### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Total Injury and Violence</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2019-2021 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)</td>
<td>38.7 37.1 33.8 35.4 32.2 37.6 39.0 39.3</td>
<td>No linear change</td>
<td>Decreased, 2007-2011 Increased, 2011-2021</td>
<td>No change</td>
</tr>
<tr>
<td>QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)</td>
<td>29.3 29.8 21.5 20.8 18.6 18.4 17.7 15.0</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN10: Percentage of students who were ever in a physical fight</td>
<td>65.3 62.2 57.4 55.4 51.3 45.1 46.8 41.7</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

*Based on t-test analysis, \( p < 0.05 \).
# 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey
Trend Analysis Report

## Total Injury and Violence

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QN12: Percentage of students who were ever bullied on school property</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
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<tr>
<td>2021</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
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<td>1993</td>
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<td>17.4</td>
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<tr>
<td>1999</td>
<td>23.3</td>
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</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2007-2013</th>
<th>Change from 2013-2021</th>
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</thead>
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<td>Increased, 2013-2021</td>
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<td>18.1</td>
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<tr>
<td>2001</td>
<td>17.8</td>
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<tr>
<td>2005</td>
<td>19.2</td>
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<tr>
<td>2007</td>
<td>11.9</td>
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<tr>
<td>2009</td>
<td>14.5</td>
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</tbody>
</table>

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

<table>
<thead>
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<th>Year</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2007-2013</th>
<th>Change from 2013-2021</th>
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</thead>
<tbody>
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<td>1991</td>
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<td>1999</td>
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<td>2001</td>
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<tr>
<td>2005</td>
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</tbody>
</table>

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1. Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
2. Based on t-test analysis, p < 0.05.
3. Not enough years of data to calculate.
**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**

Delaware Middle School Survey  
Trend Analysis Report

### Total Injury and Violence

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN16: Percentage of students who ever tried to kill themselves</td>
<td>6.8</td>
<td>6.1</td>
<td>6.5</td>
</tr>
</tbody>
</table>

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

Not enough years of data to calculate.
# 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey
Trend Analysis Report

## Total Tobacco Use

### Health Risk Behavior and Percentages

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</thead>
<tbody>
<tr>
<td>QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)</td>
<td>28.5</td>
<td>25.9</td>
<td>22.5</td>
<td>17.6</td>
<td>11.5</td>
<td>9.2</td>
<td>5.8</td>
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<td>Quadratic Change</td>
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<td>Decreased, 2011-2021</td>
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</thead>
<tbody>
<tr>
<td>QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)</td>
<td>8.3</td>
<td>8.4</td>
<td>5.7</td>
<td>4.3</td>
<td>2.1</td>
<td>1.5</td>
<td>1.2</td>
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<td>Decreased, 2007-2011</td>
<td>Decreased</td>
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<tr>
<td>Quadratic Change</td>
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<td>Decreased, 2011-2021</td>
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</thead>
<tbody>
<tr>
<td>QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)</td>
<td>1.9</td>
<td>2.2</td>
<td>1.4</td>
<td>0.9</td>
<td>0.4</td>
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</thead>
<tbody>
<tr>
<td>QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)</td>
<td>1.4</td>
<td>1.8</td>
<td>1.0</td>
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</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
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§Not enough years of data to calculate.
2021 YOUTH RISK BEHAVIOR SURVEY RESULTS
Delaware Middle School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th>Total Tobacco Use</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN21: Percentage of students who ever used an electronic vapor product</td>
<td>17.2 15.2 11.8 9.1</td>
<td>Decreased, 2015-2021</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and Blu], on at least 1 day during the 30 days before the survey)</td>
<td>8.4 5.7 4.6 4.3</td>
<td>Decreased, 2015-2021</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)</td>
<td>0.7 0.7 0.4 0.3</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey**  
**Trend Analysis Report**

### Total Tobacco Use

<table>
<thead>
<tr>
<th>Year</th>
<th>QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
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<td>0.5</td>
<td>0.3</td>
<td>No linear change</td>
</tr>
<tr>
<td>1993</td>
<td>0.5</td>
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<td></td>
<td>Not available†</td>
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<tr>
<td>1997</td>
<td>0.3</td>
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<td></td>
<td>No change</td>
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<tr>
<td>1999</td>
<td>0.3</td>
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</table>

### QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
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</thead>
<tbody>
<tr>
<td>1991</td>
<td>8.6</td>
<td>6.1</td>
<td>4.9</td>
<td>Decreased, 2015-2021</td>
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<tr>
<td>1993</td>
<td>6.1</td>
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<td>Not available†</td>
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<tr>
<td>2021</td>
<td>No linear change</td>
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</tbody>
</table>

### QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>QN23: Percentage of students who currently used smokeless tobacco</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>1.3</td>
<td>0.8</td>
<td>0.3</td>
<td>Decreased, 2017-2021</td>
</tr>
<tr>
<td>1993</td>
<td>No change</td>
<td></td>
<td></td>
<td>Not available†</td>
</tr>
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<td>1997</td>
<td>No change</td>
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<td>No change</td>
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<tr>
<td>1999</td>
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<tr>
<td>2021</td>
<td>No linear change</td>
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</tr>
</tbody>
</table>

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

Based on t-test analysis. p < 0.05.

Not enough years of data to calculate.
## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey  
Trend Analysis Report

<table>
<thead>
<tr>
<th>Total</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total Tobacco Use</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)</td>
<td>0.3 0.2 0.0 Not available Not available* Not available</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)</td>
<td>0.2 0.1 0.0 Not available Not available Not available</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)</td>
<td>4.9 6.4 4.4 4.2 2.4 1.6 1.0 0.1 Decreased, 2007-2021 No change, 2007-2013 Decreased, 2013-2021 Decreased</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results
### Delaware Middle School Survey
#### Trend Analysis Report

<table>
<thead>
<tr>
<th>Total Tobacco Use</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change Brunswick</th>
<th>Quadratic Change Brunswick</th>
<th>Change from 2019-2021 Brunswick</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019 2021</td>
<td>6.5 5.0 4.0 Decreased, 2017-2021</td>
<td>Not available Brunswick</td>
<td>No change Brunswick</td>
</tr>
<tr>
<td>QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)</td>
<td>2.6 2.1 0.4 Decreased, 2017-2021</td>
<td>Not available Brunswick</td>
<td>Decreased Brunswick</td>
<td></td>
</tr>
<tr>
<td>QNTB5: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)</td>
<td>0.6 1.1 0.6 0.5 0.4 0.2 0.0 0.0 Not available</td>
<td>Not available</td>
<td>Not available</td>
<td></td>
</tr>
<tr>
<td>QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)</td>
<td>0.5 1.0 0.5 0.4 0.3 0.2 0.0 0.0 Not available</td>
<td>Not available</td>
<td>Not available</td>
<td></td>
</tr>
<tr>
<td>QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)</td>
<td>0.5 1.0 0.5 0.4 0.3 0.2 0.0 0.0 Not available</td>
<td>Not available</td>
<td>Not available</td>
<td></td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, \( p < 0.05 \).
†Based on t-test analysis, \( p < 0.05 \).
§Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results
Delaware Middle School Survey
Trend Analysis Report

#### Total Alcohol and Other Drug Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change†</th>
<th>Change from 2019-2021 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN25: Percentage of students who ever drank alcohol (other than a few sips)</td>
<td>42.1  39.9  34.4  26.8  21.7  23.3  17.3  15.5</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)</td>
<td>14.9  15.8  12.5  9.6  6.8  8.6  7.7  6.7</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN27: Percentage of students who ever used marijuana</td>
<td>13.7  15.3  12.9  11.9  9.9  10.3  7.1  4.6</td>
<td>Decreased, 2007-2021</td>
<td>Decreased, 2007-2017</td>
</tr>
<tr>
<td>QN28: Percentage of students who tried marijuana for the first time before age 11 years</td>
<td>2.7  3.2  2.3  2.5  1.4  1.7  1.7  0.6</td>
<td>Decreased, 2007-2021</td>
<td>Decreased, 2007-2017</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Total</th>
<th>Alcohol and Other Drug Use</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
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</thead>
<tbody>
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</table>

QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
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</thead>
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<td>6.7</td>
<td>5.2</td>
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</tr>
<tr>
<td>1993</td>
<td>6.7</td>
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<td></td>
<td>No change</td>
</tr>
<tr>
<td>1995</td>
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<td>2021</td>
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</tbody>
</table>

QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2007-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>2.9</td>
<td>4.2</td>
<td>2.4</td>
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<td>2007</td>
<td>4.2</td>
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<tr>
<td>2009</td>
<td>2.4</td>
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<tr>
<td>2011</td>
<td>1.8</td>
<td></td>
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<tr>
<td>2013</td>
<td>0.9</td>
<td></td>
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<tr>
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</tr>
<tr>
<td>2021</td>
<td>1.0</td>
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</tbody>
</table>

QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</td>
<td>4.3</td>
<td>2.3</td>
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<tr>
<td>2021</td>
<td></td>
<td></td>
<td></td>
<td>No change</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
# 2021 Youth Risk Behavior Survey Results

## Delaware Middle School Survey

### Trend Analysis Report

<table>
<thead>
<tr>
<th>Total Sexual Behaviors</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change&lt;sup&gt;*&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;†&lt;/sup&gt;</th>
<th>Change from 2019-2021&lt;sup&gt;§&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN32: Percentage of students who ever had sexual intercourse</td>
<td>23.3 22.8 18.8 14.4 10.5 9.2 5.9 3.9</td>
<td>Decreased, 2007-2021</td>
<td>No change, 2007-2011</td>
<td>Decreased, 2011-2021</td>
</tr>
<tr>
<td>QN33: Percentage of students who had sexual intercourse for the first time before age 11 years</td>
<td>5.8 6.4 4.9 3.9 2.4 2.5 1.9 0.6</td>
<td>Decreased, 2007-2021</td>
<td>No change, 2007-2011</td>
<td>Decreased, 2011-2021</td>
</tr>
<tr>
<td>QN34: Percentage of students who ever had sexual intercourse with three or more persons</td>
<td>1.3 0.8</td>
<td>Decreased, 2019-2021</td>
<td>Not available&lt;sup&gt;§&lt;/sup&gt;</td>
<td>No change</td>
</tr>
</tbody>
</table>

<sup>1</sup>Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

<sup>2</sup>Based on t-test analysis, p < 0.05.

