were hurt and had to be treated by a doctor or nurse													10.6	7.7	No linear change	Not available	No change
QN15: Percentage of students who ever seriously thought about killing themselves											24.4	22.9	28.1	12.9	Decreased, 2007-2013	Not available	Decreased
QN16: Percentage of students who ever made a plan about how they would kill themselves											14.9	12.2	13.0	21.2	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino Tobacco Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN18: Percentage of students who ever tried cigarette smoking, even one or two puffs												No linear change	Not available [§]	No change
								29.6	29.0	26.5	21.3			
QN19: Percentage of students who smoked a whole cigarette for the first time before age 11 years												No linear change	Not available	No change
								6.4	8.9	3.5	5.1			
QN20: Percentage of students who smoked cigarettes on one or more of the past 30 days												No linear change	Not available	No change
								7.5	9.9	6.5	8.1			
QN23: Percentage of students who smoked cigarettes on 20 or more of the past 30 days												No linear change	Not available	No change
								2.4	3.5	1.4	1.8			
QN23: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days												No linear change	Not available	No change
								4.3	6.7	2.9	3.8			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN24: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days														
								4.5	5.4	1.6	3.7	No linear change	Not available [§]	No change
QN25: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days														
								6.8	7.3	6.0	6.5	No linear change	Not available	No change
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days														
								8.9	12.3	8.3	9.2	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN26: Percentage of students who ever had a drink of alcohol, other than a few sips											Decreased, 2007-2013	Not available [§]	Decreased	
								46.6	49.0	44.5	31.9			
QN27: Percentage of students who had their first drink of alcohol other than a few sips before age 11 years											No linear change	Not available	No change	
								16.1	23.0	14.7	13.0			
QN28: Percentage of students who ever used marijuana											No linear change	Not available	No change	
								14.6	15.6	15.0	16.2			
QN29: Percentage of students who tried marijuana for the first time before age 11 years											No linear change	Not available	Increased	
								2.6	4.2	2.1	4.7			
QN30: Percentage of students who ever used any form of cocaine, including powder, crack, or freebase											No linear change	Not available	No change	
								4.7	6.7	4.1	3.5			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino Alcohol and Other Drug Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high												No linear change	Not available [§]	No change
										12.9	10.4			
QN32: Percentage of students who ever took steroid pills or shots without a doctor's prescription												No linear change	Not available	No change
										2.1	2.7			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino Sexual Behaviors												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN34: Percentage of students who ever had sexual intercourse												Decreased, 2007-2013	Not available [§]	Decreased
								26.9	26.2	22.4	13.8			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years												Decreased, 2007-2013	Not available	No change
								7.8	6.9	3.9	3.7			
QN36: Percentage of students who ever had sexual intercourse with three or more people												No linear change	Not available	No change
									9.8	8.1	6.4			
QN49: Percentage of students who had ever been taught in school about AIDS or HIV infection												Decreased, 2007-2013	Not available	No change
								65.5	57.7	51.3	48.3			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino Weight Management and Dietary Behaviors												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN38: Percentage of students who described themselves as slightly or very overweight														
								25.7	25.1	31.5	32.3	Increased, 2007-2013	Not available [§]	No change
QN39: Percentage of students who were trying to lose weight														
								50.6	46.1	53.4	56.6	Increased, 2007-2013	Not available	No change
QN40: Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight														
								15.7	15.8	17.2	19.8	No linear change	Not available	No change
QN41: Percentage of students who had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight														
								6.3	5.4	6.1	6.4	No linear change	Not available	No change
QN42: Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight														
								5.6	6.5	6.0	8.3	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN43: Percentage of students who ate breakfast on all of the past seven days											No linear change	Not available [§]	No change	
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days											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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN44: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days												No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days												Decreased, 2009-2013	Not available	Increased
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days												No linear change	Not available	Decreased
QN45: Percentage of students who watched three or more hours per day of TV on an average school day												No linear change	Not available	No change
QN46: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day												Increased, 2009-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino
Physical Activity

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who attended physical education (PE) classes one or more days in an average week when they were in school											No linear change	Not available [§]	No change	
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school											Decreased, 2007-2013	Not available	Decreased	
QN48: Percentage of students who played on one or more sports teams during the past 12 months											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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Other														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN50: Percentage of students who had ever been told by a doctor or nurse that they had asthma														
								19.1	18.8	27.8	25.5	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN53: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting, scraping, or burning themselves on purpose, during the past 12 months												No linear change	Not available [§]	No change
QN55: Percentage of students who used marijuana during the past 30 days												No linear change	Not available	No change
QN56: Percentage of students who have ever exercised to lose weight or to keep from gaining weight												No linear change	Not available	No change
QN57: Percentage of students who have ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight												No linear change	Not available	No change
QN65: Percentage of students who had one or more caffeinated drinks yesterday												Decreased, 2011-2013	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN67: Percentage of students who get eight or more hours of sleep on average school night												No linear change	Not available [§]	No change
										55.5	56.0			
QN68: Percentage of students who typically sleep at home, or at the home of friend or relative, with their parent(s) or guardian(s)												No linear change	Not available	No change
										98.3	98.4			
QN69: Percentage of students who have physical disabilities or long-term health problems												No linear change	Not available	No change
										6.3	6.4			
QN70: Percentage of students who have long-term emotional problems or learning disabilities												No linear change	Not available	No change
										6.8	8.2			

*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.