

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN6: Percentage of students who never or rarely wore a bicycle helmet (among students who had ridden a bicycle)															
							74.3	75.4	76.5	74.3	69.8		Decreased, 2007-2015	Not available [§]	No change
QN7: Percentage of students who never or rarely wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)															
								81.1	81.7	79.8	77.6		Decreased, 2009-2015	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	3.8		Decreased, 2007-2015	Not available	Decreased
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car)															
							29.3	29.8	21.5	20.8	18.6		Decreased, 2007-2015	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.

2015 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 2013-2015 †					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015								
QN10: Percentage of students who carried a weapon (such as a gun, knife, or club)													27.5	22.7	24.6	24.8	No linear change	Not available [§]	No change	
QN11: Percentage of students who were in a physical fight													65.3	62.2	57.4	55.4	51.3	Decreased, 2007-2015	Not available	Decreased
QN12: Percentage of students who were injured in a physical fight (injuries had to be treated by a doctor or nurse)													7.4	6.0	4.6	Decreased, 2011-2015			Not available	Decreased
QN13: Percentage of students who were bullied on school property													43.1	41.1	No linear change			Not available	No change	
QN14: Percentage of students who were electronically bullied (including through e-mail, chat rooms, instant messaging, web sites, or texting)													18.9	18.2	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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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN15: Percentage of students who seriously thought about killing themselves													Decreased, 2007-2015	Not available [§]	Increased
						21.6	20.8	22.5	11.6	18.1					
QN16: Percentage of students who made a plan about how they would kill themselves													Increased, 2007-2015	Not available	Decreased
						12.6	11.2	11.6	17.6	11.4					
QN17: Percentage of students who tried to kill themselves													No linear change	Not available	No change
									6.8	6.1					

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Total Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percentage of students who ever tried cigarette smoking (even one or two puffs)													Decreased, 2007-2015	Not available [§]	Decreased
						28.5	25.9	22.5	17.6	11.5					
QN19: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)													Decreased, 2007-2015	Not available	Decreased
						5.8	6.8	4.4	3.8	2.0					
QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													Decreased, 2007-2015	Not available	Decreased
						8.3	8.4	5.7	4.3	2.1					
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)													Decreased, 2007-2015	Not available	Decreased
						1.9	2.2	1.4	0.9	0.4					
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													Decreased, 2007-2015	Not available	Decreased
						1.4	1.8	1.0	0.8	0.3					

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

†Based on t-test analysis, $p < 0.05$.

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015									
QNCIGINT: Percentage of students who usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)													0.0	0.0	0.0	0.0	0.0	No linear change		Not available [§]	No change
QNT23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													2.8	3.5	2.1	2.7	1.5	Decreased, 2007-2015		Not available	Decreased
QNT24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													4.9	6.4	4.4	4.2	2.4	Decreased, 2007-2015		Not available	Decreased
QNT0B3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													10.9	11.3	8.0	7.1	4.3	Decreased, 2007-2015		Not available	Decreased
QNT0B2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													9.8	10.1	7.3	6.2	3.6	Decreased, 2007-2015		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.

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Total
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Increased, 2007-2015	Not available [§]	Increased
						89.9	89.6	92.5	93.6	96.5					
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Increased, 2007-2015	Not available	Increased
						90.8	90.5	93.2	94.4	96.9					

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Total													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Alcohol and Other Drug Use															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27: Percentage of students who ever drank alcohol (other than a few sips)															
								42.1	39.9	34.4	26.8	21.7	Decreased, 2007-2015	Not available [§]	Decreased
QN28: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															
								14.9	15.8	12.5	9.6	6.8	Decreased, 2007-2015	Not available	Decreased
QN29: Percentage of students who ever used marijuana (during their life)															
								13.7	15.3	12.9	11.9	9.9	Decreased, 2007-2015	Not available	No change
QN30: Percentage of students who tried marijuana before age 11 years (for the first time)															
								2.7	3.2	2.3	2.5	1.4	Decreased, 2007-2015	Not available	Decreased
QN31: Percentage of students who ever used any form of cocaine (such as powder, crack, or freebase during their life)															
								2.9	4.2	2.4	1.8	0.9	Decreased, 2007-2015	Not available	Decreased

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†Based on t-test analysis, p < 0.05.

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Total Alcohol and Other Drug Use													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high during their life)													Decreased, 2011-2015	Not available [§]	Decreased
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots during their life)													Decreased, 2011-2015	Not available	Decreased
QN34: Percentage of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)													Decreased, 2013-2015	Not available	Decreased

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Total
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN35: Percentage of students who ever had sexual intercourse													Decreased, 2007-2015	Not available [§]	Decreased
								23.3	22.8	18.8	14.4	10.5			
QN36: Percentage of students who had sexual intercourse before age 11 years (for the first time)													Decreased, 2007-2015	Not available	Decreased
								5.8	6.4	4.9	3.9	2.4			
QN37: Percentage of students who had sexual intercourse with three or more persons (during their life)													Decreased, 2009-2015	Not available	Decreased
									9.1	7.1	5.4	2.8			
QN38: Percentage of students who used a condom (during last sexual intercourse among students who ever had sexual intercourse)													Decreased, 2007-2015	Not available	No change
								77.3	71.6	76.1	70.8	71.4			

*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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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Total															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN39: Percentage of students who described themselves as slightly or very overweight															
						26.7	25.6	26.9	27.4	26.3			No linear change	Not available [§]	No change
QN40: Percentage of students who were trying to lose weight															
						44.8	43.6	46.3	47.3	43.3			No linear change	Not available	Decreased
QN41: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
								11.1	11.0	9.1			No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
								47.8	46.3	48.7			No linear change	Not available	No change

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†Based on t-test analysis, p < 0.05.

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Total Physical Activity													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN42: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													Decreased, 2009-2015	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)													No linear change	Not available	No change
QN43: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2007-2015	Not available	Decreased

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†Based on t-test analysis, p < 0.05.