<sup>3</sup>Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

Trend Analysis Report

<table>
<thead>
<tr>
<th>Total Weight Management and Dietary Behaviors</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN36: Percentage of students who described themselves as slightly or very overweight</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
</tr>
<tr>
<td>QN37: Percentage of students who were trying to lose weight</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
</tr>
<tr>
<td>QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)</td>
<td>No linear change</td>
<td></td>
<td>Increased</td>
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<tr>
<td>QN18: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)</td>
<td></td>
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</tbody>
</table>
### 2021 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 2019-2021

<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>QN39:</td>
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<tr>
<td>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)</td>
<td>50.5</td>
<td>47.9</td>
<td>48.2</td>
<td>48.6</td>
<td>50.0</td>
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<tr>
<td>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)</td>
<td>15.2</td>
<td>11.1</td>
<td>13.2</td>
<td>12.1</td>
<td>11.4</td>
<td>16.7</td>
<td>16.7</td>
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<tr>
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<td>No linear change</td>
<td>Decreased, 2009-2017</td>
<td>Increased, 2017-2021</td>
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<td>QNPA7DAY:</td>
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</tr>
<tr>
<td>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)</td>
<td>31.5</td>
<td>30.9</td>
<td>27.3</td>
<td>29.1</td>
<td>27.5</td>
<td>20.7</td>
<td>24.1</td>
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<tr>
<td></td>
<td>Decreased, 2009-2021</td>
<td>No quadratic change</td>
<td>No change</td>
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</tbody>
</table>

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

Based on t-test analysis, p < 0.05.
## 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
Trend Analysis Report

### Total Physical Activity

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021 (^1)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td>68.1 66.1 67.8 66.9 63.8 63.9 54.1 63.2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td>33.3 30.1 35.3 28.6 20.6 22.7 14.5 22.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN42: 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)</td>
<td>Decreased, 2007-2021</td>
<td>No change, 2007-2015</td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td>60.6 59.9 62.0 62.2 61.5 58.2 52.3 50.1</td>
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</tr>
<tr>
<td>QN43: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)</td>
<td>No linear change</td>
<td>Not available (^3)</td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td>16.3 15.7 12.9</td>
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</tr>
</tbody>
</table>

\(^{1}\)Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  
\(^{3}\)Based on t-test analysis, p < 0.05.  
\(^{3}\)Not enough years of data to calculate.
**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**

Delaware Middle School Survey  
Trend Analysis Report

<table>
<thead>
<tr>
<th>Total</th>
<th>Other</th>
</tr>
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<tbody>
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</table>

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)</td>
<td></td>
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<tr>
<td>56.9</td>
<td>55.3</td>
<td>54.7</td>
<td>48.9</td>
</tr>
</tbody>
</table>

| QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey) | | | | | | | | | | | | | | | |
| 2.2  | 1.9           | 2.5              | No linear change      | Not available         | No change  |

---

§ Not enough years of data to calculate.  
† Based on t-test analysis, p < 0.05.  
* Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  
† Based on t-test analysis, p < 0.05.  
Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey  
Trend Analysis Report

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
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</tr>
<tr>
<td><strong>Site-Added</strong></td>
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</thead>
<tbody>
<tr>
<td><strong>QN47:</strong> Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)</td>
<td>74.2</td>
<td>72.3</td>
<td>78.3</td>
<td>76.8</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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<tr>
<td><strong>QN48:</strong> Percentage of students who ever carried a weapon (such as a gun, knife, or club)</td>
<td>23.1</td>
<td>21.3</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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<tr>
<td><strong>QN49:</strong> Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting such things as being told who they could or could not spend time with, being humiliated in front of others, or being threatened if they did not do what their date wanted, among students who dated or went out with someone during the 12 months before the survey)</td>
<td>13.6</td>
<td>13.0</td>
<td>13.8</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
‡Not enough years of data to calculate.
| QN50: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who dated or went out with someone during the 12 months before the survey) | 4.1 | 3.6 | 1.5 | Decreased, 2017-2021 | Not available<sup>1</sup> | No change |
| QN51: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) | 28.1 | 33.1 | No linear change | Not available | No change |
| QN52: Percentage of students who have ever felt sad, empty, hopeless, or anxious | 73.0 | 79.8 | Increased, 2019-2021 | Not available | Increased |
| QN53: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious) | 31.4 | 29.1 | No linear change | Not available | No change |

<sup>1</sup>Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
<sup>2</sup>Based on t-test analysis, p < 0.05.
<sup>3</sup>Not enough years of data to calculate.
## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey**  
**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Total</th>
<th>Site-Added</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Health Risk Behavior and Percentages</td>
</tr>
</tbody>
</table>

**QN54:** Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose, during the 12 months before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>11.0</td>
</tr>
<tr>
<td>1993</td>
<td>11.0</td>
</tr>
<tr>
<td>1995</td>
<td>13.9</td>
</tr>
</tbody>
</table>

No linear change  
Not available  
No change

**QN55:** Percentage of students who usually got their own electronic vapor products by buying them in a store such as a convenience store, supermarket, discount store, gas station, or vape store (the 30 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>0.5</td>
</tr>
<tr>
<td>1993</td>
<td>0.1</td>
</tr>
<tr>
<td>1995</td>
<td>0.3</td>
</tr>
</tbody>
</table>

No linear change  
Not available  
Increased

**QN56:** Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>9.5</td>
</tr>
<tr>
<td>1993</td>
<td>6.8</td>
</tr>
<tr>
<td>1995</td>
<td>7.4</td>
</tr>
<tr>
<td>1997</td>
<td>5.1</td>
</tr>
<tr>
<td>1999</td>
<td>3.9</td>
</tr>
</tbody>
</table>

Decreased, 2013-2021  
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.
### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey  
Trend Analysis Report

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<tr>
<th>Total</th>
<th>Site-Added</th>
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</table>

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change*</th>
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<tbody>
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</table>

<table>
<thead>
<tr>
<th>QN57: Percentage of students who currently used marijuana (during the 30 days before the survey)</th>
<th>Decreased, 2011-2021</th>
<th>Decreased, 2017-2021</th>
<th>No change</th>
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</thead>
<tbody>
<tr>
<td>1991</td>
<td>6.5</td>
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<tr>
<td>1993</td>
<td>5.8</td>
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<tr>
<td>1995</td>
<td>5.1</td>
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<td>1997</td>
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<td>2021</td>
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</tbody>
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<table>
<thead>
<tr>
<th>QN58: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, during the 30 days before the survey)</th>
<th>No linear change</th>
<th>Not available*</th>
<th>No change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>2.5</td>
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<td></td>
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<tr>
<td>1993</td>
<td>3.5</td>
<td></td>
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<tr>
<td>1995</td>
<td>2.2</td>
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<td>1997</td>
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<td>2021</td>
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</table>

<table>
<thead>
<tr>
<th>QN59: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription</th>
<th>No linear change</th>
<th>Not available</th>
<th>No change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>1.0</td>
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<tr>
<td>1993</td>
<td>0.9</td>
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<td>2021</td>
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</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Total Site-Added</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>QN60: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)</td>
<td>23.5</td>
<td>25.5</td>
<td>No linear change</td>
<td>Not available †</td>
</tr>
<tr>
<td>QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)</td>
<td>39.2</td>
<td>40.8</td>
<td>41.7</td>
<td>No linear change</td>
</tr>
<tr>
<td>QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)</td>
<td>45.9</td>
<td>50.9</td>
<td>53.0</td>
<td>56.1</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
‡Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

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Trend Analysis Report

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<thead>
<tr>
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<th>Linear Change†</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021 §</th>
</tr>
</thead>
</table>

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

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</thead>
<tbody>
<tr>
<td>39.0</td>
<td>46.6</td>
<td>54.7</td>
<td>48.5</td>
<td>55.8</td>
<td>57.6</td>
<td>increased, 2011-2021</td>
<td>increased, 2011-2015</td>
<td>increased, 2015-2021</td>
<td>no change</td>
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</tbody>
</table>

§Not enough years of data to calculate.

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

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<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>40.9</td>
<td>40.4</td>
<td>40.8</td>
<td>no linear change</td>
<td>not available†</td>
<td>no change</td>
<td></td>
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</tbody>
</table>

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

‡Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

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

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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>80.9</td>
<td>78.6</td>
<td>77.7</td>
<td>no linear change</td>
<td>not available</td>
<td>no change</td>
<td></td>
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</tbody>
</table>
2021 YOUTH RISK BEHAVIOR SURVEY RESULTS
Delaware Middle School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th>QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)</th>
<th>Linear Change&lt;sup&gt;†&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;†&lt;/sup&gt;</th>
<th>Change from 2019-2021&lt;sup&gt;§&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.0</td>
<td>3.3</td>
<td>4.3</td>
<td>No linear change</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)</th>
<th>Linear Change&lt;sup&gt;†&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;†&lt;/sup&gt;</th>
<th>Change from 2019-2021&lt;sup&gt;§&lt;/sup&gt;</th>
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</thead>
<tbody>
<tr>
<td>34.8</td>
<td>31.9</td>
<td>29.7</td>
<td>28.5</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>QN70: Percentage of students who ever been told by a doctor or a nurse that they have asthma</th>
<th>Linear Change&lt;sup&gt;†&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;†&lt;/sup&gt;</th>
<th>Change from 2019-2021&lt;sup&gt;§&lt;/sup&gt;</th>
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</thead>
<tbody>
<tr>
<td>20.9</td>
<td>23.9</td>
<td>25.9</td>
<td>26.3</td>
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</table>

<table>
<thead>
<tr>
<th>QN71: Percentage of students who have been taught about AIDS or HIV infection in school</th>
<th>Linear Change&lt;sup&gt;†&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;†&lt;/sup&gt;</th>
<th>Change from 2019-2021&lt;sup&gt;§&lt;/sup&gt;</th>
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<tbody>
<tr>
<td>68.3</td>
<td>60.7</td>
<td>55.6</td>
<td>52.9</td>
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</tbody>
</table>

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

<sup>‡</sup>Based on t-test analysis, p < 0.05.

<sup>§</sup>Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
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<tr>
<td><strong>Site-Added</strong></td>
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</tbody>
</table>

| QN72: Percentage of students who are deaf or have serious difficulty hearing | 2.1 | 2.6 | 2.4 | 2.8 | No linear change | Not available\(^\d\) | No change |
| QN73: Percentage of students who have serious difficulty seeing (even when wearing glasses) | 9.0 | 9.4 | 8.7 | 7.5 | No linear change | Not available | No change |
| QN74: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem) | 23.4 | 29.0 | No linear change | Not available | Increased |
| QN75: Percentage of students who have serious difficulty walking or climbing stairs | 2.9 | 3.1 | 3.2 | No linear change | Not available | No change |

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\(^\d\)Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, \(p < 0.05\).

\(^\dd\)Based on t-test analysis, \(p < 0.05\).

\(^\d\d\)Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>Male Injury and Violence</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change $^*$</th>
<th>Quadratic Change $^*$</th>
<th>Change from 2019-2021 $^1$</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)</td>
<td>1991 38.4 1993 35.4 1995 32.2 1997 39.6 1999 42.4</td>
<td>No linear change</td>
<td>Decreased, 2007-2011</td>
<td>No change</td>
</tr>
<tr>
<td>QN10: Percentage of students who were ever in a physical fight</td>
<td>1991 76.6 1993 74.6 1995 68.8 1997 66.3 1999 61.6</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN12: Percentage of students who were ever bullied on school property</td>
<td>1991 38.4 1993 35.3 1995 32.6 1997 30.2 1999 31.1</td>
<td>Decreased, 2013-2021</td>
<td>Not available $^3$</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

$^1$Based on t-test analysis, p < 0.05.

$^3$Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey

### Trend Analysis Report

**Male**

### Injury and Violence

| QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media) | Linear Change | Quadratic Change | Change from 2019-2021  
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<tbody>
<tr>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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</table>

| QN14: Percentage of students who ever seriously thought about killing themselves | Linear Change | Quadratic Change | Change from 2007-2021  
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<tbody>
<tr>
<td>Decreased, 2007-2021</td>
<td>Decreased, 2007-2013</td>
<td>No change, 2013-2021</td>
<td>No change</td>
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</tbody>
</table>

| QN15: Percentage of students who ever made a plan about how they would kill themselves | Linear Change | Quadratic Change | Change from 2007-2021  
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<tbody>
<tr>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
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</table>

| QN16: Percentage of students who ever tried to kill themselves | Linear Change | Quadratic Change | Change from 2007-2021  
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<tbody>
<tr>
<td>No linear change</td>
<td>Not available</td>
<td>Decreased</td>
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</table>

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey
Trend Analysis Report

### Male Tobacco Use

#### Health Risk Behavior and Percentages

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<td>27.3</td>
<td>27.2</td>
<td>23.5</td>
<td>16.4</td>
<td>10.7</td>
<td>9.1</td>
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<td>Decreased, 2007-2021</td>
<td>No change, 2007-2011</td>
<td>Decreased, 2011-2021</td>
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<td>7.3</td>
<td>7.8</td>
<td>6.0</td>
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<td>1.2</td>
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</tbody>
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*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.

