

2017 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 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)													Decreased, 2007-2017	No quadratic change	Increased	
						5.7	7.3	5.5	5.5	3.8	5.2					
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)													Decreased, 2007-2017	No quadratic change	No change	
						29.3	29.8	21.5	20.8	18.6	18.4					
QN11: Percentage of students who were ever in a physical fight													Decreased, 2007-2017	No quadratic change	Decreased	
						65.3	62.2	57.4	55.4	51.3	45.1					
QN12: Percentage of students who were ever bullied on school property													Decreased, 2013-2017	Not available [§]	No change	
										43.1	41.1	38.6				

*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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Total Injury and Violence														Linear Change*	Quadratic Change*	Change from 2015-2017 †		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017					
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																		
											18.9	18.2	16.6	Decreased, 2013-2017	Not available [§]	No change		
QN14: Percentage of students who ever seriously thought about killing themselves																		
									21.6	20.8	22.5	11.6	18.1	17.8	Decreased, 2007-2017	Decreased, 2007-2013 Increased, 2013-2017	No change	
QN15: Percentage of students who ever made a plan about how they would kill themselves																		
										12.6	11.2	11.6	17.6	11.4	10.7	No linear change	Increased, 2007-2013 Decreased, 2013-2017	No change
QN16: Percentage of students who ever tried to kill themselves																		
											6.8	6.1	6.5	No linear change	Not available	No change		

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 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 2015-2017 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)								28.5	25.9	22.5	17.6	11.5	9.2	Decreased, 2007-2017	Decreased, 2007-2011 Decreased, 2011-2017	Decreased
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								8.3	8.4	5.7	4.3	2.1	1.5	Decreased, 2007-2017	Decreased, 2007-2011 Decreased, 2011-2017	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								1.9	2.2	1.4	0.9	0.4	0.1	Decreased, 2007-2017	Decreased, 2007-2013 Decreased, 2013-2017	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								1.4	1.8	1.0	0.8	0.3	0.1	Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	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, $p < 0.05$.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Total Tobacco Use														Linear Change*	Quadratic Change*	Change from 2015-2017 †								
Health Risk Behavior and Percentages																								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017											
QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])																								
														17.2	15.2	No linear change	Not available [§]	No change						
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)																								
														8.4	5.7	Decreased, 2015-2017	Not available	Decreased						
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																								
																4.9	6.4	4.4	4.2	2.4	1.6	Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Total														Linear Change*	Quadratic Change*	Change from 2015-2017 †
Alcohol and Other Drug Use																
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN26: Percentage of students who ever drank alcohol (other than a few sips)																
								42.1	39.9	34.4	26.8	21.7	23.3	Decreased, 2007-2017	No quadratic change	No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																
								14.9	15.8	12.5	9.6	6.8	8.6	Decreased, 2007-2017	No quadratic change	No change
QN28: Percentage of students who ever used marijuana																
								13.7	15.3	12.9	11.9	9.9	10.3	Decreased, 2007-2017	No quadratic change	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years																
								2.7	3.2	2.3	2.5	1.4	1.7	Decreased, 2007-2017	No quadratic change	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																
								2.9	4.2	2.4	1.8	0.9	1.0	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	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, $p < 0.05$.

2017 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 2015-2017 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN34: Percentage of students who ever had sexual intercourse								23.3	22.8	18.8	14.4	10.5	9.2	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years								5.8	6.4	4.9	3.9	2.4	2.5	Decreased, 2007-2017	No quadratic change	No change
QN37: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)								77.3	71.6	76.1	70.8	71.4	64.3	Decreased, 2007-2017	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total														Linear Change*	Quadratic Change*	Change from 2015-2017 †
Weight Management and Dietary Behaviors																
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN38: Percentage of students who described themselves as slightly or very overweight														No linear change	No quadratic change	No change
							26.7	25.6	26.9	27.4	26.3	28.0				
QN39: Percentage of students who were trying to lose weight														No linear change	No quadratic change	Increased
							44.8	43.6	46.3	47.3	43.3	47.5				
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)														No linear change	Not available [§]	No change
									11.1	11.0	9.1	9.8				
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)														No linear change	Not available	No change
										47.8	46.3	48.7	47.1			