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Total Physical Activity													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN44: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)													Increased, 2009-2015	Not available [§]	Increased
QN45: Percentage of students who attended physical education classes on 1 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 classes on all 5 days (in an average week when they were in school)													Decreased, 2007-2015	Not available	Decreased
QN46: Percentage of students who played on at least one sports team (run by their school or community groups 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, $p < 0.05$.

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Total Other	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47: 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	22.0	No linear change	Not available [§]	Decreased
QN48: Percentage of students who had 8 or more hours of sleep (on an average school night)															
										56.9	55.3	54.7	No linear change	Not available	No change

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†Based on t-test analysis, p < 0.05.

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2015 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 2013-2015 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52: 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 12 months before the survey)															
										14.7	12.0	12.4	Decreased, 2011-2015	Not available [§]	No change
QN53: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)															
											9.5	6.8	Decreased, 2013-2015	Not available	Decreased
QN54: Percentage of students who currently used marijuana (during the 30 days before the survey)															
										6.5	5.8	5.1	Decreased, 2011-2015	Not available	No change
QN56: Percentage of students who did not drink fruit juice (such as orange juice, apple juice, or grape juice, not counting punch, Kool-Aid, sports drinks, or other fruit-flavored drinks, one or more times the day before the survey)															
											37.0	41.7	Increased, 2013-2015	Not available	Increased

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

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2015 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 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015
QN57: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)																
												26.2	25.6	No linear change	Not available [§]	No change
QN58: Percentage of students who did not eat green salad (one or more times the day before the survey)																
												69.3	70.1	No linear change	Not available	No change
QN59: Percentage of students who did not eat other vegetables (not counting green salad, potatoes, or carrots, one or more times the day before the survey)																
												39.6	40.3	No linear change	Not available	No change
QN60: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)																
												45.9	50.9	Increased, 2013-2015	Not available	Increased

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015
QN61: Percentage of students who did not drink milk (one or more glasses the day before the survey)																
											32.7	33.7	No linear change	Not available [§]	No change	
QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)																
											39.0	46.6	54.7	Increased, 2011-2015	Not available	Increased
QN64: Percentage of students who have been taught about AIDS or HIV infection in school																
							68.3	60.7	55.6	52.9	49.1			Decreased, 2007-2015	Not available	No change

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN6: Percentage of students who never or rarely wore a bicycle helmet (among students who had ridden a bicycle)																
								77.7	77.8	79.6	76.6	70.7	Decreased, 2007-2015	Not available [§]	Decreased	
QN7: Percentage of students who never or rarely wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																
									84.0	84.6	80.6	77.2	Decreased, 2009-2015	Not available	No change	
QN8: Percentage of students who never or rarely wore a seat belt (when riding in a car)																
								6.8	7.1	5.7	6.4	3.9	Decreased, 2007-2015	Not available	Decreased	
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car)																
									28.9	29.1	19.0	18.9	16.0	Decreased, 2007-2015	Not available	No change
QN10: Percentage of students who carried a weapon (such as a gun, knife, or club)																
										39.9	33.6	34.4	33.2	Decreased, 2009-2015	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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§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male Injury and Violence															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN11: Percentage of students who were in a physical fight													Decreased, 2007-2015	Not available [§]	Decreased
						76.6	74.6	68.8	66.3	61.6					
QN12: Percentage of students who were injured in a physical fight (injuries had to be treated by a doctor or nurse)													Decreased, 2011-2015	Not available	Decreased
									9.0	7.1	4.7				
QN13: Percentage of students who were bullied on school property													No linear change	Not available	No change
										38.4	35.3				
QN14: Percentage of students who were electronically bullied (including through e-mail, chat rooms, instant messaging, web sites, or texting)													No linear change	Not available	No change
										11.9	10.3				
QN15: Percentage of students who seriously thought about killing themselves													Decreased, 2007-2015	Not available	Increased
						17.7	15.0	16.8	7.3	11.9					

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

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN16: Percentage of students who made a plan about how they would kill themselves															
							9.9	8.5	8.9	10.8	6.9		No linear change	Not available [§]	Decreased
QN17: Percentage of students who tried to kill themselves															
											3.1	2.9	No linear change	Not available	No change

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

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male Tobacco Use													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percentage of students who ever tried cigarette smoking (even one or two puffs)													Decreased, 2007-2015	Not available [§]	Decreased
						27.3	27.2	23.5	16.4	10.7					
QN19: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)													Decreased, 2007-2015	Not available	Decreased
						5.8	7.4	4.9	4.0	2.2					
QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													Decreased, 2007-2015	Not available	Decreased
						7.3	7.8	6.0	4.0	1.9					
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)													Decreased, 2007-2015	Not available	No change
						1.8	2.1	1.7	1.0	0.5					
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													Decreased, 2007-2015	Not available	No change
						1.4	1.6	1.4	0.9	0.4					