Change from 2019-2021
# 2021 Youth Risk Behavior Survey Results

## Delaware Middle School Survey

### Trend Analysis Report

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<table>
<thead>
<tr>
<th>Male Tobacco Use</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021 ¹</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QN21:</strong> Percentage of students who ever used an electronic vapor product</td>
<td>18.2 15.4 12.4 6.6</td>
<td>Decreased, 2015-2021</td>
<td>Not available ²</td>
<td>Decreased</td>
</tr>
<tr>
<td><strong>QN22:</strong> Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)</td>
<td>9.0 5.5 4.9 2.6</td>
<td>Decreased, 2015-2021</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td><strong>QNFREVP:</strong> Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)</td>
<td>0.9 1.0 0.6 0.0</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
</tr>
</tbody>
</table>

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¹Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

²Based on t-test analysis, p < 0.05.

³Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey  
Trend Analysis Report

### Male Tobacco Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change&lt;sup&gt;*&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;*&lt;/sup&gt;</th>
<th>Change from 2019-2021&lt;sup&gt;†&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>QNDAYEV: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)</td>
<td>0.5 0.8 0.6 0.0 Not available</td>
<td>Not available&lt;sup&gt;†&lt;/sup&gt;</td>
<td>Not available</td>
</tr>
<tr>
<td>QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)</td>
<td>8.7 5.9 5.0 2.6 Decreased, 2015-2021</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)</td>
<td>1.6 1.1 0.4 Decreased, 2017-2021</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

<sup>†</sup>Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  
<sup>‡</sup>Based on t-test analysis, p < 0.05.  
<sup>§</sup>Not enough years of data to calculate.
### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey  
Trend Analysis Report

#### Male Tobacco Use

<table>
<thead>
<tr>
<th></th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
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<tr>
<td></td>
<td></td>
<td>0.6</td>
<td>0.3</td>
<td>0.0</td>
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<tr>
<td>QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td></td>
</tr>
<tr>
<td>QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)</td>
<td>5.9</td>
<td>6.3</td>
<td>6.0</td>
<td>4.7</td>
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</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
¶Not enough years of data to calculate.
## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Delaware Middle School Survey

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<tbody>
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<tr>
<td>QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)</td>
<td>6.1</td>
<td>5.1</td>
<td>2.9</td>
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<tr>
<td>QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)</td>
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<tr>
<td>QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)</td>
<td>0.7</td>
<td>0.8</td>
<td>1.0</td>
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<td>QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)</td>
<td>0.6</td>
<td>0.6</td>
<td>0.8</td>
<td>0.5</td>
<td>0.2</td>
<td>0.2</td>
<td>0.0</td>
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<td>Not available</td>
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</tr>
</tbody>
</table>

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

\*Based on t-test analysis, \(p < 0.05\).

\*Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results
Delaware Middle School Survey  
Trend Analysis Report

**Male**  
**Alcohol and Other Drug Use**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021†</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tr>
<tr>
<td>QN25: Percentage of students who ever drank alcohol (other than a few sips)</td>
<td>41.7</td>
<td>41.9</td>
<td>Decreased, 2007-2021</td>
</tr>
<tr>
<td></td>
<td>34.6</td>
<td>26.2</td>
<td>No quadratic change</td>
</tr>
<tr>
<td></td>
<td>21.3</td>
<td>20.3</td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td>17.5</td>
<td>13.7</td>
<td></td>
</tr>
<tr>
<td>QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)</td>
<td>16.1</td>
<td>18.4</td>
<td>Decreased, 2007-2021</td>
</tr>
<tr>
<td></td>
<td>14.0</td>
<td>11.3</td>
<td>No quadratic change</td>
</tr>
<tr>
<td></td>
<td>7.5</td>
<td>9.4</td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td>8.9</td>
<td>6.9</td>
<td></td>
</tr>
<tr>
<td>QN27: Percentage of students who ever used marijuana</td>
<td>15.1</td>
<td>17.5</td>
<td>Decreased, 2007-2021</td>
</tr>
<tr>
<td></td>
<td>16.0</td>
<td>13.0</td>
<td>Increased, 2007-2011</td>
</tr>
<tr>
<td></td>
<td>9.5</td>
<td>10.1</td>
<td>Decreased, 2011-2021</td>
</tr>
<tr>
<td></td>
<td>6.9</td>
<td>4.5</td>
<td>No change</td>
</tr>
<tr>
<td>QN28: Percentage of students who tried marijuana for the first time before age 11 years</td>
<td>3.8</td>
<td>4.4</td>
<td>Decreased, 2007-2017</td>
</tr>
<tr>
<td></td>
<td>3.6</td>
<td>3.2</td>
<td>Decreased, 2017-2021</td>
</tr>
<tr>
<td></td>
<td>1.3</td>
<td>2.0</td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td>2.3</td>
<td>0.7</td>
<td></td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
# 2021 Youth Risk Behavior Survey Results

## Delaware Middle School Survey
### Trend Analysis Report

<table>
<thead>
<tr>
<th>Male Alcohol and Other Drug Use</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^1)</th>
<th>Quadratic Change(^1)</th>
<th>Change from 2019-2021 (^1)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)</td>
<td>3.5 6.0 4.5</td>
<td>No linear change</td>
<td>Not available(^1)</td>
<td>No change</td>
</tr>
<tr>
<td>QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)</td>
<td>3.5 3.5 3.2 2.2 0.8 0.8 1.4 0.5</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)</td>
<td>2.7 1.9</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

\(^1\)Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, \(p < 0.05\).

\(^1\)Based on t-test analysis, \(p < 0.05\).

\(^1\)Not enough years of data to calculate.
### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

#### Male Sexual Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021†</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>QN32: Percentage of students who ever had sexual intercourse</td>
<td>Decreased, 2007-2021</td>
<td>No change, 2007-2011</td>
<td>No change</td>
</tr>
<tr>
<td>27.6</td>
<td>27.9</td>
<td>24.0</td>
<td>18.7</td>
</tr>
<tr>
<td>QN33: Percentage of students who had sexual intercourse for the first time before age 11 years</td>
<td>No change</td>
<td>No available</td>
<td>No available</td>
</tr>
<tr>
<td>8.3</td>
<td>9.0</td>
<td>8.3</td>
<td>5.8</td>
</tr>
<tr>
<td>QN34: Percentage of students who ever had sexual intercourse with three or more persons</td>
<td>No linear change</td>
<td>No available</td>
<td>No change</td>
</tr>
<tr>
<td>1.9</td>
<td>1.2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**Not available**
Based on t-test analysis, p < 0.05.

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

<table>
<thead>
<tr>
<th>QN36: Percentage of students who described themselves as slightly or very overweight</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021†</th>
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<tbody>
<tr>
<td>1991</td>
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<td>2021</td>
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</table>

<table>
<thead>
<tr>
<th>QN37: Percentage of students who were trying to lose weight</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021†</th>
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</thead>
<tbody>
<tr>
<td>1991</td>
<td>36.1</td>
<td>No linear change</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>33.9</td>
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<tr>
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<td>1999</td>
<td>36.3</td>
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<td>2003</td>
<td>37.7</td>
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<tr>
<td>2021</td>
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</table>

<table>
<thead>
<tr>
<th>QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021†</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>8.1</td>
<td>No linear change</td>
<td>No change, 2011-2017</td>
</tr>
<tr>
<td>1993</td>
<td>8.8</td>
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<tr>
<td>1995</td>
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<td>2003</td>
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<td>2019</td>
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<td>2021</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021†</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>55.1</td>
<td>Decreased, 2011-2021</td>
<td>No change, 2017-2021</td>
</tr>
<tr>
<td>1993</td>
<td>53.4</td>
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<tr>
<td>1995</td>
<td>56.2</td>
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<td>1997</td>
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<td>1999</td>
<td>49.3</td>
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<td>2001</td>
<td>44.6</td>
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<td>2021</td>
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</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.
### Male Physical Activity

#### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>QN39: 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)</td>
<td>56.7</td>
<td>55.1</td>
<td>55.0</td>
<td>57.5</td>
<td>58.9</td>
<td>47.8</td>
<td>54.0</td>
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<tr>
<td></td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>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)</td>
<td>13.5</td>
<td>10.1</td>
<td>11.5</td>
<td>9.7</td>
<td>10.0</td>
<td>12.9</td>
<td>13.1</td>
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<tr>
<td></td>
<td>No linear change</td>
<td>Decreased, 2009-2015</td>
<td>No change, 2015-2021</td>
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</tr>
<tr>
<td>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)</td>
<td>38.3</td>
<td>37.3</td>
<td>33.8</td>
<td>38.0</td>
<td>36.0</td>
<td>24.7</td>
<td>32.3</td>
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<tr>
<td></td>
<td>Decreased, 2009-2021</td>
<td>No quadratic change</td>
<td>No change</td>
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</tbody>
</table>

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## 2021 Youth Risk Behavior Survey Results

### Delaware Middle School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th>Male Physical Activity</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)</td>
<td>71.3 68.8 70.4 69.1 66.9 68.2 57.2 64.1</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)</td>
<td>36.1 29.1 35.1 29.0 21.7 26.0 14.1 22.4</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN42: 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)</td>
<td>66.0 66.3 67.7 67.1 67.0 62.7 53.6 54.7</td>
<td>Decreased, 2007-2021</td>
<td>No change, 2007-2015</td>
<td>Decreased, 2015-2021</td>
</tr>
<tr>
<td>QN43: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)</td>
<td>18.3 17.4 14.1</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

3Not enough years of data to calculate.
**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**

Delaware Middle School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th>Male</th>
<th>Other</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021 †</th>
</tr>
</thead>
</table>

QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)
- 1991: 59.4
- 1993: 58.0
- 1995: 57.2
- 1997: 51.2
- 1999: 50.6
- 2001: 44.8

- Decreased, 2011-2021
- No quadratic change
- No change

QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)
- 2007: 2.6
- 2009: 2.2
- 2011: 3.0

- No linear change
- Not available
- No change

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§Not enough years of data to calculate.
### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey**  
**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Male Site-Added</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN47: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)</td>
<td>72.1 67.5 75.0 76.6</td>
<td>Increased, 2015-2021</td>
<td>Not available‡</td>
<td>No change</td>
</tr>
<tr>
<td>QN48: Percentage of students who ever carried a weapon (such as a gun, knife, or club)</td>
<td>29.1 30.5</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN49: Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting such things as being told who they could or could not spend time with, being humiliated in front of others, or being threatened if they did not do what their date wanted, among students who dated or went out with someone during the 12 months before the survey)</td>
<td>10.5 9.7 13.1</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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## 2021 Youth Risk Behavior Survey Results