*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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Total Physical Activity	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									50.5	47.9	48.2	48.6	50.0	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 (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									15.2	11.1	13.2	12.1	11.4	Decreased, 2009-2017	Not available	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									31.5	30.9	27.3	29.1	27.5	Decreased, 2009-2017	Not available	No change	
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)									41.4	41.7	41.1	42.2	32.6	27.8	Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Total
Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)													Increased, 2009-2017	Not available [§]	No change		
								30.0	34.9	41.8	46.0	49.5					
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													Decreased, 2007-2017	No quadratic change	No change		
								68.1	66.1	67.8	66.9	63.8	63.9				
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change		
								33.3	30.1	35.3	28.6	20.6	22.7				
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)													No linear change	No change, 2007-2013 Decreased, 2013-2017	No change		
								60.6	59.9	62.0	62.2	61.5	58.2				

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

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2017 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 2015-2017 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
	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	20.8		No linear change	Increased, 2007-2011 Decreased, 2011-2017	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																
										56.9	55.3	54.7	48.9		Decreased, 2011-2017	Not available [§]	Decreased
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																
												74.2	72.3		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 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 2015-2017 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN54: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																
								5.8	6.8	4.4	3.8	2.0	1.5	Decreased, 2007-2017	Decreased, 2007-2013 Decreased, 2013-2017	No change
QN55: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)																
											9.5	6.8	7.4	Decreased, 2013-2017	Not available [§]	No change
QN56: Percentage of students who currently used marijuana (during the 30 days before the survey)																
										6.5	5.8	5.1	5.1	Decreased, 2011-2017	Not available	No change
QN63: 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	53.0	Increased, 2013-2017	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.

2017 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 2015-2017 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
QN64: 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	48.5	Increased, 2011-2017	Not available [§]	Decreased
QN68: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)																	
												34.8	31.9	No linear change	Not available	No change	
QN69: Percentage of students who have been taught about AIDS or HIV infection in school																	
							68.3	60.7	55.6	52.9	49.1	44.1	Decreased, 2007-2017	No quadratic change	No change		
QN70: Percentage of students who are deaf or have serious difficulty hearing																	
											2.1	2.6	No linear change	Not available	No change		
QN71: Percentage of students who have serious difficulty seeing (even when wearing glasses)																	
											9.0	9.4	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.

2017 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 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)													No linear change	No quadratic change	Increased	
							6.8	7.1	5.7	6.4	3.9	6.1				
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)													Decreased, 2007-2017	No quadratic change	No change	
							28.9	29.1	19.0	18.9	16.0	16.2				
QN11: Percentage of students who were ever in a physical fight													Decreased, 2007-2017	No quadratic change	Decreased	
							76.6	74.6	68.8	66.3	61.6	55.7				
QN12: Percentage of students who were ever bullied on school property													Decreased, 2013-2017	Not available [§]	No change	
										38.4	35.3	32.6				
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)													No linear change	Not available	No change	
										11.9	10.3	10.0				

*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.

2017 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 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN14: Percentage of students who ever seriously thought about killing themselves																
								17.7	15.0	16.8	7.3	11.9	11.9	Decreased, 2007-2017	Decreased, 2007-2013 Increased, 2013-2017	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																
								9.9	8.5	8.9	10.8	6.9	7.8	No linear change	No quadratic change	No change
QN16: Percentage of students who ever tried to kill themselves																
											3.1	2.9	4.2	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male Tobacco Use													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																
							27.3	27.2	23.5	16.4	10.7	9.1	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change	
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																
							7.3	7.8	6.0	4.0	1.9	1.9	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change	
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																
							1.8	2.1	1.7	1.0	0.5	0.2	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change	
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																
							1.4	1.6	1.4	0.9	0.4	0.2	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Male Tobacco Use														Linear Change*	Quadratic Change*	Change from 2015-2017 †
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])																
												18.2	15.4	No linear change	Not available [§]	No change
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)																
												9.0	5.5	Decreased, 2015-2017	Not available	Decreased
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																
							5.9	6.3	6.0	4.7	2.4	1.7		Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	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.