*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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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male Tobacco Use																					
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015									
QNCIGINT: Percentage of students who usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)													0.0	0.1	0.0	0.1	0.0	Not available		Not available [§]	Not available
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													3.4	4.3	3.2	3.8	2.1	No linear change		Not available	Decreased
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													5.9	6.3	6.0	4.7	2.4	Decreased, 2007-2015		Not available	Decreased
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													10.8	11.2	9.5	7.6	4.1	Decreased, 2007-2015		Not available	Decreased
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													9.3	9.6	8.3	6.1	3.1	Decreased, 2007-2015		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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015								
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													90.0	89.8	91.0	93.4	96.7	Increased, 2007-2015	Not available [§]	Increased
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													91.4	90.9	92.2	94.7	97.4	Increased, 2007-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male															
Alcohol and Other Drug Use															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27: Percentage of students who ever drank alcohol (other than a few sips)															
								41.7	41.9	34.6	26.2	21.3	Decreased, 2007-2015	Not available [§]	Decreased
QN28: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															
								16.1	18.4	14.0	11.3	7.5	Decreased, 2007-2015	Not available	Decreased
QN29: Percentage of students who ever used marijuana (during their life)															
								15.1	17.5	16.0	13.0	9.5	Decreased, 2007-2015	Not available	No change
QN30: Percentage of students who tried marijuana before age 11 years (for the first time)															
								3.8	4.4	3.6	3.2	1.3	Decreased, 2007-2015	Not available	Decreased
QN31: Percentage of students who ever used any form of cocaine (such as powder, crack, or freebase during their life)															
								3.5	3.5	3.2	2.2	0.8	Decreased, 2007-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male															
Alcohol and Other Drug Use															
Health Risk Behavior and Percentages															
													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high during their life)													Decreased, 2011-2015	Not available [§]	Decreased
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots during their life)													Decreased, 2011-2015	Not available	Decreased
QN34: Percentage of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)													Decreased, 2013-2015	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.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN35: Percentage of students who ever had sexual intercourse													Decreased, 2007-2015	Not available [§]	Decreased
						27.6	27.9	24.0	18.7	13.8					
QN36: Percentage of students who had sexual intercourse before age 11 years (for the first time)													Decreased, 2007-2015	Not available	Decreased
						8.3	9.0	8.3	5.8	3.4					
QN37: Percentage of students who had sexual intercourse with three or more persons (during their life)													Decreased, 2009-2015	Not available	Decreased
							12.7	10.4	8.6	4.1					
QN38: Percentage of students who used a condom (during last sexual intercourse among students who ever had sexual intercourse)													No linear change	Not available	No change
						79.8	76.0	77.4	74.1	78.4					

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN39: Percentage of students who described themselves as slightly or very overweight															
							24.2	21.8	22.1	24.2	21.8		No linear change	Not available [§]	No change
QN40: Percentage of students who were trying to lose weight															
							36.1	33.9	36.5	39.2	36.3		No linear change	Not available	No change
QN41: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
									8.1	8.8	6.8		No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
										55.1	53.4	56.2	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male														
Physical Activity														
Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015		
QN42: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)										No linear change	Not available [§]	No change		
										56.7	55.1	55.0	57.5	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)										Decreased, 2009-2015	Not available	No change		
										13.5	10.1	11.5	9.7	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)										No linear change	Not available	Increased		
										38.3	37.3	33.8	38.0	
QN43: Percentage of students who watched television 3 or more hours per day (on an average school day)										Decreased, 2007-2015	Not available	Decreased		
										43.7	42.6	41.3	43.7	31.6

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male																
Physical Activity																
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN44: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)																
									32.6	39.5	45.0	46.6	Increased, 2009-2015	Not available [§]	No change	
QN45: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)																
								71.3	68.8	70.4	69.1	66.9	No linear change	Not available	No change	
QNDLYPE: Percentage of students who attended physical education classes on all 5 days (in an average week when they were in school)																
								36.1	29.1	35.1	29.0	21.7	Decreased, 2007-2015	Not available	Decreased	
QN46: Percentage of students who played on at least one sports team (run by their school or community groups during the past 12 months)																
								66.0	66.3	67.7	67.1	67.0	No linear change	Not available	No change	

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 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 2013-2015 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	QN47: 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	22.1		No linear change	Not available [§]	Decreased
	QN48: Percentage of students who had 8 or more hours of sleep (on an average school night)														
										59.4	58.0	57.2	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey

Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN52: 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 12 months before the survey)															
										9.5	6.6	5.1	Decreased, 2011-2015	Not available [§]	No change
QN53: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)															
											9.1	6.0	Decreased, 2013-2015	Not available	Decreased
QN54: Percentage of students who currently used marijuana (during the 30 days before the survey)															
										8.5	6.7	4.2	Decreased, 2011-2015	Not available	Decreased
QN56: Percentage of students who did not drink fruit juice (such as orange juice, apple juice, or grape juice, not counting punch, Kool-Aid, sports drinks, or other fruit-flavored drinks, one or more times the day before the survey)															
											34.6	37.6	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015					
QN57: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)													26.6	25.7	No linear change	Not available [§]	No change
QN58: Percentage of students who did not eat green salad (one or more times the day before the survey)													69.8	72.4	No linear change	Not available	No change
QN59: Percentage of students who did not eat other vegetables (not counting green salad, potatoes, or carrots, one or more times the day before the survey)													40.5	39.6	No linear change	Not available	No change
QN60: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)													42.5	48.9	Increased, 2013-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN61: Percentage of students who did not drink milk (one or more glasses the day before the survey)													No linear change	Not available [§]	No change
											27.3	28.4			
QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)													Increased, 2011-2015	Not available	Increased
											38.0	47.1	54.3		
QN64: Percentage of students who have been taught about AIDS or HIV infection in school													Decreased, 2007-2015	Not available	No change
											69.1	65.1	59.1	54.9	50.5

*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.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN6: Percentage of students who never or rarely wore a bicycle helmet (among students who had ridden a bicycle)													No linear change	Not available [§]	No change
							70.2	72.3	73.1	71.9	68.5				
QN7: Percentage of students who never or rarely wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)													No linear change	Not available	No change
								77.7	78.5	79.2	78.6				
QN8: Percentage of students who never or rarely wore a seat belt (when riding in a car)													Decreased, 2007-2015	Not available	No change
							4.4	6.9	5.2	4.4	3.4				
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car)													Decreased, 2007-2015	Not available	No change
							29.5	30.8	24.4	22.7	21.4				
QN10: Percentage of students who carried a weapon (such as a gun, knife, or club)													No linear change	Not available	No change
							14.2	11.1	13.8	15.2					

*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.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN11: Percentage of students who were in a physical fight															
								53.0	48.7	45.0	43.6	39.5	Decreased, 2007-2015	Not available [§]	No change
QN12: Percentage of students who were injured in a physical fight (injuries had to be treated by a doctor or nurse)															
										5.7	4.7	4.4	No linear change	Not available	No change
QN13: Percentage of students who were bullied on school property															
											47.9	47.1	No linear change	Not available	No change
QN14: Percentage of students who were electronically bullied (including through e-mail, chat rooms, instant messaging, web sites, or texting)															
											26.2	26.4	No linear change	Not available	No change
QN15: Percentage of students who seriously thought about killing themselves															
								25.6	26.5	28.2	15.7	24.1	Decreased, 2007-2015	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.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN16: Percentage of students who made a plan about how they would kill themselves													Increased, 2007-2015	Not available [§]	Decreased
						15.2	13.4	14.3	24.8	16.0					
QN17: Percentage of students who tried to kill themselves													No linear change	Not available	No change
									10.3	8.9					