### Delaware Middle School Survey

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<tr>
<td><strong>QN50</strong>: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who dated or went out with someone during the 12 months before the survey)</td>
<td>4.2 4.2 0.6</td>
<td>Decreased, 2017-2021</td>
<td>Not available¹</td>
</tr>
<tr>
<td><strong>QN51</strong>: Percentage of students who felt sad or hopeless (almost every day for &gt;=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)</td>
<td>18.7 20.6</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td><strong>QN52</strong>: Percentage of students who have ever felt sad, empty, hopeless, or anxious</td>
<td>64.8 74.3</td>
<td>Increased, 2019-2021</td>
<td>Not available</td>
</tr>
<tr>
<td><strong>QN53</strong>: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)</td>
<td>31.8 32.7</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
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¹Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

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³Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

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<tr>
<td>QN54: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose, during the 12 months before the survey)</td>
<td>6.7 7.2 6.6</td>
<td>No linear change</td>
<td>Not available&lt;sup&gt;3&lt;/sup&gt;</td>
<td>No change</td>
</tr>
<tr>
<td>QN55: Percentage of students who usually got their own electronic vapor products by buying them in a store such as a convenience store, supermarket, discount store, gas station, or vape store (the 30 days before the survey)</td>
<td>0.7 0.1 0.3</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN56: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)</td>
<td>9.1 6.0 6.2 4.2 2.9</td>
<td>Decreased, 2013-2021</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
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*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.*  
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<tr>
<td>QN57: Percentage of students who currently used marijuana (during the 30 days before the survey)</td>
<td>8.5</td>
<td>6.7</td>
<td>4.2</td>
<td>4.9</td>
</tr>
<tr>
<td>QN58: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, during the 30 days before the survey)</td>
<td>1.8</td>
<td>2.9</td>
<td>2.4</td>
<td>No linear change</td>
</tr>
<tr>
<td>QN59: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription</td>
<td>0.7</td>
<td>1.6</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

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<tr>
<td></td>
<td></td>
<td>2019-2021</td>
<td></td>
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<tr>
<td>QN60: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)</td>
<td>23.4</td>
<td>23.2</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td>QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)</td>
<td>42.1</td>
<td>42.4</td>
<td>45.2</td>
<td>No linear change</td>
</tr>
<tr>
<td>QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)</td>
<td>42.5</td>
<td>48.9</td>
<td>53.1</td>
<td>53.6</td>
</tr>
</tbody>
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## 2021 Youth Risk Behavior Survey Results

### Delaware Middle School Survey

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</tr>
<tr>
<td>QN63: Percentage of students who did not drink caffeinated drinks (including coffee, tea, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>38.0 47.1 54.3 51.9 56.4 59.7</td>
</tr>
<tr>
<td>QN64: Percentage of students who did not drink sugar-sweetened beverages from a can, bottle, or glass (counting sports drinks (such as Gatorade or PowerAde), energy drinks (such as Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight and not counting soda or pop, one or more sugar-sweetened beverages the day before the survey)</td>
<td></td>
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<tr>
<td></td>
<td>44.0 43.2 38.5</td>
</tr>
<tr>
<td>QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)</td>
<td></td>
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<tr>
<td></td>
<td>83.3 84.8 85.8</td>
</tr>
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### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
Trend Analysis Report

#### Male Site-Added

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<th>Change from 2019-2021$^†$</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QN66:</strong> Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)</td>
<td>2.9</td>
<td>3.6</td>
<td>4.3</td>
</tr>
<tr>
<td><strong>QN67:</strong> Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)</td>
<td>56.5</td>
<td>53.4</td>
<td>46.5</td>
</tr>
<tr>
<td><strong>QN70:</strong> Percentage of students who ever been told by a doctor or a nurse that they have asthma</td>
<td>20.6</td>
<td>25.0</td>
<td>26.4</td>
</tr>
<tr>
<td><strong>QN71:</strong> Percentage of students who have been taught about AIDS or HIV infection in school</td>
<td>69.1</td>
<td>65.1</td>
<td>59.1</td>
</tr>
</tbody>
</table>

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$^††$Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey

Trend Analysis Report

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<td></td>
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<tr>
<td></td>
<td>Health Risk Behavior and Percentages</td>
</tr>
<tr>
<td>QN72: Percentage of students who are deaf or have serious difficulty hearing</td>
<td>2.2</td>
</tr>
<tr>
<td>QN73: Percentage of students who have serious difficulty seeing (even when wearing glasses)</td>
<td>5.2</td>
</tr>
<tr>
<td>QN74: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)</td>
<td>20.4</td>
</tr>
<tr>
<td>QN75: Percentage of students who have serious difficulty walking or climbing stairs</td>
<td>2.2</td>
</tr>
</tbody>
</table>

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‡Not enough years of data to calculate.
2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Female
Injury and Violence

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</thead>
<tbody>
<tr>
<td>QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)</td>
<td>34.9 36.1 34.0 35.1 31.7 36.7 38.5 35.7</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)</td>
<td>29.5 30.8 24.4 22.7 21.4 20.7 18.7 15.4</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN10: Percentage of students who were ever in a physical fight</td>
<td>53.0 48.7 45.0 43.6 39.5 33.9 36.7 31.0</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN12: Percentage of students who were ever bullied on school property</td>
<td>47.9 47.1 44.8 41.0 42.8</td>
<td>No linear change</td>
<td>Not available†</td>
</tr>
</tbody>
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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

### Female

#### Injury and Violence

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<tbody>
<tr>
<td>QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)</td>
<td>26.2 26.4 23.8 22.7 29.9</td>
<td>No linear change</td>
<td>Not available&lt;br/&gt; Increased</td>
</tr>
<tr>
<td>QN14: Percentage of students who ever seriously thought about killing themselves</td>
<td>25.6 26.5 28.2 15.7 24.1 23.8 25.2 27.3</td>
<td>No linear change</td>
<td>Decreased, 2007-2013&lt;br/&gt; Increased, 2013-2021</td>
</tr>
<tr>
<td>QN15: Percentage of students who ever made a plan about how they would kill themselves</td>
<td>15.2 13.4 14.3 24.8 16.0 13.7 14.3 19.4</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN16: Percentage of students who ever tried to kill themselves</td>
<td>10.3 8.9 9.0 11.0 8.1</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
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## 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
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### Female Tobacco Use

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<tbody>
<tr>
<td>QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)</td>
<td>29.6 24.4 21.7 18.9 12.4 9.5 6.3 4.4</td>
<td>Decreased, 2007-2021</td>
<td>Decreased, 2007-2013</td>
</tr>
<tr>
<td>QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)</td>
<td>9.3 8.3 5.5 4.5 2.3 1.2 1.2 0.2</td>
<td>Decreased, 2007-2021</td>
<td>Decreased, 2007-2013</td>
</tr>
<tr>
<td>QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)</td>
<td>2.0 1.7 1.1 0.7 0.2 0.0 0.0 0.0</td>
<td>Not available</td>
<td>Not available†</td>
</tr>
<tr>
<td>QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)</td>
<td>1.4 1.3 0.6 0.6 0.1 0.0 0.0 0.0</td>
<td>Not available</td>
<td>Not available</td>
</tr>
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## 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

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<tr>
<td>QN21: Percentage of students who ever used an electronic vapor product</td>
<td>15.6 14.7 11.1 10.9</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigs, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)</td>
<td>7.5 5.8 4.3 5.0</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)</td>
<td>0.3 0.5 0.2 0.7</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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### Female Tobacco Use

#### Health Risk Behavior and Percentages

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<tbody>
<tr>
<td>QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)</td>
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<tr>
<td>Linear Change</td>
<td>0.1</td>
<td>0.2</td>
<td>0.0</td>
<td>0.6</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
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<td>Quadratic Change</td>
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<tr>
<td>Change from 2019-2021 †</td>
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</table>

| QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | |
| Linear Change | 8.2 | 6.2 | 4.9 | 3.9 | Decreased, 2015-2021 | Not available | No change |
| Quadratic Change | | | | | | | | | | | | | | | | |
| Change from 2019-2021 † | | | | | | | | | | | | | | | | |

| QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | | | |
| Linear Change | 1.0 | 0.6 | 0.2 | | No linear change | Not available | No change |
| Quadratic Change | | | | | | | | | | | | | | | | |
| Change from 2019-2021 † | | | | | | | | | | | | | | | | |

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### Female Tobacco Use

#### Health Risk Behavior and Percentages

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</thead>
<tbody>
<tr>
<td><strong>QNFRSKL</strong>: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)</td>
<td>0.0</td>
<td>0.2</td>
<td>0.0</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
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<tr>
<td><strong>QNDAYSKL</strong>: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)</td>
<td>0.0</td>
<td>0.2</td>
<td>0.0</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
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</tr>
<tr>
<td><strong>QN24</strong>: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)</td>
<td>3.7</td>
<td>5.9</td>
<td>2.8</td>
<td>3.4</td>
<td>2.1</td>
<td>1.6</td>
<td>0.5</td>
<td>0.0</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
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</tr>
</tbody>
</table>

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

**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**

Delaware Middle School Survey

Trend Analysis Report
## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey  
Trend Analysis Report

### Female Tobacco Use

<table>
<thead>
<tr>
<th>Year</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change (^a)</th>
<th>Quadratic Change (^b)</th>
<th>Change from 2019-2021 (^c)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)</td>
<td>6.8</td>
<td>5.1</td>
<td>4.0</td>
</tr>
<tr>
<td>1993</td>
<td></td>
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<tr>
<td>1995</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>1997</td>
<td>QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)</td>
<td>2.3</td>
<td>1.9</td>
<td>0.2</td>
</tr>
<tr>
<td>1999</td>
<td></td>
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</tr>
<tr>
<td>2001</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>2003</td>
<td>QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)</td>
<td>0.3</td>
<td>0.7</td>
<td>0.2</td>
</tr>
<tr>
<td>2005</td>
<td></td>
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<tr>
<td>2007</td>
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<tr>
<td>2009</td>
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<td>2011</td>
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<td>2013</td>
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<tr>
<td>2015</td>
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<tr>
<td>2017</td>
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</tr>
<tr>
<td>2019</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>2021</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2021</td>
<td>QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)</td>
<td>0.3</td>
<td>0.7</td>
<td>0.1</td>
</tr>
</tbody>
</table>

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

\(^b\) Based on t-test analysis, \(p < 0.05\).