2017 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 2015-2017 †							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017										
QN26: Percentage of students who ever drank alcohol (other than a few sips)														41.7	41.9	34.6	26.2	21.3	20.3	Decreased, 2007-2017		No quadratic change	No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														16.1	18.4	14.0	11.3	7.5	9.4	Decreased, 2007-2017		No quadratic change	No change
QN28: Percentage of students who ever used marijuana														15.1	17.5	16.0	13.0	9.5	10.1	Decreased, 2007-2017		Increased, 2007-2011 Decreased, 2011-2017	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years														3.8	4.4	3.6	3.2	1.3	2.0	Decreased, 2007-2017		No quadratic change	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)														3.5	3.5	3.2	2.2	0.8	0.8	Decreased, 2007-2017		No change, 2007-2013 Decreased, 2013-2017	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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2017 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 2015-2017 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN34: Percentage of students who ever had sexual intercourse														Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change
								27.6	27.9	24.0	18.7	13.8	12.4			
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years														Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change
								8.3	9.0	8.3	5.8	3.4	3.6			
QN37: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)														No linear change	No quadratic change	Decreased
								79.8	76.0	77.4	74.1	78.4	68.1			

*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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male														Linear Change*	Quadratic Change*	Change from 2015-2017 †
Weight Management and Dietary Behaviors																
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN38: Percentage of students who described themselves as slightly or very overweight														No linear change	No quadratic change	No change
							24.2	21.8	22.1	24.2	21.8	25.0				
QN39: Percentage of students who were trying to lose weight														Increased, 2007-2017	No quadratic change	No change
							36.1	33.9	36.5	39.2	36.3	39.2				
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)														No linear change	Not available [§]	No change
									8.1	8.8	6.8	7.1				
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)														No linear change	Not available	No change
										55.1	53.4	56.2	54.9			

*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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Male Physical Activity														Linear Change*	Quadratic Change*	Change from 2015-2017 †
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														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 (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Decreased, 2009-2017	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available	No change
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)														Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	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.

2017 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 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)																
								32.6	39.5	45.0	46.6	49.9	Increased, 2009-2017	Not available [§]	No change	
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																
								71.3	68.8	70.4	69.1	66.9	68.2	No linear change	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																
								36.1	29.1	35.1	29.0	21.7	26.0	Decreased, 2007-2017	No quadratic change	No change
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																
								66.0	66.3	67.7	67.1	67.0	62.7	No linear change	No change, 2007-2013 No change, 2013-2017	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.

2017 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 2015-2017 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				2017
	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	18.6		No linear change	Increased, 2007-2013 Decreased, 2013-2017	Decreased
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																
										59.4	58.0	57.2	51.2		Decreased, 2011-2017	Not available [§]	Decreased
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																
												72.1	67.5		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 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 2015-2017 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN54: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																
							5.8	7.4	4.9	4.0	2.2	1.9		Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change
QN55: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)																
										9.1	6.0	6.2		Decreased, 2013-2017	Not available [§]	No change
QN56: Percentage of students who currently used marijuana (during the 30 days before the survey)																
										8.5	6.7	4.2	4.9	Decreased, 2011-2017	Not available	No change
QN63: 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	53.1	Increased, 2013-2017	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.

2017 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 2015-2017 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017								
QN64: 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)													38.0	47.1	54.3	51.9	Increased, 2011-2017	Not available [§]	No change		
QN68: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)													56.5	53.4	No linear change	Not available	No change				
QN69: Percentage of students who have been taught about AIDS or HIV infection in school													69.1	65.1	59.1	54.9	50.5	47.4	Decreased, 2007-2017	No quadratic change	No change
QN70: Percentage of students who are deaf or have serious difficulty hearing													2.2	2.7	No linear change	Not available	No change				
QN71: Percentage of students who have serious difficulty seeing (even when wearing glasses)													5.2	6.5	No linear change	Not available	No change				

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

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

§Not enough years of data to calculate.

2017 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 2015-2017 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)													Decreased, 2007-2017	No quadratic change	No change		
						4.4	6.9	5.2	4.4	3.4	4.3						
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)													Decreased, 2007-2017	No quadratic change	No change		
						29.5	30.8	24.4	22.7	21.4	20.7						
QN11: Percentage of students who were ever in a physical fight													Decreased, 2007-2017	No quadratic change	Decreased		
						53.0	48.7	45.0	43.6	39.5	33.9						
QN12: Percentage of students who were ever bullied on school property													No linear change	Not available [§]	No change		
									47.9	47.1	44.8						
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)													No linear change	Not available	No change		
									26.2	26.4	23.8						

*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.

2017 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 2015-2017 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN14: Percentage of students who ever seriously thought about killing themselves																
							25.6	26.5	28.2	15.7	24.1	23.8		Decreased, 2007-2017	No quadratic change	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																
							15.2	13.4	14.3	24.8	16.0	13.7		No linear change	Increased, 2007-2013 Decreased, 2013-2017	No change
QN16: Percentage of students who ever tried to kill themselves																
											10.3	8.9	9.0	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.