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percentage of students who ever tried cigarette smoking (even one or two puffs)															
								29.6	24.4	21.7	18.9	12.4	Decreased, 2007-2015	Not available [§]	Decreased
QN19: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)															
								5.7	5.4	3.8	3.5	1.5	Decreased, 2007-2015	Not available	Decreased
QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															
								9.3	8.3	5.5	4.5	2.3	Decreased, 2007-2015	Not available	Decreased
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)															
								2.0	1.7	1.1	0.7	0.2	Decreased, 2007-2015	Not available	Decreased
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															
								1.4	1.3	0.6	0.6	0.1	Decreased, 2007-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Female Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNCIGINT: Percentage of students who usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)													Not available	Not available [§]	Not available
								0.1	0.0	0.0	0.0	0.1			
QNT23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													Decreased, 2007-2015	Not available	No change
								1.9	2.1	1.1	1.3	0.6			
QNT24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													Decreased, 2007-2015	Not available	No change
								3.7	5.9	2.8	3.4	2.1			
QNT0B3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Decreased, 2007-2015	Not available	Decreased
								10.6	10.8	6.6	6.2	3.7			
QNT0B2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Decreased, 2007-2015	Not available	Decreased
								10.2	10.1	6.3	6.0	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015								
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													90.0	90.1	93.8	94.0	96.7	Increased, 2007-2015	Not available [§]	Increased
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													90.2	90.6	94.0	94.3	96.8	Increased, 2007-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27: Percentage of students who ever drank alcohol (other than a few sips)												Decreased, 2007-2015	Not available [§]	Decreased	
						42.5	37.4	34.6	27.4	21.0					
QN28: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)												Decreased, 2007-2015	Not available	No change	
						13.7	12.2	11.3	7.9	6.0					
QN29: Percentage of students who ever used marijuana (during their life)												No linear change	Not available	No change	
						12.0	12.6	10.0	10.4	9.3					
QN30: Percentage of students who tried marijuana before age 11 years (for the first time)												No linear change	Not available	No change	
						1.5	1.4	1.0	1.5	1.1					
QN31: Percentage of students who ever used any form of cocaine (such as powder, crack, or freebase during their life)												Decreased, 2007-2015	Not available	No change	
						2.1	4.4	1.6	1.2	0.8					

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high during their life)													Decreased, 2011-2015	Not available [§]	Decreased
						11.0	7.7	5.3							
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots during their life)													No linear change	Not available	No change
						1.6	1.9	1.1							
QN34: Percentage of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)													No linear change	Not available	No change
								4.5	3.2						

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female
Sexual Behaviors

	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN35: Percentage of students who ever had sexual intercourse								18.8	17.1	13.6	9.5	6.3	Decreased, 2007-2015	Not available [§]	Decreased
QN36: Percentage of students who had sexual intercourse before age 11 years (for the first time)								3.0	3.1	1.3	1.7	1.4	Decreased, 2007-2015	Not available	No change
QN37: Percentage of students who had sexual intercourse with three or more persons (during their life)									4.9	3.7	1.8	1.0	Decreased, 2009-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN39: Percentage of students who described themselves as slightly or very overweight															
							29.5	29.4	31.9	30.5	31.4		No linear change	Not available [§]	No change
QN40: Percentage of students who were trying to lose weight															
							54.0	53.4	56.4	55.8	51.3		No linear change	Not available	Decreased
QN41: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
										14.1	13.0	12.0	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
										40.5	39.0	40.7	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †													
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015															
QN42: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												No linear change	Not available [§]	No change													
												43.8	40.4	40.6	39.7												
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												No linear change	Not available	No change													
												16.3	12.1	15.1	14.1												
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)												Decreased, 2009-2015	Not available	No change													
												23.9	24.2	19.7	20.1												
QN43: Percentage of students who watched television 3 or more hours per day (on an average school day)												Decreased, 2007-2015	Not available	Decreased													
												39.2	40.8	41.0	40.9	32.5											

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN44: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)															
								27.0	30.8	38.5	45.0		Increased, 2009-2015	Not available [§]	Increased
QN45: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)															
								65.0	64.0	65.6	63.8	61.0	No linear change	Not available	No change
QNDLYPE: Percentage of students who attended physical education classes on all 5 days (in an average week when they were in school)															
								30.2	31.2	35.9	28.1	19.3	Decreased, 2007-2015	Not available	Decreased
QN46: Percentage of students who played on at least one sports team (run by their school or community groups during the past 12 months)															
								55.1	53.8	56.5	57.3	56.7	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN47: 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	21.8		No linear change	Not available [§]	No change
QN48: Percentage of students who had 8 or more hours of sleep (on an average school night)															
										54.7	52.4	52.2	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.

2015 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 2013-2015 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN52: 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 12 months before the survey)													No linear change	Not available [§]	No change			
													20.0	17.8	19.7			
QN53: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)													Decreased, 2013-2015	Not available	Decreased			
													9.9	7.2				
QN54: Percentage of students who currently used marijuana (during the 30 days before the survey)													No linear change	Not available	No change			
													4.7	4.8	5.4			
QN56: Percentage of students who did not drink fruit juice (such as orange juice, apple juice, or grape juice, not counting punch, Kool-Aid, sports drinks, or other fruit-flavored drinks, one or more times the day before the survey)													Increased, 2013-2015	Not available	Increased			
													39.6	46.0				

*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.