\(^c\) Not enough years of data to calculate.
### Female

#### Alcohol and Other Drug Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN25: Percentage of students who ever drank alcohol (other than a few sips)</td>
<td></td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>42.5</td>
<td>37.4</td>
<td>34.6</td>
<td>27.4</td>
</tr>
<tr>
<td>QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)</td>
<td></td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>13.7</td>
<td>12.2</td>
<td>11.3</td>
<td>7.9</td>
</tr>
<tr>
<td>QN27: Percentage of students who ever used marijuana</td>
<td></td>
<td>Decreased, 2007-2021</td>
<td>No change, 2007-2017</td>
</tr>
<tr>
<td>12.0</td>
<td>12.6</td>
<td>10.0</td>
<td>10.4</td>
</tr>
<tr>
<td>QN28: Percentage of students who tried marijuana for the first time before age 11 years</td>
<td></td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>1.5</td>
<td>1.4</td>
<td>1.0</td>
<td>1.5</td>
</tr>
</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.
2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th>Female</th>
<th>Alcohol and Other Drug Use</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)</td>
<td>5.6 7.4 5.7</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td>QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)</td>
<td>2.1 4.4 1.6 1.2 0.8 1.2 1.3 0.3</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td>QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)</td>
<td>6.0 2.3</td>
<td>No linear change</td>
<td>Not available</td>
<td>Decreased</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021†</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN32: Percentage of students who ever had sexual intercourse</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN33: Percentage of students who had sexual intercourse for the first time before age 11 years</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN34: Percentage of students who ever had sexual intercourse with three or more persons</td>
<td>No linear change</td>
<td>Not available†</td>
<td>No change</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
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§Not enough years of data to calculate.
## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey  
Trend Analysis Report

### Female  
Weight Management and Dietary Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN36: Percentage of students who described themselves as slightly or very overweight</td>
<td>29.5 29.4 31.9 30.5 31.0 28.1 35.8</td>
<td>No linear change No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN37: Percentage of students who were trying to lose weight</td>
<td>54.0 53.4 56.4 55.8 51.3 56.2 46.9 54.8</td>
<td>No linear change No quadratic change</td>
<td>Increased</td>
</tr>
<tr>
<td>QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)</td>
<td>14.1 13.0 12.0 12.5 14.2 18.6</td>
<td>Increased, 2011-2021 No change, 2011-2017 Increased, 2017-2021</td>
<td>No change</td>
</tr>
<tr>
<td>QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)</td>
<td>40.5 39.0 40.7 39.3 33.0 27.1</td>
<td>Decreased, 2011-2021 No change, 2011-2017 Decreased, 2017-2021</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.
## 2021 Youth Risk Behavior Survey Results

### Delaware Middle School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th>Female Physical Activity</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN39: 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)</td>
<td>43.8 40.4 40.6 39.7 40.6 33.8 37.8</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
</tbody>
</table>

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)  

| 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) |
|--------------------------|--------------------------------------|---------------|------------------|----------------------|
| QNPA0DAY: 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) | 23.9 24.2 19.7 20.1 18.6 17.1 15.8 | Decreased, 2009-2021 | 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.
### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey**

**Trend Analysis Report**

#### Female Physical Activity

<table>
<thead>
<tr>
<th>QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>65.0</td>
<td>64.0</td>
<td>65.6</td>
<td>63.8</td>
<td>61.0</td>
</tr>
</tbody>
</table>

| QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school) | | |
|---|---|---|---|---|
| 30.2 | 31.2 | 35.9 | 28.1 | 19.3 | 19.5 | 15.1 | 23.0 | Decreased, 2007-2021 | No quadratic change | No change |

| QN42: 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) | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 55.1 | 53.8 | 56.5 | 57.3 | 56.7 | 53.3 | 51.3 | 43.0 | Decreased, 2007-2021 | No change, 2007-2015 | Decreased, 2015-2021 | No change |

| QN43: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey) | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 14.1 | 14.4 | 10.3 | No linear change | Not available | No change |

---

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2Based on t-test analysis, p < 0.05.
3Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th>Female</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)</td>
<td>54.7</td>
<td>52.4</td>
<td>52.2</td>
<td>46.7</td>
<td>46.7</td>
<td>46.1</td>
<td>Decreased, 2011-2021</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
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</tr>
<tr>
<td>QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)</td>
<td>1.9</td>
<td>1.5</td>
<td>1.7</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
<td></td>
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</tr>
</tbody>
</table>

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§Not enough years of data to calculate.

Change from 2019-2021
## 2021 Youth Risk Behavior Survey Results

### Delaware Middle School Survey
**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Female Site-Added</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>2021</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| QN47: 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 | 82.1 | 77.7 | No linear change | Not available | No change |
| QN48: Percentage of students who ever carried a weapon (such as a gun, knife, or club) | 17.0 | 11.5 | No linear change | Not available | No change |
| QN49: Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting such things as being told who they could or could not spend time with, being humiliated in front of others, or being threatened if they did not do what their date wanted, among students who dated or went out with someone during the 12 months before the survey) | 16.9 | 16.7 | 13.4 | No linear change | Not available | No change |

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# 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey
Trend Analysis Report

## Female Site-Added Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QN50: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who dated or went out with someone during the 12 months before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td>No linear change</td>
</tr>
<tr>
<td>1993</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td>Not available†</td>
</tr>
<tr>
<td>1995</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td>No change</td>
</tr>
<tr>
<td>1997</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>1999</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
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</tr>
<tr>
<td>2001</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>2003</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>2005</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>2007</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
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</tr>
<tr>
<td>2011</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>2019</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td></td>
</tr>
<tr>
<td>2021</td>
<td>3.9</td>
<td>3.2</td>
<td>2.4</td>
<td></td>
</tr>
</tbody>
</table>

## Notes

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- ‡Based on t-test analysis, p < 0.05.
- §Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Female</th>
<th>Site-Added</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Risk Behavior and Percentages</td>
<td>Linear Change(^*)</td>
</tr>
<tr>
<td>QN54: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose, during the 12 months before the survey)</td>
<td>15.6</td>
</tr>
<tr>
<td>QN55: Percentage of students who usually got their own electronic vapor products by buying them in a store such as a convenience store, supermarket, discount store, gas station, or vape store (the 30 days before the survey)</td>
<td>0.3</td>
</tr>
<tr>
<td>QN56: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)</td>
<td>9.9</td>
</tr>
</tbody>
</table>

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\(^†\)Based on t-test analysis, \(p < 0.05\).

\(^§\)Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>Year</th>
<th>Female Site-Added</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td></td>
<td>QN57: Percentage of students who currently used marijuana (during the 30 days before the survey)</td>
<td>4.7</td>
<td>2.3</td>
<td>Decreased, 2011-2021</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1.4</td>
<td>No change, 2011-2017</td>
</tr>
<tr>
<td></td>
<td></td>
<td>QN58: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, during the 30 days before the survey)</td>
<td>3.2</td>
<td>1.9</td>
<td>No linear change</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Not available</td>
</tr>
<tr>
<td></td>
<td></td>
<td>QN59: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription</td>
<td>1.3</td>
<td>0.2</td>
<td>No linear change</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
<td>Not available</td>
</tr>
</tbody>
</table>

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS
Delaware Middle School Survey
Trend Analysis Report
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
**Trend Analysis Report**

#### Female Site-Added

**Health Risk Behavior and Percentages**

<table>
<thead>
<tr>
<th>Year</th>
<th>QN60: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>23.1</td>
<td>27.2</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>27.2</td>
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<td>2021</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
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<td>38.9</td>
<td>No linear change</td>
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<td>1993</td>
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<td>2021</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year</th>
<th>QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>49.1</td>
<td>54.0</td>
<td>52.8</td>
<td>Increased, 2013-2021</td>
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<tr>
<td>1993</td>
<td>54.0</td>
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<tr>
<td>1995</td>
<td>52.8</td>
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<td>1997</td>
<td>58.6</td>
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<tr>
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<tr>
<td>2021</td>
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</tr>
</tbody>
</table>

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1. Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
2. Based on t-test analysis, p < 0.05.
3. Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>Question</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN63</td>
<td>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)</td>
<td>39.6 45.8 56.0 45.2 55.1 54.9</td>
<td>Increased, 2011-2021</td>
<td>Increased, 2011-2015</td>
</tr>
<tr>
<td>QN64</td>
<td>Percentage of students who did not drink sugar-sweetened beverages from a can, bottle, or glass (counting sports drinks (such as Gatorade or PowerAde), energy drinks (such as Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight and not counting soda or pop, one or more sugar-sweetened beverages the day before the survey)</td>
<td>37.9 37.3 42.6</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td>QN65</td>
<td>Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)</td>
<td>78.3 72.8 69.9</td>
<td>Decreased, 2017-2021</td>
<td>Not available</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Female Site-Added</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)</td>
<td>3.0</td>
<td>3.0</td>
<td>4.1</td>
<td></td>
</tr>
<tr>
<td>QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)</td>
<td>11.5</td>
<td>9.3</td>
<td>12.9</td>
<td>12.5</td>
</tr>
<tr>
<td>QN70: Percentage of students who ever been told by a doctor or a nurse that they have asthma</td>
<td>20.9</td>
<td>22.2</td>
<td>25.2</td>
<td>25.2</td>
</tr>
<tr>
<td>QN71: Percentage of students who have been taught about AIDS or HIV infection in school</td>
<td>67.8</td>
<td>55.8</td>
<td>52.0</td>
<td>50.8</td>
</tr>
</tbody>
</table>

1. Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  
2. Based on t-test analysis, p < 0.05.  
3. Not enough years of data to calculate.
## Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>QN72: Percentage of students who are deaf or have serious difficulty hearing</th>
<th>Linear Change(^*)</th>
<th>Quadratic Change(^*)</th>
<th>Change from 2019-2021 (^†)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.7</td>
<td>2.5</td>
<td>3.1</td>
<td>4.7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>QN73: Percentage of students who have serious difficulty seeing (even when wearing glasses)</th>
<th>Linear Change(^*)</th>
<th>Quadratic Change(^*)</th>
<th>Change from 2019-2021 (^†)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.7</td>
<td>12.3</td>
<td>10.8</td>
<td>11.7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>QN74: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)</th>
<th>Linear Change(^*)</th>
<th>Quadratic Change(^*)</th>
<th>Change from 2019-2021 (^†)</th>
</tr>
</thead>
<tbody>
<tr>
<td>26.5</td>
<td>37.9</td>
<td>Increased, 2019-2021</td>
<td>Not available</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>QN75: Percentage of students who have serious difficulty walking or climbing stairs</th>
<th>Linear Change(^*)</th>
<th>Quadratic Change(^*)</th>
<th>Change from 2019-2021 (^†)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.4</td>
<td>3.7</td>
<td>2.6</td>
<td>No linear change</td>
</tr>
</tbody>
</table>

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

\(^†\)Based on t-test analysis, \(p < 0.05\).

\(^§\)Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

### Delaware Middle School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th>White* Injury and Violence</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2019-2021 §</th>
</tr>
</thead>
</table>

QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)

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</thead>
<tbody>
<tr>
<td></td>
<td>29.4</td>
<td>28.6</td>
<td>25.4</td>
<td>25.8</td>
<td>21.2</td>
<td>27.1</td>
<td>27.7</td>
<td>24.2</td>
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<tr>
<td>Linear Change</td>
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<td>No quadratic change</td>
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<tr>
<td>Linear Change</td>
<td>Decreased, 2007-2021</td>
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</table>

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

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</thead>
<tbody>
<tr>
<td></td>
<td>30.5</td>
<td>29.1</td>
<td>21.6</td>
<td>22.4</td>
<td>18.0</td>
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<tr>
<td>Linear Change</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
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QN10: Percentage of students who were ever in a physical fight

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</thead>
<tbody>
<tr>
<td></td>
<td>56.2</td>
<td>54.2</td>
<td>46.0</td>
<td>44.2</td>
<td>37.2</td>
<td>33.0</td>
<td>36.9</td>
<td>31.6</td>
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<tr>
<td>Linear Change</td>
<td>Decreased, 2007-2021</td>
<td>Decreased, 2013-2021</td>
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QN12: Percentage of students who were ever bullied on school property

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</thead>
<tbody>
<tr>
<td></td>
<td>48.6</td>
<td>46.3</td>
<td>44.2</td>
<td>42.0</td>
<td>40.7</td>
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<tr>
<td>Linear Change</td>
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</tbody>
</table>