2017 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 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)													Decreased, 2007-2017	Decreased, 2007-2013 Decreased, 2013-2017	No change	
							29.6	24.4	21.7	18.9	12.4	9.5				
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													Decreased, 2007-2017	Decreased, 2007-2013 Decreased, 2013-2017	No change	
							9.3	8.3	5.5	4.5	2.3	1.2				
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													Not available	Not available [§]	Not available	
							2.0	1.7	1.1	0.7	0.2	0.0				
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													Not available	Not available	Not available	
							1.4	1.3	0.6	0.6	0.1	0.0				

*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.

2017 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 2015-2017 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017									
QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])														15.6	14.7	No linear change	Not available [§]	No change				
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)														7.5	5.8	No linear change	Not available	No change				
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)														3.7	5.9	2.8	3.4	2.1	1.6	Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	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.

2017 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 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN26: Percentage of students who ever drank alcohol (other than a few sips)													Decreased, 2007-2017	No quadratic change	Increased	
								42.5	37.4	34.6	27.4	21.0	26.4			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)													Decreased, 2007-2017	No quadratic change	No change	
								13.7	12.2	11.3	7.9	6.0	7.9			
QN28: Percentage of students who ever used marijuana													No linear change	No quadratic change	No change	
								12.0	12.6	10.0	10.4	9.3	10.7			
QN29: Percentage of students who tried marijuana for the first time before age 11 years													No linear change	No quadratic change	No change	
								1.5	1.4	1.0	1.5	1.1	1.5			
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)													Decreased, 2007-2017	No quadratic change	No change	
								2.1	4.4	1.6	1.2	0.8	1.2			

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

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

2017 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 2015-2017 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN34: Percentage of students who ever had sexual intercourse																
								18.8	17.1	13.6	9.5	6.3	5.9	Decreased, 2007-2017	No quadratic change	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years																
								3.0	3.1	1.3	1.7	1.4	1.4	Decreased, 2007-2017	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2017 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 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN38: Percentage of students who described themselves as slightly or very overweight													No linear change	No quadratic change	No change	
							29.5	29.4	31.9	30.5	31.4	31.0				
QN39: Percentage of students who were trying to lose weight													No linear change	No quadratic change	Increased	
							54.0	53.4	56.4	55.8	51.3	56.2				
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)													No linear change	Not available [§]	No change	
									14.1	13.0	12.0	12.5				
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													No linear change	Not available	No change	
										40.5	39.0	40.7	39.3			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 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 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available [§]	No change	
								43.8	40.4	40.6	39.7	40.6				
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available	No change	
								16.3	12.1	15.1	14.1	12.7				
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													Decreased, 2009-2017	Not available	No change	
								23.9	24.2	19.7	20.1	18.6				
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	No change	
								39.2	40.8	41.0	40.9	32.5	28.4			

*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.

2017 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 2015-2017 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)													Increased, 2009-2017	Not available [§]	No change		
								27.0	30.8	38.5	45.0	48.9					
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													Decreased, 2007-2017	No quadratic change	No change		
								65.0	64.0	65.6	63.8	61.0	59.5				
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change		
								30.2	31.2	35.9	28.1	19.3	19.5				
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)													No linear change	No quadratic change	No change		
								55.1	53.8	56.5	57.3	56.7	53.3				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 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 2015-2017 †
	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	23.0	No linear change	Increased, 2007-2011 No change, 2011-2017	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)															
										54.7	52.4	52.2	46.7	Decreased, 2011-2017	Not available [§]	Decreased
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)															
												77.7	77.5	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Female Site-Added														Linear Change*	Quadratic Change*	Change from 2015-2017 †
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN54: 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	1.2	Decreased, 2007-2017	No quadratic change	No change	
QN55: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)																
										9.9	7.2	8.7	No linear change	Not available [§]	No change	
QN56: Percentage of students who currently used marijuana (during the 30 days before the survey)																
										4.7	4.8	5.4	5.5	No linear change	Not available	No change
QN63: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)																
										49.1	54.0	52.8	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.