2015 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 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015					
QN57: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)													25.9	24.8	No linear change	Not available [§]	No change
QN58: Percentage of students who did not eat green salad (one or more times the day before the survey)													68.8	67.6	No linear change	Not available	No change
QN59: Percentage of students who did not eat other vegetables (not counting green salad, potatoes, or carrots, one or more times the day before the survey)													38.7	40.9	No linear change	Not available	No change
QN60: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)													49.1	54.0	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.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN61: Percentage of students who did not drink milk (one or more glasses the day before the survey)													No linear change	Not available [§]	No change
											38.0	39.8			
QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)													Increased, 2011-2015	Not available	Increased
											39.6	45.8	56.0		
QN64: Percentage of students who have been taught about AIDS or HIV infection in school													Decreased, 2007-2015	Not available	No change
							67.8	55.8	52.0	50.8	47.5				

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*

Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN6: Percentage of students who never or rarely wore a bicycle helmet (among students who had ridden a bicycle)													Decreased, 2007-2015	Not available [¶]	No change
								63.7	66.0	67.0	62.8	57.2			
QN7: Percentage of students who never or rarely wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)													No linear change	Not available	No change
								74.4	76.4	72.9	70.3				
QN8: Percentage of students who never or rarely wore a seat belt (when riding in a car)													Decreased, 2007-2015	Not available	No change
								3.4	4.1	3.3	2.4	1.5			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car)													Decreased, 2007-2015	Not available	Decreased
								30.5	29.1	21.6	22.4	18.0			
QN10: Percentage of students who carried a weapon (such as a gun, knife, or club)													No linear change	Not available	No change
								26.5	25.3	28.0	30.2				

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN11: Percentage of students who were in a physical fight													Decreased, 2007-2015	Not available [¶]	Decreased
							56.2	54.2	46.0	44.2	37.2				
QN12: Percentage of students who were injured in a physical fight (injuries had to be treated by a doctor or nurse)													Decreased, 2011-2015	Not available	No change
										6.7	4.7	3.9			
QN13: Percentage of students who were bullied on school property													No linear change	Not available	No change
										48.6	46.3				
QN14: Percentage of students who were electronically bullied (including through e-mail, chat rooms, instant messaging, web sites, or texting)													No linear change	Not available	No change
										23.7	21.3				
QN15: Percentage of students who seriously thought about killing themselves													Decreased, 2007-2015	Not available	Increased
							21.0	18.8	19.7	10.5	16.2				

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN16: Percentage of students who made a plan about how they would kill themselves													No linear change	Not available [¶]	Decreased
						12.2	10.0	9.8	16.2	9.4					
QN17: Percentage of students who tried to kill themselves													No linear change	Not available	No change
										4.8	4.4				

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

**White*
Tobacco Use**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percentage of students who ever tried cigarette smoking (even one or two puffs)													Decreased, 2007-2015	Not available [¶]	Decreased
						25.7	23.5	20.5	16.0	10.0					
QN19: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)													Decreased, 2007-2015	Not available	Decreased
						5.1	5.0	4.0	3.0	1.1					
QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													Decreased, 2007-2015	Not available	No change
						9.5	8.2	6.0	3.3	2.4					
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)													Decreased, 2007-2015	Not available	No change
						2.0	2.5	1.8	0.5	0.4					
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													Decreased, 2007-2015	Not available	No change
						1.4	1.9	1.1	0.5	0.3					

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015							
QNCIGINT: Percentage of students who usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)												0.0	0.0	0.0	0.1	0.0	Not available	Not available [¶]	Not available
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)												3.0	3.2	3.0	2.7	1.2	Decreased, 2007-2015	Not available	Decreased
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)												3.6	4.7	3.6	2.0	1.3	Decreased, 2007-2015	Not available	No change
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)												11.9	9.9	8.2	5.6	3.5	Decreased, 2007-2015	Not available	Decreased
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)												10.3	8.9	7.2	4.0	2.7	Decreased, 2007-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Increased, 2007-2015	Not available [¶]	Increased
						88.5	90.5	91.9	94.7	96.8					
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Increased, 2007-2015	Not available	No change
						90.0	91.4	92.9	96.1	97.3					

*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.

2015 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 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27: Percentage of students who ever drank alcohol (other than a few sips)												Decreased, 2007-2015	Not available [¶]	Decreased	
								40.0	36.3	30.5	25.0	18.1			
QN28: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)												Decreased, 2007-2015	Not available	Decreased	
								14.4	13.4	10.7	8.3	5.1			
QN29: Percentage of students who ever used marijuana (during their life)												Decreased, 2007-2015	Not available	No change	
								11.0	13.7	11.0	8.5	6.7			
QN30: Percentage of students who tried marijuana before age 11 years (for the first time)												Decreased, 2007-2015	Not available	No change	
								1.9	1.6	1.5	1.4	0.8			
QN31: Percentage of students who ever used any form of cocaine (such as powder, crack, or freebase during their life)												Decreased, 2007-2015	Not available	No change	
								2.6	3.7	2.0	1.0	0.7			

*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.

2015 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 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high during their life)												Decreased, 2011-2015	Not available [¶]	Decreased	
						9.4	6.4	3.9							
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots during their life)												Decreased, 2011-2015	Not available	Decreased	
						1.3	1.4	0.3							
QN34: Percentage of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)												No linear change	Not available	No change	
								3.6	2.6						

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN35: Percentage of students who ever had sexual intercourse															
								14.7	15.7	11.9	8.6	6.2	Decreased, 2007-2015	Not available [¶]	Decreased
QN36: Percentage of students who had sexual intercourse before age 11 years (for the first time)															
								2.5	3.3	2.6	1.7	1.4	Decreased, 2007-2015	Not available	No change
QN37: Percentage of students who had sexual intercourse with three or more persons (during their life)															
									5.8	4.1	2.4	0.9	Decreased, 2009-2015	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2015 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 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN39: Percentage of students who described themselves as slightly or very overweight															
							28.9	27.0	27.6	30.1	26.5		No linear change	Not available [¶]	No change
QN40: Percentage of students who were trying to lose weight															
							48.4	44.0	45.8	48.6	38.1		Decreased, 2007-2015	Not available	Decreased
QN41: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
									9.3	9.4	7.9		No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
										52.2	49.4	50.0	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN42: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available [¶]	No change
									57.9	51.4	54.8	54.5			
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available	No change
									9.2	8.0	8.8	8.6			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)													Decreased, 2009-2015	Not available	No change
									35.3	33.3	29.3	31.2			
QN43: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2007-2015	Not available	Decreased
									29.3	30.3	31.1	31.2	23.4		

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*

Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN44: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)													Increased, 2009-2015	Not available [¶]	Increased
								24.8	28.8	36.9	42.6				
QN45: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)													No linear change	Not available	No change
								67.4	67.8	67.7	65.5	63.0			
QNDLYPE: Percentage of students who attended physical education classes on all 5 days (in an average week when they were in school)													Decreased, 2007-2015	Not available	Decreased
								33.4	31.6	38.9	32.0	20.0			
QN46: Percentage of students who played on at least one sports team (run by their school or community groups during the past 12 months)													No linear change	Not available	No change
								64.0	64.0	65.7	65.1	66.2			

*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.