*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.
### 2021 Youth Risk Behavior Survey Results
Delaware Middle School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th>White* Injury and Violence</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2019-2021 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)</td>
<td>23.7 21.3 20.8 21.1 24.7</td>
<td>No linear change</td>
<td>Not available§</td>
<td>No change</td>
</tr>
<tr>
<td>QN14: Percentage of students who ever seriously thought about killing themselves</td>
<td>21.0 18.8 19.7 10.5 16.2 17.0 16.7 18.0</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN15: Percentage of students who ever made a plan about how they would kill themselves</td>
<td>12.2 10.0 9.8 16.2 9.4 10.0 10.6 13.8</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN16: Percentage of students who ever tried to kill themselves</td>
<td>4.8 4.4 5.2 6.3 4.7</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

*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.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

**White**

<table>
<thead>
<tr>
<th>Tobacco Use</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>QN17:</td>
<td>Percentage of students who ever tried cigarette smoking (even one or two puffs)</td>
<td>25.7 23.5 20.5 16.0 10.0 10.4 4.8 3.0</td>
<td>Decreased, 2007-2021</td>
<td>No change, 2007-2021</td>
</tr>
<tr>
<td>QN19:</td>
<td>Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)</td>
<td>9.5 8.2 6.0 3.3 2.4 1.7 1.0 0.0</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>QNFRCIG:</td>
<td>Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)</td>
<td>2.0 2.5 1.8 0.5 0.4 0.1 0.2 0.0</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>QNDAYCIG:</td>
<td>Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)</td>
<td>1.4 1.9 1.1 0.5 0.3 0.1 0.2 0.0</td>
<td>Not available</td>
<td>Not available</td>
</tr>
</tbody>
</table>

*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.
### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey  
Trend Analysis Report

#### White*

**Tobacco Use**

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</thead>
<tbody>
<tr>
<td><strong>QN21:</strong> Percentage of students who ever used an electronic vapor product</td>
<td>14.2</td>
<td>13.7</td>
<td>11.8</td>
<td>7.9</td>
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<tr>
<td><strong>QN22:</strong> Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)</td>
<td>6.6</td>
<td>5.1</td>
<td>4.3</td>
<td>2.7</td>
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<tr>
<td><strong>QNFRVVP:</strong> Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)</td>
<td>0.3</td>
<td>0.9</td>
<td>0.2</td>
<td>0.0</td>
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</table>

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2Based on t-test analysis, p < 0.05.

3Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>White* Tobacco Use</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change‡</th>
<th>Quadratic Change‡</th>
<th>Change from 2019-2021 §</th>
</tr>
</thead>
</table>

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

| 0.3 | 0.4 | 0.2 | 0.0 | Not available | Not available | Not available |

**QNTB5**: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)

| 6.6 | 5.8 | 4.5 | 2.7 | Decreased, 2015-2021 | Not available | No change |

**QN23**: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)

| 1.6 | 1.0 | 0.3 | No linear change | Not available | No change |

*Non-Hispanic.

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

‡Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th></th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^\d)</th>
<th>Quadratic Change(^\d)</th>
<th>Change from 2019-2021(^\d)</th>
</tr>
</thead>
<tbody>
<tr>
<td>QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)</td>
<td>0.4 0.0 0.0 Not available Not available(^\d) Not available(^\d)</td>
<td></td>
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<tr>
<td>QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)</td>
<td>0.2 0.0 0.0 Not available Not available Not available</td>
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</tr>
<tr>
<td>QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)</td>
<td>3.6 4.7 3.6 2.0 1.3 1.7 0.6 0.0 Not available Not available Not available</td>
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</tr>
</tbody>
</table>

\(^\d\)Non-Hispanic.

\(^\d\)Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, \(p < 0.05\).

\(^\d\)Based on t-test analysis, \(p < 0.05\).

\(^\d\)Not enough years of data to calculate.
### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>White* Tobacco Use</th>
<th>QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)</th>
<th>1991</th>
<th>1993</th>
<th>1995</th>
<th>1997</th>
<th>1999</th>
<th>2001</th>
<th>2003</th>
<th>2005</th>
<th>2007</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
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<td></td>
<td></td>
<td>6.1</td>
<td>4.6</td>
<td>3.1</td>
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<td>Decreased, 2017-2021</td>
<td>Not available</td>
<td>No change</td>
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<tr>
<td>QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)</td>
<td></td>
<td>2.7</td>
<td>2.0</td>
<td>0.3</td>
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<td></td>
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<td>Decreased, 2017-2021</td>
<td>Not available</td>
<td>Decreased</td>
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<tr>
<td>QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)</td>
<td></td>
<td>0.4</td>
<td>0.7</td>
<td>0.6</td>
<td>0.4</td>
<td>0.1</td>
<td>0.1</td>
<td>0.0</td>
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<tr>
<td>QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)</td>
<td></td>
<td>0.4</td>
<td>0.7</td>
<td>0.3</td>
<td>0.3</td>
<td>0.1</td>
<td>0.1</td>
<td>0.0</td>
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</tbody>
</table>

*Non-Hispanic.

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3Based on analysis using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

4Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

### White* Alcohol and Other Drug Use

**Health Risk Behavior and Percentages**

<table>
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</thead>
<tbody>
<tr>
<td>QN25: Percentage of students who ever drank alcohol (other than a few sips)</td>
<td>40.0</td>
<td>36.3</td>
<td>30.5</td>
<td>25.0</td>
<td>18.1</td>
<td>22.7</td>
<td>14.0</td>
<td>11.9</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)</td>
<td>14.4</td>
<td>13.4</td>
<td>10.7</td>
<td>8.3</td>
<td>5.1</td>
<td>7.7</td>
<td>5.8</td>
<td>4.1</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
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</tr>
<tr>
<td>QN27: Percentage of students who ever used marijuana</td>
<td>11.0</td>
<td>13.7</td>
<td>11.0</td>
<td>8.5</td>
<td>6.7</td>
<td>8.5</td>
<td>4.0</td>
<td>3.0</td>
<td>Decreased, 2007-2021</td>
<td>No change, 2007-2011</td>
<td>Decreased, 2011-2021</td>
<td>No change</td>
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<tr>
<td>QN28: Percentage of students who tried marijuana for the first time before age 11 years</td>
<td>1.9</td>
<td>1.6</td>
<td>1.5</td>
<td>1.4</td>
<td>0.8</td>
<td>1.8</td>
<td>1.1</td>
<td>0.0</td>
<td>Not available</td>
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</table>

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3Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

### White*

**Alcohol and Other Drug Use**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change⁠</th>
<th>Quadratic Change⁠</th>
<th>Change from 2019-2021 §</th>
</tr>
</thead>
</table>

**QN29:** Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)

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<tbody>
<tr>
<td>5.1</td>
<td>3.8</td>
<td>3.7</td>
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</table>

No linear change

Not available

No change

**QN30:** Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)

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<tbody>
<tr>
<td>2.6</td>
<td>3.7</td>
<td>2.0</td>
<td>1.0</td>
<td>0.7</td>
<td>0.6</td>
<td>0.3</td>
<td>1.0</td>
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</table>

Decreased, 2007-2021

No quadratic change

No change

**QN31:** Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)

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<tr>
<td>3.4</td>
<td>1.4</td>
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</tbody>
</table>

No linear change

Not available

No change

---

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3Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

**White**

<table>
<thead>
<tr>
<th>Sexual Behaviors</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN32: Percentage of students who ever had sexual intercourse</td>
<td>14.7 15.7 11.9 8.6 6.2 6.7 4.4 1.9</td>
<td>Decreased, 2007-2021</td>
<td>No change, 2007-2011</td>
<td>Decreased, 2011-2021</td>
</tr>
<tr>
<td>QN33: Percentage of students who had sexual intercourse for the first time before age 11 years</td>
<td>2.5 3.3 2.6 1.7 1.4 1.8 0.5</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN34: Percentage of students who ever had sexual intercourse with three or more persons</td>
<td>0.4 0.3</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

**White* Weight Management and Dietary Behaviors**

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</thead>
<tbody>
<tr>
<td>QN36: Percentage of students who described themselves as slightly or very overweight</td>
<td>28.9</td>
<td>27.0</td>
<td>27.6</td>
<td>30.1</td>
<td>26.5</td>
<td>26.5</td>
<td>27.2</td>
<td>30.5</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>QN37: Percentage of students who were trying to lose weight</td>
<td>48.4</td>
<td>44.0</td>
<td>45.8</td>
<td>48.6</td>
<td>43.1</td>
<td>42.9</td>
<td>39.6</td>
<td>45.0</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)</td>
<td>9.3</td>
<td>9.4</td>
<td>7.9</td>
<td>9.3</td>
<td>9.8</td>
<td>12.5</td>
<td>Increased, 2011-2021</td>
<td>No change, 2011-2015</td>
<td>Increased, 2015-2021</td>
<td>No change</td>
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<tr>
<td>QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)</td>
<td>52.2</td>
<td>49.4</td>
<td>50.0</td>
<td>49.9</td>
<td>42.1</td>
<td>36.0</td>
<td>Decreased, 2011-2021</td>
<td>No change, 2011-2017</td>
<td>Decreased, 2017-2021</td>
<td>No change</td>
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### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
**Trend Analysis Report**

#### White* Physical Activity

**Health Risk Behavior and Percentages**

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</thead>
<tbody>
<tr>
<td>QN39: 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)</td>
<td>57.9</td>
<td>51.4</td>
<td>54.8</td>
<td>54.5</td>
<td>55.3</td>
<td>48.9</td>
<td>50.2</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
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<td>QNPADAY: 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)</td>
<td>9.2</td>
<td>8.0</td>
<td>8.8</td>
<td>8.6</td>
<td>7.3</td>
<td>10.2</td>
<td>13.6</td>
<td>No linear change</td>
<td>No change, 2009-2017 Increased, 2017-2021</td>
<td>No change</td>
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<tr>
<td>QNPADAY: 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)</td>
<td>35.3</td>
<td>33.3</td>
<td>29.3</td>
<td>31.2</td>
<td>28.6</td>
<td>24.1</td>
<td>27.7</td>
<td>Decreased, 2009-2021</td>
<td>No quadratic change</td>
<td>No change</td>
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</table>

*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.
### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey**

**Trend Analysis Report**

#### Physical Activity

<table>
<thead>
<tr>
<th>Question</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change$^1$</th>
<th>Quadratic Change$^1$</th>
<th>Change from 2019-2021 $^1$</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)</td>
<td>67.4 67.8 67.7 65.5 63.0 62.2 56.1 66.9</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)</td>
<td>33.4 31.6 38.9 32.0 20.0 21.3 14.9 20.0</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN42: 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)</td>
<td>64.0 64.0 65.7 65.1 66.2 63.6 57.6 59.3</td>
<td>Decreased, 2007-2021</td>
<td>No change, 2007-2015</td>
<td>No change</td>
</tr>
<tr>
<td>QN43: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)</td>
<td>14.5 13.3 9.6</td>
<td>No linear change</td>
<td>Not available$^3$</td>
<td>No change</td>
</tr>
</tbody>
</table>

$^1$Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, \( p < 0.05 \).

$^2$Non-Hispanic.