2017 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 2015-2017 †							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017									
QN64: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)													39.6	45.8	56.0	45.2	Increased, 2011-2017		Not available [§]	Decreased		
QN68: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)															11.5	9.3	Decreased, 2015-2017		Not available	No change		
QN69: Percentage of students who have been taught about AIDS or HIV infection in school													67.8	55.8	52.0	50.8	47.5	40.9	Decreased, 2007-2017		No quadratic change	No change
QN70: Percentage of students who are deaf or have serious difficulty hearing															1.7	2.5	No linear change		Not available	No change		
QN71: Percentage of students who have serious difficulty seeing (even when wearing glasses)															12.7	12.3	No linear change		Not available	No change		

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

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

§Not enough years of data to calculate.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)													No linear change	No quadratic change	Increased	
						3.4	4.1	3.3	2.4	1.5	3.2					
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)													Decreased, 2007-2017	Decreased, 2007-2011 No change, 2011-2017	No change	
						30.5	29.1	21.6	22.4	18.0	21.8					
QN11: Percentage of students who were ever in a physical fight													Decreased, 2007-2017	No quadratic change	No change	
						56.2	54.2	46.0	44.2	37.2	33.0					
QN12: Percentage of students who were ever bullied on school property													No linear change	Not available [¶]	No change	
									48.6	46.3	44.2					
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)													No linear change	Not available	No change	
										23.7	21.3	20.8				

*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.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN14: Percentage of students who ever seriously thought about killing themselves																
								21.0	18.8	19.7	10.5	16.2	17.0	Decreased, 2007-2017	Decreased, 2007-2013 Increased, 2013-2017	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																
								12.2	10.0	9.8	16.2	9.4	10.0	No linear change	No quadratic change	No change
QN16: Percentage of students who ever tried to kill themselves																
											4.8	4.4	5.2	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)													Decreased, 2007-2017	No quadratic change	No change	
							25.7	23.5	20.5	16.0	10.0	10.4				
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													Decreased, 2007-2017	No quadratic change	No change	
							9.5	8.2	6.0	3.3	2.4	1.7				
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change	
							2.0	2.5	1.8	0.5	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, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change	
							1.4	1.9	1.1	0.5	0.3	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.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])																
								14.2	13.7					No linear change	Not available [¶]	No change
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)																
								6.6	5.1					No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																
							3.6	4.7	3.6	2.0	1.3	1.7		Decreased, 2007-2017	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN26: Percentage of students who ever drank alcohol (other than a few sips)													Decreased, 2007-2017	No quadratic change	Increased	
								40.0	36.3	30.5	25.0	18.1	22.7			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)													Decreased, 2007-2017	No quadratic change	No change	
								14.4	13.4	10.7	8.3	5.1	7.7			
QN28: Percentage of students who ever used marijuana													Decreased, 2007-2017	No quadratic change	No change	
								11.0	13.7	11.0	8.5	6.7	8.5			
QN29: Percentage of students who tried marijuana for the first time before age 11 years													No linear change	No quadratic change	No change	
								1.9	1.6	1.5	1.4	0.8	1.8			
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)													Decreased, 2007-2017	No quadratic change	No change	
								2.6	3.7	2.0	1.0	0.7	0.6			

*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.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN34: Percentage of students who ever had sexual intercourse																
								14.7	15.7	11.9	8.6	6.2	6.7	Decreased, 2007-2017	No quadratic change	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years																
								2.5	3.3	2.6	1.7	1.4	1.8	Decreased, 2007-2017	No quadratic change	No change

*Non-Hispanic.

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

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

2017 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
2015-2017[§]

	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN38: Percentage of students who described themselves as slightly or very overweight								28.9	27.0	27.6	30.1	26.5	26.5		No linear change	No quadratic change	No change
QN39: Percentage of students who were trying to lose weight								48.4	44.0	45.8	48.6	38.1	42.9		Decreased, 2007-2017	No quadratic change	Increased
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)											9.3	9.4	7.9	9.3	No linear change	Not available [¶]	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)											52.2	49.4	50.0	49.9	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2017 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 2015-2017 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available [¶]	No change
								57.9		51.4	54.8	54.5	55.3			
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	Not available	No change
								9.2		8.0	8.8	8.6	7.3			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Decreased, 2009-2017	Not available	No change
								35.3		33.3	29.3	31.2	28.6			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)														Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	No change
								29.3		30.3	31.1	31.2	23.4	20.6		

*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.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)													Increased, 2009-2017	Not available [¶]	No change	
								24.8	28.8	36.9	42.6	47.2				
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													Decreased, 2007-2017	No quadratic change	No change	
								67.4	67.8	67.7	65.5	63.0	62.2			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change	
								33.4	31.6	38.9	32.0	20.0	21.3			
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)													No linear change	No quadratic change	No change	
								64.0	64.0	65.7	65.1	66.2	63.6			

*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.