2015 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 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN47: 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	18.7	No linear change	Not available [¶]	Decreased
QN48: Percentage of students who had 8 or more hours of sleep (on an average school night)															
										58.6	56.9	57.1	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN52: 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 12 months before the survey)													Decreased, 2011-2015	Not available [¶]	No change
										13.7	12.2	11.5			
QN53: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)													Decreased, 2013-2015	Not available	No change
										8.4	6.3				
QN54: Percentage of students who currently used marijuana (during the 30 days before the survey)													Decreased, 2011-2015	Not available	No change
										5.7	3.5	3.5			
QN56: Percentage of students who did not drink fruit juice (such as orange juice, apple juice, or grape juice, not counting punch, Kool-Aid, sports drinks, or other fruit-flavored drinks, one or more times the day before the survey)													No linear change	Not available	No change
										44.6	47.1				

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015					
QN57: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)													24.4	22.6	No linear change	Not available [¶]	No change
QN58: Percentage of students who did not eat green salad (one or more times the day before the survey)													67.5	68.1	No linear change	Not available	No change
QN59: Percentage of students who did not eat other vegetables (not counting green salad, potatoes, or carrots, one or more times the day before the survey)													37.5	37.7	No linear change	Not available	No change
QN60: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)													49.8	55.9	Increased, 2013-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN61: Percentage of students who did not drink milk (one or more glasses the day before the survey)													No linear change	Not available [¶]	No change
											26.8	27.8			
QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)													Increased, 2011-2015	Not available	Increased
											36.5	41.0	51.2		
QN64: Percentage of students who have been taught about AIDS or HIV infection in school													Decreased, 2007-2015	Not available	No change
											65.7	56.1	52.2	50.3	48.3

*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.

2015 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 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN6: Percentage of students who never or rarely wore a bicycle helmet (among students who had ridden a bicycle)													No linear change	Not available [¶]	No change
								89.6	89.6	85.5	86.7	85.2			
QN7: Percentage of students who never or rarely wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)													No linear change	Not available	No change
								91.1	88.6	87.2	88.2				
QN8: Percentage of students who never or rarely wore a seat belt (when riding in a car)													No linear change	Not available	Decreased
								7.4	10.1	6.5	8.7	5.7			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car)													Decreased, 2007-2015	Not available	No change
								27.9	29.0	18.2	19.4	19.8			
QN10: Percentage of students who carried a weapon (such as a gun, knife, or club)													Decreased, 2009-2015	Not available	No change
								28.2	19.0	20.4	18.7				

*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.

2015 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 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN11: Percentage of students who were in a physical fight													Decreased, 2007-2015	Not available [¶]	No change
							80.9	77.6	71.9	71.5	71.8				
QN12: Percentage of students who were injured in a physical fight (injuries had to be treated by a doctor or nurse)													No linear change	Not available	No change
										6.8	6.7	5.4			
QN13: Percentage of students who were bullied on school property													No linear change	Not available	No change
										38.2	37.4				
QN14: Percentage of students who were electronically bullied (including through e-mail, chat rooms, instant messaging, web sites, or texting)													No linear change	Not available	No change
										13.5	14.8				
QN15: Percentage of students who seriously thought about killing themselves													Decreased, 2007-2015	Not available	Increased
							21.9	21.3	22.3	10.7	19.4				

*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.

2015 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 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN16: Percentage of students who made a plan about how they would kill themselves													Increased, 2007-2015	Not available [¶]	No change
						11.7	10.9	12.1	16.0	13.1					
QN17: Percentage of students who tried to kill themselves													No linear change	Not available	No change
											6.2	6.2			

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percentage of students who ever tried cigarette smoking (even one or two puffs)												Decreased, 2007-2015	Not available [¶]	Decreased	
						33.4	29.4	22.6	17.2	11.3					
QN19: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)												Decreased, 2007-2015	Not available	Decreased	
						6.1	8.2	4.4	3.8	1.9					
QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)												Decreased, 2007-2015	Not available	Decreased	
						6.8	7.9	3.8	2.7	1.1					
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)												Decreased, 2007-2015	Not available	No change	
						1.1	1.2	0.1	0.4	0.1					
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)												Decreased, 2007-2015	Not available	No change	
						0.9	1.1	0.1	0.2	0.1					

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015									
QNCIGINT: Percentage of students who usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)													0.0	0.0	0.0	0.0	0.0	Not available		Not available [¶]	Not available
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													1.6	2.7	0.5	1.8	1.1	No linear change		Not available	No change
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													6.3	7.8	3.2	4.8	3.1	Decreased, 2007-2015		Not available	No change
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													9.8	12.0	5.1	6.2	3.8	Decreased, 2007-2015		Not available	No change
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													9.6	10.7	4.9	5.7	3.7	Decreased, 2007-2015		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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Increased, 2007-2015	Not available [¶]	No change
								91.3	89.3	95.2	94.9	96.9			
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Increased, 2007-2015	Not available	No change
								91.5	90.1	95.3	95.1	97.0			

*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.