$^3$Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey  
Trend Analysis Report

<table>
<thead>
<tr>
<th></th>
<th>White*</th>
<th>Other</th>
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<tbody>
<tr>
<td>Health Risk Behavior and Percentages</td>
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<tr>
<td>Linear Change†</td>
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<td>Quadratic Change†‡</td>
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<tr>
<td>Change from 2019-2021</td>
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</table>

QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)

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<td></td>
<td>58.6</td>
<td>56.9</td>
<td>57.1</td>
<td>50.9</td>
<td>47.9</td>
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Decreased, 2011-2021

No quadratic change

No change

QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)

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</thead>
<tbody>
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<td>1.4</td>
<td>1.2</td>
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</tbody>
</table>

No linear change

Not available§

No change

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*Non-Hispanic.
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‡Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>White* Site-Added</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2019-2021 ¶</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN47: Percentage of students who described their grades in school as mostly A’s or B’s (during the 12 months before the survey)</td>
<td>80.5  79.9  86.4  86.8</td>
<td>Increased, 2015-2021</td>
<td>Not available§</td>
<td>No change</td>
</tr>
<tr>
<td>QN48: Percentage of students who ever carried a weapon (such as a gun, knife, or club)</td>
<td>26.8  22.5</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN49: Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting such things as being told who they could or could not spend time with, being humiliated in front of others, or being threatened if they did not do what their date wanted, among students who dated or went out with someone during the 12 months before the survey)</td>
<td>14.2  17.9  11.0</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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¶Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey

Trend Analysis Report

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<tr>
<th>White* Site-Added</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2019-2021 §</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QN50:</strong> Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who dated or went out with someone during the 12 months before the survey)</td>
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<tr>
<td></td>
<td>3.6 3.5 0.0 Not available Not available§ Not available §</td>
<td></td>
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<tr>
<td><strong>QN51:</strong> Percentage of students who felt sad or hopeless (almost every day for &gt;=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)</td>
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<tr>
<td></td>
<td>30.3 31.5 No linear change Not available No change</td>
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<tr>
<td><strong>QN52:</strong> Percentage of students who have ever felt sad, empty, hopeless, or anxious</td>
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<tr>
<td></td>
<td>74.2 83.0 Increased, 2019-2021 Not available Increased</td>
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<tr>
<td><strong>QN53:</strong> Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)</td>
<td></td>
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<td></td>
<td>33.5 37.2 No linear change Not available No change</td>
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</tbody>
</table>

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## 2021 Youth Risk Behavior Survey Results

*Delaware Middle School Survey*

### Trend Analysis Report

#### White*

<table>
<thead>
<tr>
<th>Site-Added</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^{†})</th>
<th>Quadratic Change(^{†})</th>
<th>Change from 2019-2021 $^$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN54: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose, during the 12 months before the survey)</td>
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<td>12.3</td>
<td>11.2</td>
<td>14.6</td>
<td>No linear change</td>
</tr>
<tr>
<td>QN55: Percentage of students who usually got their own electronic vapor products by buying them in a store such as a convenience store, supermarket, discount store, gas station, or vape store (the 30 days before the survey)</td>
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<td></td>
<td>0.4</td>
<td>0.0</td>
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<td>Not available</td>
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<tr>
<td>QN56: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)</td>
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<td></td>
<td>8.4</td>
<td>6.3</td>
<td>6.7</td>
<td>3.7</td>
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$^\$Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QN57: Percentage of students who currently used marijuana (during the 30 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
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<td>5.7</td>
<td>3.5</td>
<td>3.5</td>
<td>Decreased, 2011-2021</td>
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<tr>
<td>1993</td>
<td>3.5</td>
<td>4.4</td>
<td>0.6</td>
<td>No quadratic change</td>
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<tr>
<td>1995</td>
<td>4.4</td>
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<td>2001</td>
<td>Decreased, 2011-2021</td>
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<td>No quadratic change</td>
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<table>
<thead>
<tr>
<th>Year</th>
<th>QN58: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, during the 30 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2021</th>
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<tr>
<td>1991</td>
<td>1.9</td>
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<td>0.8</td>
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<tr>
<td>1993</td>
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<td>1995</td>
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<table>
<thead>
<tr>
<th>Year</th>
<th>QN59: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2021</th>
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1§Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
**Trend Analysis Report**

#### White*

<table>
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<tr>
<th>Site-Added</th>
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<th>Quadratic Change†</th>
<th>Change from 2019-2021 §</th>
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<td>2021 YOuth Risk Behavior Survey</td>
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<tr>
<td>QN60: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)</td>
<td>21.8</td>
<td>20.5</td>
<td>No linear change</td>
<td>Not available §</td>
</tr>
<tr>
<td>QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)</td>
<td>34.2</td>
<td>38.7</td>
<td>35.9</td>
<td>No linear change</td>
</tr>
<tr>
<td>QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)</td>
<td>49.8</td>
<td>55.9</td>
<td>57.1</td>
<td>60.4</td>
</tr>
</tbody>
</table>

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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

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<th>Quadratic Change‡</th>
<th>Change from 2019-2021 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)</td>
<td>36.5 41.0 51.2 42.3 54.3 52.5</td>
<td>Increased, 2011-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN64: Percentage of students who did not drink sugar-sweetened beverages from a can, bottle, or glass (counting sports drinks (such as Gatorade or PowerAde), energy drinks (such as Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight and not counting soda or pop, one or more sugar-sweetened beverages the day before the survey)</td>
<td>43.4 43.9 39.0</td>
<td>No linear change</td>
<td>Not available*</td>
</tr>
<tr>
<td>QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)</td>
<td>84.3 80.6 89.7</td>
<td>Increased, 2017-2021</td>
<td>Not available</td>
</tr>
</tbody>
</table>

*Non-Hispanic.
†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
‡Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
§Based on t-test analysis, p < 0.05.
¶Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
**Trend Analysis Report**

| QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey) |
|---|---|---|---|---|---|
| 2.1 | 1.9 | 2.4 | No linear change | Not available | No change |

| QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M) |
|---|---|---|---|---|---|
| 33.8 | 32.5 | 27.8 | 25.6 | No linear change | Not available | No change |

| QN70: Percentage of students who ever been told by a doctor or a nurse that they have asthma |
|---|---|---|---|---|---|---|---|---|---|
| 18.1 | 20.7 | 22.9 | 23.1 | 18.7 | 18.7 | 14.1 | 11.4 | Decreased, 2007-2021 | Increased, 2007-2011 | Decreased, 2011-2021 | No change |

| QN71: Percentage of students who have been taught about AIDS or HIV infection in school |
|---|---|---|---|---|---|---|---|---|---|
| 65.7 | 56.1 | 52.2 | 50.3 | 48.3 | 44.6 | 34.3 | 14.0 | Decreased, 2007-2021 | Decreased, 2007-2017 | Decreased, 2017-2021 | Decreased |

---

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2^Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  
3^Based on t-test analysis, p < 0.05.  
4^Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

#### Delaware Middle School Survey

Trend Analysis Report

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change$^1$</th>
<th>Quadratic Change$^2$</th>
<th>Change from 2019-2021$^3$</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN72: Percentage of students who are deaf or have serious difficulty hearing</td>
<td>1.5  2.1  1.2  1.7</td>
<td>No linear change</td>
<td>Not available$^3$</td>
</tr>
<tr>
<td>QN73: Percentage of students who have serious difficulty seeing (even when wearing glasses)</td>
<td>5.5  6.6  4.2  3.0</td>
<td>Decreased, 2015-2021</td>
<td>Not available</td>
</tr>
<tr>
<td>QN74: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)</td>
<td>26.0  28.4</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td>QN75: Percentage of students who have serious difficulty walking or climbing stairs</td>
<td>2.8  1.9  2.8</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

$^1$Non-Hispanic.

$^2$Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

$^3$Based on t-test analysis, p < 0.05.

$^4$Not enough years of data to calculate.
### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

#### Delaware Middle School Survey

#### Trend Analysis Report

**Black* Injuries and Violence**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change¹</th>
<th>Quadratic Change¹</th>
<th>Change from 2019-2021 ²</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)</td>
<td>48.4 46.3 40.9 43.8 44.7 50.0 52.1 54.9</td>
<td>Increased, 2007-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)</td>
<td>27.9 29.0 18.2 19.4 19.8 12.7 16.7 9.6</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN10: Percentage of students who were ever in a physical fight</td>
<td>80.9 77.6 71.9 71.5 71.8 60.9 67.6 57.0</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN12: Percentage of students who were ever bullied on school property</td>
<td>38.2 37.4 31.6 30.9 34.5</td>
<td>No linear change</td>
<td>Not available³</td>
</tr>
</tbody>
</table>

¹Non-Hispanic.

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³Based on t-test analysis, p < 0.05.

⁴Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey  
Trend Analysis Report

<table>
<thead>
<tr>
<th>Black*</th>
<th>Injury and Violence</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Health Risk Behavior and Percentages</td>
</tr>
<tr>
<td>QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)</td>
<td>13.5 14.8 11.7 15.4 22.7</td>
</tr>
<tr>
<td>QN14: Percentage of students who ever seriously thought about killing themselves</td>
<td>21.9 21.3 22.3 10.7 19.4 17.9 22.8 20.0</td>
</tr>
<tr>
<td>QN15: Percentage of students who ever made a plan about how they would kill themselves</td>
<td>11.7 10.9 12.1 16.0 13.1 14.4 13.3</td>
</tr>
<tr>
<td>QN16: Percentage of students who ever tried to kill themselves</td>
<td>6.2 6.2 7.4 10.5 4.8</td>
</tr>
</tbody>
</table>

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¶Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**
**Trend Analysis Report**

### Black* Tobacco Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2019-2021 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>33.4 29.4 22.6 17.2 11.3 7.3 6.9 2.9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)</td>
<td>Not available</td>
<td>Not available §</td>
<td>Not available</td>
</tr>
<tr>
<td>6.8 7.9 3.8 2.7 1.1 1.0 1.3 0.0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>1.1 1.2 0.1 0.4 0.1 0.0 0.0 0.0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>0.9 1.1 0.1 0.2 0.1 0.0 0.0 0.0</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
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### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

#### Black* Tobacco Use

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<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change¹</th>
<th>Quadratic Change¹</th>
<th>Change from 2019-2021 ³</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN21: Percentage of students who ever used an electronic vapor product</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20.3  15.0  11.3  7.3</td>
<td>Decreased, 2015-2021</td>
<td>Not available ³</td>
<td>No change</td>
</tr>
<tr>
<td>QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)</td>
<td>10.4  4.8  3.4  2.8</td>
<td>Decreased, 2015-2021</td>
<td>Not available ³</td>
</tr>
<tr>
<td>QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)</td>
<td>0.8  0.3  0.6  0.0</td>
<td>Not available ³</td>
<td>Not available ³</td>
</tr>
</tbody>
</table>

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### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
Trend Analysis Report

#### Black*

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<thead>
<tr>
<th>Tobacco Use</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)</td>
<td>0.1</td>
<td>0.3</td>
<td>0.6</td>
<td>0.0</td>
</tr>
<tr>
<td>QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)</td>
<td>10.3</td>
<td>4.7</td>
<td>4.0</td>
<td>2.1</td>
</tr>
<tr>
<td>QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)</td>
<td>0.4</td>
<td>0.9</td>
<td>0.0</td>
<td>Not available</td>
</tr>
</tbody>
</table>

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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey**

**Trend Analysis Report**

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<tr>
<th>Black* Tobacco Use</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2019-2021 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Risk Behavior and Percentages</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)</td>
<td>0.0</td>
<td>0.5</td>
<td>0.0</td>
</tr>
<tr>
<td>QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)</td>
<td>6.3</td>
<td>7.8</td>
<td>3.2</td>
</tr>
</tbody>
</table>

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## 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
**Trend Analysis Report**