2017 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 2015-2017 [§]
	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	18.7	No linear change	Increased, 2007-2011 Decreased, 2011-2017	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																
										58.6	56.9	57.1	50.9	Decreased, 2011-2017	Not available [¶]	Decreased
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																
												80.5	79.9	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN54: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																
							5.1	5.0	4.0	3.0	1.1	1.9	Decreased, 2007-2017	No quadratic change	No change	
QN55: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)																
											8.4	6.3	6.7	No linear change	Not available [¶]	No change
QN56: Percentage of students who currently used marijuana (during the 30 days before the survey)																
										5.7	3.5	3.5	4.4	No linear change	Not available	No change
QN63: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)																
											49.8	55.9	57.1	Increased, 2013-2017	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.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN64: 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, 2011-2017	Not available [¶]	Decreased	
								36.5	41.0	51.2	42.3					
QN68: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)													No linear change	Not available	No change	
										33.8	32.5					
QN69: Percentage of students who have been taught about AIDS or HIV infection in school													Decreased, 2007-2017	No quadratic change	No change	
						65.7	56.1	52.2	50.3	48.3	44.6					
QN70: Percentage of students who are deaf or have serious difficulty hearing													No linear change	Not available	No change	
										1.5	2.1					
QN71: Percentage of students who have serious difficulty seeing (even when wearing glasses)													No linear change	Not available	No change	
										5.5	6.6					

*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.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)													No linear change	No quadratic change	No change	
								7.4	10.1	6.5	8.7	5.7	7.4			
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)													Decreased, 2007-2017	No quadratic change	Decreased	
								27.9	29.0	18.2	19.4	19.8	12.7			
QN11: Percentage of students who were ever in a physical fight													Decreased, 2007-2017	No quadratic change	Decreased	
								80.9	77.6	71.9	71.5	71.8	60.9			
QN12: Percentage of students who were ever bullied on school property													Decreased, 2013-2017	Not available [¶]	No change	
											38.2	37.4	31.6			
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)													No linear change	Not available	No change	
											13.5	14.8	11.7			

*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.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN14: Percentage of students who ever seriously thought about killing themselves																
							21.9	21.3	22.3	10.7	19.4	17.9		Decreased, 2007-2017	No quadratic change	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																
							11.7	10.9	12.1	16.0	13.1	10.5		No linear change	Increased, 2007-2013 Decreased, 2013-2017	No change
QN16: Percentage of students who ever tried to kill themselves																
										6.2	6.2	7.4		No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)													Decreased, 2007-2017	Decreased, 2007-2013 Decreased, 2013-2017	Decreased	
							33.4	29.4	22.6	17.2	11.3	7.3				
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													Decreased, 2007-2017	No quadratic change	No change	
							6.8	7.9	3.8	2.7	1.1	1.0				
QNFRICIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													Not available	Not available [¶]	Not available	
							1.1	1.2	0.1	0.4	0.1	0.0				
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													Not available	Not available	Not available	
							0.9	1.1	0.1	0.2	0.1	0.0				

*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.

2017 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 2015-2017 [§]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017								
QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])													20.3	15.0	Decreased, 2015-2017	Not available [¶]	No change				
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)													10.4	4.8	Decreased, 2015-2017	Not available	Decreased				
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)													6.3	7.8	3.2	4.8	3.1	1.0	Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	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.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN26: Percentage of students who ever drank alcohol (other than a few sips)													Decreased, 2007-2017	No quadratic change	No change	
								45.8	44.1	33.6	26.6	24.4	21.8			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)													Decreased, 2007-2017	No quadratic change	No change	
								14.9	17.2	13.3	8.4	7.8	8.5			
QN28: Percentage of students who ever used marijuana													Decreased, 2007-2017	No quadratic change	No change	
								17.6	16.4	13.8	13.1	14.0	11.4			
QN29: Percentage of students who tried marijuana for the first time before age 11 years													Decreased, 2007-2017	No quadratic change	No change	
								3.3	4.4	2.6	2.8	1.8	1.8			
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)													Decreased, 2007-2017	No quadratic change	No change	
								1.8	3.0	1.6	1.8	0.6	1.1			

*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, $p < 0.05$.