2015 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 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27: Percentage of students who ever drank alcohol (other than a few sips)															
								45.8	44.1	33.6	26.6	24.4	Decreased, 2007-2015	Not available [¶]	No change
QN28: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															
								14.9	17.2	13.3	8.4	7.8	Decreased, 2007-2015	Not available	No change
QN29: Percentage of students who ever used marijuana (during their life)															
								17.6	16.4	13.8	13.1	14.0	No linear change	Not available	No change
QN30: Percentage of students who tried marijuana before age 11 years (for the first time)															
								3.3	4.4	2.6	2.8	1.8	Decreased, 2007-2015	Not available	No change
QN31: Percentage of students who ever used any form of cocaine (such as powder, crack, or freebase during their life)															
								1.8	3.0	1.6	1.8	0.6	Decreased, 2007-2015	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2015 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 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high during their life)													No linear change	Not available [¶]	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots during their life)													No linear change	Not available	No change
QN34: Percentage of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)													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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN35: Percentage of students who ever had sexual intercourse															
								36.7	35.8	26.8	21.5	16.6	Decreased, 2007-2015	Not available [¶]	No change
QN36: Percentage of students who had sexual intercourse before age 11 years (for the first time)															
								10.8	11.2	8.8	6.5	4.8	Decreased, 2007-2015	Not available	No change
QN37: Percentage of students who had sexual intercourse with three or more persons (during their life)															
									15.0	10.8	8.4	4.8	Decreased, 2009-2015	Not available	Decreased
QN38: Percentage of students who used a condom (during last sexual intercourse among students who ever had sexual intercourse)															
								79.6	75.3	75.9	71.6	65.9	Decreased, 2007-2015	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN39: Percentage of students who described themselves as slightly or very overweight															
							25.5	20.0	22.2	20.7	23.7		No linear change	Not available [¶]	No change
QN40: Percentage of students who were trying to lose weight															
							39.1	38.3	44.6	42.0	46.2		Increased, 2007-2015	Not available	No change
QN41: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
										11.0	10.4	8.2	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
										44.8	44.2	46.6	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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Black*

Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN42: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available [¶]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													Decreased, 2009-2015	Not available	Decreased
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)													No linear change	Not available	No change
QN43: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2007-2015	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Black*

Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN44: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)													Increased, 2009-2015	Not available [¶]	No change
						36.5	43.0	46.5	50.1						
QN45: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)													No linear change	Not available	No change
						65.2	67.4	69.9	69.8	66.0					
QNDLYPE: Percentage of students who attended physical education classes on all 5 days (in an average week when they were in school)													Decreased, 2007-2015	Not available	No change
						29.6	27.7	29.2	24.6	19.2					
QN46: Percentage of students who played on at least one sports team (run by their school or community groups during the past 12 months)													No linear change	Not available	No change
						60.0	60.0	55.6	63.8	61.5					

*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.

2015 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 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma													No linear change	Not available [¶]	Decreased
						25.5	32.9	28.5	32.7	27.2					
QN48: Percentage of students who had 8 or more hours of sleep (on an average school night)													No linear change	Not available	No change
								54.7	52.9	50.4					

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015						
QN52: 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 12 months before the survey)													No linear change	Not available [¶]	No change			
													10.8	9.1	11.4			
QN53: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)													No linear change	Not available	No change			
													7.8	6.5				
QN54: Percentage of students who currently used marijuana (during the 30 days before the survey)													No linear change	Not available	No change			
													5.8	6.9	6.4			
QN56: Percentage of students who did not drink fruit juice (such as orange juice, apple juice, or grape juice, not counting punch, Kool-Aid, sports drinks, or other fruit-flavored drinks, one or more times the day before the survey)													Increased, 2013-2015	Not available	Increased			
													29.3	36.2				

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN57: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)													No linear change	Not available [¶]	No change
											31.7	30.4			
QN58: Percentage of students who did not eat green salad (one or more times the day before the survey)													No linear change	Not available	No change
											69.8	73.5			
QN59: Percentage of students who did not eat other vegetables (not counting green salad, potatoes, or carrots, one or more times the day before the survey)													No linear change	Not available	No change
											40.0	43.1			
QN60: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)													No linear change	Not available	No change
											44.2	44.6			

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN61: Percentage of students who did not drink milk (one or more glasses the day before the survey)													No linear change	Not available [¶]	No change
											43.4	43.5			
QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)													Increased, 2011-2015	Not available	No change
											43.0	54.1	59.2		
QN64: Percentage of students who have been taught about AIDS or HIV infection in school													Decreased, 2007-2015	Not available	No change
								78.3	70.9	61.8	61.8	55.8			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN6: Percentage of students who never or rarely wore a bicycle helmet (among students who had ridden a bicycle)															
							82.4	85.9	87.1	80.5	80.7		No linear change	Not available [§]	No change
QN7: Percentage of students who never or rarely wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)															
								89.2	85.9	85.9	83.7		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	5.9		Decreased, 2007-2015	Not available	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car)															
							30.4	32.5	26.1	23.3	20.6		Decreased, 2007-2015	Not available	No change
QN10: Percentage of students who carried a weapon (such as a gun, knife, or club)															
							30.1	19.5	19.4	19.1			Decreased, 2009-2015	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.

2015 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 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN11: Percentage of students who were in a physical fight															
							65.2	63.8	60.3	53.8	48.7		Decreased, 2007-2015	Not available [§]	No change
QN12: Percentage of students who were injured in a physical fight (injuries had to be treated by a doctor or nurse)															
										10.6	7.7	5.4	Decreased, 2011-2015	Not available	No change
QN13: Percentage of students who were bullied on school property															
											36.9	32.9	No linear change	Not available	No change
QN14: Percentage of students who were electronically bullied (including through e-mail, chat rooms, instant messaging, web sites, or texting)															
											15.6	15.4	No linear change	Not available	No change
QN15: Percentage of students who seriously thought about killing themselves															
							24.4	22.9	28.1	12.9	20.3		Decreased, 2007-2015	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.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN16: Percentage of students who made a plan about how they would kill themselves															
						14.9	12.2	13.0	21.2	12.5			No linear change	Not available [§]	Decreased
QN17: Percentage of students who tried to kill themselves															
											11.0	8.6	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN18: Percentage of students who ever tried cigarette smoking (even one or two puffs)															
								29.6	29.0	26.5	21.3	15.6	Decreased, 2007-2015	Not available [§]	No change
QN19: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)															
								6.4	8.9	3.5	5.1	3.2	Decreased, 2007-2015	Not available	No change
QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															
								7.5	9.9	6.5	8.1	3.1	No linear change	Not available	Decreased
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)															
								2.4	3.5	1.4	1.8	0.4	Decreased, 2007-2015	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															
								2.1	2.7	1.2	1.7	0.4	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.