2017 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 2015-2017 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN34: Percentage of students who ever had sexual intercourse																
								36.7	35.8	26.8	21.5	16.6	13.2	Decreased, 2007-2017	No quadratic change	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years																
								10.8	11.2	8.8	6.5	4.8	4.3	Decreased, 2007-2017	No quadratic change	No change

*Non-Hispanic.

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

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

2017 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
2015-2017[§]

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

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

25.5 20.0 22.2 20.7 23.7 26.1 No linear change No change, 2007-2013
Increased, 2013-2017 No change

QN39: Percentage of students who were trying to lose weight

39.1 38.3 44.6 42.0 46.2 48.4 Increased, 2007-2017 No quadratic change No change

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

11.0 10.4 8.2 8.5 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)

44.8 44.2 46.6 43.8 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2017 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 2015-2017 [§]							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017									
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													42.5	44.7	43.4	44.7	48.2	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 (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													22.7	16.7	18.0	13.4	15.2	Decreased, 2009-2017		Not available	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													27.8	26.6	27.4	28.7	29.7	No linear change		Not available	No change	
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)													61.7	59.0	55.8	57.8	46.3	37.7	Decreased, 2007-2017		No change, 2007-2013 Decreased, 2013-2017	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.

2017 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 2015-2017 [§]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)													Increased, 2009-2017	Not available [¶]	No change		
								36.5	43.0	46.5	50.1	51.6					
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													No linear change	No quadratic change	No change		
								65.2	67.4	69.9	69.8	66.0	67.6				
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													Decreased, 2007-2017	No quadratic change	No change		
								29.6	27.7	29.2	24.6	19.2	25.0				
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)													No linear change	No quadratic change	Decreased		
								60.0	60.0	55.6	63.8	61.5	55.2				

*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.

2017 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 2015-2017 [§]
	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															
							25.5	32.9	28.5	32.7	27.2	25.0		No linear change	Increased, 2007-2013 Decreased, 2013-2017	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)															
										54.7	52.9	50.4	45.1	Decreased, 2011-2017	Not available [¶]	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)															
												69.9	67.0	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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Black* Site-Added													Linear Change[†]	Quadratic Change[†]	Change from 2015-2017[§]	
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN54: Percentage of students who smoked a whole cigarette before age 11 years (for the first time)																
							6.1	8.2	4.4	3.8	1.9	1.3		Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change
QN55: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)																
											7.8	6.5	7.4	No linear change	Not available [¶]	No change
QN56: Percentage of students who currently used marijuana (during the 30 days before the survey)																
										5.8	6.9	6.4	5.0	No linear change	Not available	No change
QN63: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)																
											44.2	44.6	46.8	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.

2017 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 2015-2017 [§]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017								
QN64: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)													43.0	54.1	59.2	54.3	Increased, 2011-2017	Not available [¶]	No change		
QN68: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)													36.3	30.3	Decreased, 2015-2017	Not available	No change				
QN69: Percentage of students who have been taught about AIDS or HIV infection in school													78.3	70.9	61.8	61.8	55.8	48.7	Decreased, 2007-2017	No quadratic change	No change
QN70: Percentage of students who are deaf or have serious difficulty hearing													2.3	2.3	No linear change	Not available	No change				
QN71: Percentage of students who have serious difficulty seeing (even when wearing glasses)													12.3	12.0	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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)													Decreased, 2007-2017	No quadratic change	No change	
							10.0	10.2	7.6	7.1	5.9	6.3				
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)													Decreased, 2007-2017	No quadratic change	No change	
							30.4	32.5	26.1	23.3	20.6	20.0				
QN11: Percentage of students who were ever in a physical fight													Decreased, 2007-2017	No quadratic change	No change	
							65.2	63.8	60.3	53.8	48.7	44.6				
QN12: Percentage of students who were ever bullied on school property													No linear change	Not available [§]	No change	
										36.9	32.9	33.6				
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)													No linear change	Not available	No change	
										15.6	15.4	13.4				

*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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN14: Percentage of students who ever seriously thought about killing themselves																
								24.4	22.9	28.1	12.9	20.3	18.9	Decreased, 2007-2017	No quadratic change	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																
								14.9	12.2	13.0	21.2	12.5	11.5	No linear change	Increased, 2007-2013 Decreased, 2013-2017	No change
QN16: Percentage of students who ever tried to kill themselves																
											11.0	8.6	8.1	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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)													Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	Decreased	
							29.6	29.0	26.5	21.3	15.6	10.8				
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	No change	
							7.5	9.9	6.5	8.1	3.1	2.7				
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													Decreased, 2007-2017	No quadratic change	No change	
							2.4	3.5	1.4	1.8	0.4	0.5				
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													Decreased, 2007-2017	No quadratic change	No change	
							2.1	2.7	1.2	1.7	0.4	0.5				