2015 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 2013-2015 †					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015								
QNCIGINT: Percentage of students who usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)													0.2	0.1	0.0	0.1	0.0	Not available	Not available [§]	Not available
QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													4.5	5.4	1.6	3.7	2.1	No linear change	Not available	No change
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													6.8	7.3	6.0	6.5	3.6	No linear change	Not available	Decreased
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													10.6	13.4	9.1	10.0	5.8	No linear change	Not available	Decreased
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													9.4	11.7	8.8	9.5	4.9	No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													No linear change	Not available [§]	Increased
						91.1	87.7	91.7	90.8	96.2			No linear change	Not available	Increased
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													No linear change	Not available	Increased
						91.1	88.7	92.0	91.2	96.2			No linear change	Not available	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27: Percentage of students who ever drank alcohol (other than a few sips)															
								46.6	49.0	44.5	31.9	27.8	Decreased, 2007-2015	Not available [§]	No change
QN28: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															
								16.1	23.0	14.7	13.0	9.8	Decreased, 2007-2015	Not available	No change
QN29: Percentage of students who ever used marijuana (during their life)															
								14.6	15.6	15.0	16.2	9.1	No linear change	Not available	Decreased
QN30: Percentage of students who tried marijuana before age 11 years (for the first time)															
								2.6	4.2	2.1	4.7	1.4	No linear change	Not available	Decreased
QN31: Percentage of students who ever used any form of cocaine (such as powder, crack, or freebase during their life)															
								4.7	6.7	4.1	3.5	1.8	Decreased, 2007-2015	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.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high during their life)													Decreased, 2011-2015	Not available [§]	Decreased
						12.9	10.4	5.6							
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots during their life)													Decreased, 2011-2015	Not available	No change
						2.1	2.7	1.1							
QN34: Percentage of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)													No linear change	Not available	No change
								5.2	2.8						

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN35: Percentage of students who ever had sexual intercourse															
								26.9	26.2	22.4	13.8	8.8	Decreased, 2007-2015	Not available [§]	Decreased
QN36: Percentage of students who had sexual intercourse before age 11 years (for the first time)															
								7.8	6.9	3.9	3.7	0.7	Decreased, 2007-2015	Not available	Decreased
QN37: Percentage of students who had sexual intercourse with three or more persons (during their life)															
									9.8	8.1	6.4	2.8	Decreased, 2009-2015	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.

2015 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 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN39: Percentage of students who described themselves as slightly or very overweight															
								25.7	25.1	31.5	32.3	30.3	Increased, 2007-2015	Not available [§]	No change
QN40: Percentage of students who were trying to lose weight															
								50.6	46.1	53.4	56.6	56.6	Increased, 2007-2015	Not available	No change
QN41: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
										15.5	15.8	14.5	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
										42.7	40.8	44.8	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.

2015 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 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN42: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available [§]	No change
									40.5	45.3	38.8	40.8			
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available	No change
									23.9	10.3	15.5	17.4			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)													No linear change	Not available	No change
									26.2	31.0	21.6	25.0			
QN43: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2007-2015	Not available	Decreased
									45.5	47.1	44.0	45.3	33.2		

*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.

2015 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 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN44: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)																
									32.2	34.5	44.9	47.8	Increased, 2009-2015	Not available [§]	No change	
QN45: Percentage of students who attended physical education classes on 1 or more days (in an average week when they were in school)																
									73.8	57.6	69.9	65.0	61.4	No linear change	Not available	No change
QNDLYPE: Percentage of students who attended physical education classes on all 5 days (in an average week when they were in school)																
									37.4	28.4	34.5	23.8	22.2	Decreased, 2007-2015	Not available	No change
QN46: Percentage of students who played on at least one sports team (run by their school or community groups during the past 12 months)																
									54.0	53.3	58.8	55.9	54.7	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino
Other

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN47: 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	19.6		No linear change	Not available [§]	Decreased
QN48: Percentage of students who had 8 or more hours of sleep (on an average school night)															
										55.5	56.0	53.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN52: 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 12 months before the survey)													No linear change	Not available [§]	No change
											20.6	16.5	17.4		
QN53: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)													Decreased, 2013-2015	Not available	Decreased
											14.4	9.2			
QN54: Percentage of students who currently used marijuana (during the 30 days before the survey)													No linear change	Not available	No change
											7.9	9.0	5.6		
QN56: Percentage of students who did not drink fruit juice (such as orange juice, apple juice, or grape juice, not counting punch, Kool-Aid, sports drinks, or other fruit-flavored drinks, one or more times the day before the survey)													No linear change	Not available	No change
											33.7	36.8			

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN57: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)													No linear change	Not available [§]	No change
						23.9	24.2								
QN58: Percentage of students who did not eat green salad (one or more times the day before the survey)													No linear change	Not available	No change
						71.2	67.3								
QN59: Percentage of students who did not eat other vegetables (not counting green salad, potatoes, or carrots, one or more times the day before the survey)													No linear change	Not available	No change
						46.7	45.6								
QN60: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)													Increased, 2013-2015	Not available	No change
						40.4	46.6								

*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.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic/Latino
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN61: Percentage of students who did not drink milk (one or more glasses the day before the survey)													No linear change	Not available [§]	No change
											31.7	33.7			
QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)													Increased, 2011-2015	Not available	Increased
											36.0	44.3	56.1		
QN64: Percentage of students who have been taught about AIDS or HIV infection in school													Decreased, 2007-2015	Not available	Decreased
											65.5	57.7	51.3	48.3	38.4

*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.