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

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

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])																
												21.3	17.9	No linear change	Not available [§]	No change
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)																
												10.7	8.7	No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																
							6.8	7.3	6.0	6.5	3.6	2.6	Decreased, 2007-2017	No quadratic change	No change	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN26: Percentage of students who ever drank alcohol (other than a few sips)													Decreased, 2007-2017	No quadratic change	No change	
								46.6	49.0	44.5	31.9	27.8	28.0			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)													Decreased, 2007-2017	No quadratic change	No change	
								16.1	23.0	14.7	13.0	9.8	10.5			
QN28: Percentage of students who ever used marijuana													No linear change	No quadratic change	No change	
								14.6	15.6	15.0	16.2	9.1	12.8			
QN29: Percentage of students who tried marijuana for the first time before age 11 years													No linear change	No quadratic change	No change	
								2.6	4.2	2.1	4.7	1.4	1.8			
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)													Decreased, 2007-2017	No quadratic change	No change	
								4.7	6.7	4.1	3.5	1.8	1.1			

*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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN34: Percentage of students who ever had sexual intercourse																
								26.9	26.2	22.4	13.8	8.8	8.9	Decreased, 2007-2017	No quadratic change	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years																
								7.8	6.9	3.9	3.7	0.7	1.9	Decreased, 2007-2017	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN38: Percentage of students who described themselves as slightly or very overweight																
							25.7	25.1	31.5	32.3	30.3	35.4		Increased, 2007-2017	No quadratic change	No change
QN39: Percentage of students who were trying to lose weight																
							50.6	46.1	53.4	56.6	56.6	58.5		Increased, 2007-2017	No quadratic change	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																
									15.5	15.8	14.5	12.8		No linear change	Not available [§]	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																
										42.7	40.8	44.8	44.5	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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

Hispanic Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017									
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													40.5	45.3	38.8	40.8	41.2	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 (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													23.9	10.3	15.5	17.4	12.4	Decreased, 2009-2017		Not available	Decreased	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													26.2	31.0	21.6	25.0	21.5	Decreased, 2009-2017		Not available	No change	
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)													45.5	47.1	44.0	45.3	33.2	28.2	Decreased, 2007-2017		No change, 2007-2013 Decreased, 2013-2017	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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

**Hispanic
Physical Activity**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)													Increased, 2009-2017	Not available [§]	No change		
							32.2	34.5	44.9	47.8	52.2						
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													Decreased, 2007-2017	No quadratic change	No change		
							73.8	57.6	69.9	65.0	61.4	61.3					
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													Decreased, 2007-2017	No quadratic change	No change		
							37.4	28.4	34.5	23.8	22.2	22.8					
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)													No linear change	No quadratic change	No change		
							54.0	53.3	58.8	55.9	54.7	51.8					

*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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †
	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	20.3	No linear change	Increased, 2007-2011 Decreased, 2011-2017	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)															
										55.5	56.0	53.1	47.8	Decreased, 2011-2017	Not available [§]	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)															
												66.0	65.1	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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2015-2017 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN54: 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	1.2		Decreased, 2007-2017	No quadratic change	Decreased
QN55: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)																
										14.4	9.2	9.1		Decreased, 2013-2017	Not available [§]	No change
QN56: Percentage of students who currently used marijuana (during the 30 days before the survey)																
										7.9	9.0	5.6	6.4	No linear change	Not available	No change
QN63: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)																
											40.4	46.6	50.9	Increased, 2013-2017	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.

2017 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2015-2017 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017								
QN64: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)													36.0	44.3	56.1	52.1	Increased, 2011-2017	Not available [§]	No change		
QN68: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)													32.1	30.4	No linear change	Not available	No change				
QN69: Percentage of students who have been taught about AIDS or HIV infection in school													65.5	57.7	51.3	48.3	38.4	34.5	Decreased, 2007-2017	No quadratic change	No change
QN70: Percentage of students who are deaf or have serious difficulty hearing													2.3	4.4	No linear change	Not available	No change				
QN71: Percentage of students who have serious difficulty seeing (even when wearing glasses)													12.0	13.1	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.