### Black* Tobacco Use

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<thead>
<tr>
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<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)</td>
<td>5.0</td>
<td>4.1</td>
<td>2.1</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)</td>
<td>1.6</td>
<td>2.2</td>
<td>0.0</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td></td>
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<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)</td>
<td>0.6</td>
<td>1.2</td>
<td>0.1</td>
<td>0.6</td>
<td>0.8</td>
<td>0.2</td>
<td>0.0</td>
<td>0.0</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)</td>
<td>0.5</td>
<td>0.8</td>
<td>0.1</td>
<td>0.3</td>
<td>0.2</td>
<td>0.2</td>
<td>0.0</td>
<td>0.0</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^1)</th>
<th>Quadratic Change(^1)</th>
<th>Change from 2019-2021 (^\dagger)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black* Alcohol and Other Drug Use</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN25: Percentage of students who ever drank alcohol (other than a few sips)</td>
<td>45.8</td>
<td>44.1</td>
<td>33.6</td>
</tr>
<tr>
<td>QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)</td>
<td>14.9</td>
<td>17.2</td>
<td>13.3</td>
</tr>
<tr>
<td>QN27: Percentage of students who ever used marijuana</td>
<td>17.6</td>
<td>16.4</td>
<td>13.8</td>
</tr>
<tr>
<td>QN28: Percentage of students who tried marijuana for the first time before age 11 years</td>
<td>3.3</td>
<td>4.4</td>
<td>2.6</td>
</tr>
</tbody>
</table>

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\(^5\)Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey

**Trend Analysis Report**

<table>
<thead>
<tr>
<th></th>
<th>QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>5.1</td>
<td>9.4</td>
<td>7.9</td>
<td>No linear change</td>
</tr>
<tr>
<td>2021</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>1.8</td>
<td>3.0</td>
<td>1.6</td>
<td>1.8</td>
</tr>
<tr>
<td>2021</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>5.1</td>
<td>0.8</td>
<td>Decreased, 2019-2021</td>
<td>Not available</td>
</tr>
</tbody>
</table>

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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey  
Trend Analysis Report

### Black* Sexual Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2019-2021 ‡</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN32: Percentage of students who ever had sexual intercourse</td>
<td>36.7</td>
<td>35.8</td>
<td>26.8</td>
</tr>
<tr>
<td>QN33: Percentage of students who had sexual intercourse for the first time before age 11 years</td>
<td>10.8</td>
<td>11.2</td>
<td>8.8</td>
</tr>
<tr>
<td>QN34: Percentage of students who ever had sexual intercourse with three or more persons</td>
<td>2.4</td>
<td>0.7</td>
<td>No linear change</td>
</tr>
</tbody>
</table>

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## 2021 Youth Risk Behavior Survey Results

### Delaware Middle School Survey
#### Trend Analysis Report

### Black* Weight Management and Dietary Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN36: Percentage of students who described themselves as slightly or very overweight</td>
<td>25.5 20.0 22.2 20.7 23.7 26.1 22.2 29.4</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN37: Percentage of students who were trying to lose weight</td>
<td>39.1 38.3 44.6 42.0 46.2 48.4 39.8 47.5</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)</td>
<td>11.0 10.4 8.2 8.5 9.1 15.8</td>
<td>No linear change</td>
<td>No change, 2011-2017</td>
</tr>
<tr>
<td>QN8BK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)</td>
<td>44.8 44.2 46.6 43.8 40.9 34.2</td>
<td>Decreased, 2011-2021</td>
<td>No quadratic change</td>
</tr>
</tbody>
</table>

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### 2021 Youth Risk Behavior Survey Results

#### Delaware Middle School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th>Black* Physical Activity</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2019-2021 ‡</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN39: 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)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>42.5 44.7 43.4 44.7 48.2 35.3 46.2</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>Increased</td>
</tr>
<tr>
<td>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)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>22.7 16.7 18.0 13.4 15.2 24.0 19.5</td>
<td>No linear change</td>
<td>Decreased, 2009-2015</td>
<td>No change</td>
</tr>
<tr>
<td>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)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>27.8 26.6 27.4 28.7 29.7 21.9 23.4</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
</tbody>
</table>

*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.
## 2021 Youth Risk Behavior Survey Results

### Delaware Middle School Survey  
Trend Analysis Report

### Black*

#### Physical Activity

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change¹</th>
<th>Quadratic Change¹</th>
<th>Change from 2019-2021 ¹</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QN41:</strong> Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)</td>
<td>65.2 67.4 69.9 69.8 66.0 67.6 58.0 67.4</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td><strong>QN41:</strong> Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)</td>
<td>29.6 27.7 29.2 24.6 19.2 25.0 16.9 33.6</td>
<td>No linear change</td>
<td>Decreased, 2007-2015</td>
</tr>
<tr>
<td><strong>QN42:</strong> 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)</td>
<td>60.0 60.0 55.6 63.8 61.5 55.2 53.7 48.3</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td><strong>QN43:</strong> Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)</td>
<td>17.5 18.1 17.2</td>
<td>No linear change</td>
<td>Not available ⁵</td>
</tr>
</tbody>
</table>

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³Not enough years of data to calculate.
# 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey  
Trend Analysis Report

<table>
<thead>
<tr>
<th>Black*</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Risk Behavior and Percentages</td>
<td>Linear Change†</td>
</tr>
<tr>
<td>QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)</td>
<td></td>
</tr>
<tr>
<td>54.7</td>
<td>52.9</td>
</tr>
<tr>
<td>Decreased, 2011-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)</td>
<td></td>
</tr>
<tr>
<td>3.1</td>
<td>0.8</td>
</tr>
<tr>
<td>No linear change</td>
<td>Not available§</td>
</tr>
</tbody>
</table>

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### 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey  
Trend Analysis Report

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<tr>
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<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2019-2021 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN47: Percentage of students who described their grades in school as mostly A’s or B’s (during the 12 months before the survey)</td>
<td>69.9  67.0  67.8  62.8</td>
<td>No linear change</td>
<td>Not available¶</td>
<td>No change</td>
</tr>
<tr>
<td>QN48: Percentage of students who ever carried a weapon (such as a gun, knife, or club)</td>
<td>22.3  21.2</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN49: Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting such things as being told who they could or could not spend time with, being humiliated in front of others, or being threatened if they did not do what their date wanted, among students who dated or went out with someone during the 12 months before the survey)</td>
<td>14.3  9.3  9.0</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

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<tr>
<th>Health Risk Behavior and Percentages</th>
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<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN50: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who dated or went out with someone during the 12 months before the survey)</td>
<td>4.0</td>
<td>5.1</td>
<td>1.8</td>
</tr>
<tr>
<td>QN51: Percentage of students who felt sad or hopeless (almost every day for ≥2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)</td>
<td>22.9</td>
<td>34.2</td>
<td>Increased, 2019-2021</td>
</tr>
<tr>
<td>QN52: Percentage of students who have ever felt sad, empty, hopeless, or anxious</td>
<td>71.7</td>
<td>76.8</td>
<td>No linear change</td>
</tr>
<tr>
<td>QN53: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)</td>
<td>29.1</td>
<td>18.5</td>
<td>No linear change</td>
</tr>
</tbody>
</table>

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Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey
Trend Analysis Report

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<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^\d)</th>
<th>Quadratic Change(^\d)</th>
<th>Change from 2019-2021 (^\d)</th>
</tr>
</thead>
</table>

**QN54:** Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose, during the 12 months before the survey)

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>8.3</td>
<td>11.5</td>
<td>12.0</td>
<td></td>
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<td></td>
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</tbody>
</table>

No linear change

**QN55:** Percentage of students who usually got their own electronic vapor products by buying them in a store such as a convenience store, supermarket, discount store, gas station, or vape store (the 30 days before the survey)

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</tr>
</thead>
<tbody>
<tr>
<td>0.8</td>
<td>0.2</td>
<td>0.4</td>
<td></td>
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</tbody>
</table>

No linear change

**QN56:** Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)

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</tr>
</thead>
<tbody>
<tr>
<td>7.8</td>
<td>6.5</td>
<td>7.4</td>
<td>5.1</td>
<td>2.1</td>
<td></td>
<td></td>
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</tbody>
</table>

Decreased, 2013-2021

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\(^\d\)Non-Hispanic.

\(^\d\)Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

\(^\d\)Based on t-test analysis, p < 0.05.

\(^\d\)Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change$^1$</th>
<th>Quadratic Change$^1$</th>
<th>Change from 2019-2021 $^3$</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN57: Percentage of students who currently used marijuana (during the 30 days before the survey)</td>
<td>Not available</td>
<td>Not available$^4$</td>
<td>Not available</td>
</tr>
<tr>
<td>5.8  6.9  6.4  5.0  3.9  0.0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN58: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, during the 30 days before the survey)</td>
<td>Not available</td>
<td>Not available$^4$</td>
<td>No change</td>
</tr>
<tr>
<td>3.3  6.5  3.4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN59: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription</td>
<td>Not available</td>
<td>No change</td>
<td></td>
</tr>
<tr>
<td>1.3  2.5</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

$^1$Non-Hispanic.
$^2$Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
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$^4$Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Black* Site-Added</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021 §</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Health Risk Behavior and Percentages</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN60: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>30.1 32.0</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>45.5 45.5 50.6</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>44.2 44.6 46.8 49.9 48.2</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

*Non-Hispanic.

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Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.
## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

### Black*
Site-Added

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
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<th>Quadratic Change†</th>
<th>Change from 2019-2021 §</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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

- 1991: 43.0
- 1993: 54.1
- 1995: 59.2
- 1997: 54.3
- 1999: 58.0
- 2001: 60.9

Linear Change:
- Increased, 2011-2021
- Increased, 2011-2015
- No change, 2015-2021

Quadratic Change:
- No change

Change from 2019-2021:
- No change

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

- 1991: 35.4
- 1993: 32.8
- 1995: 34.2

Linear Change:
- No linear change

Quadratic Change:
- Not available

Change from 2019-2021:
- No change

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

- 2019: 77.2
- 2021: 74.6

Linear Change:
- Decreased, 2017-2021

Quadratic Change:
- Not available

Change from 2019-2021:
- Decreased

---

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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

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<th>Quadratic Change‡</th>
<th>Change from 2019-2021 §</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)</td>
<td></td>
<td>3.4 5.7 7.0</td>
<td>No linear change</td>
<td>Not available§ No change</td>
</tr>
<tr>
<td>QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)</td>
<td></td>
<td>36.3 30.3 35.0 34.4</td>
<td>No linear change</td>
<td>Not available§ No change</td>
</tr>
<tr>
<td>QN70: Percentage of students who ever been told by a doctor or a nurse that they have asthma</td>
<td></td>
<td>25.5 32.9 28.5 32.7 27.2 25.0 23.3 19.8</td>
<td>Decreased, 2007-2021 Increased, 2007-2013 Decreased, 2013-2021 No change</td>
<td></td>
</tr>
<tr>
<td>QN71: Percentage of students who have been taught about AIDS or HIV infection in school</td>
<td></td>
<td>78.3 70.9 61.8 61.8 55.8 48.7 42.1 21.1</td>
<td>Decreased, 2007-2021 Decreased, 2007-2015 Decreased, 2015-2021 Decreased</td>
<td></td>
</tr>
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## 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

### Trend Analysis Report

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<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^1)</th>
<th>Quadratic Change(^1)</th>
<th>Change from 2019-2021 (^5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN72: Percentage of students who are deaf or have serious difficulty hearing</td>
<td>2.3</td>
<td>2.9</td>
<td>No linear change</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Not available(^5)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>No change</td>
</tr>
<tr>
<td>QN73: Percentage of students who have serious difficulty seeing (even when wearing glasses)</td>
<td>12.3</td>
<td>11.2</td>
<td>No linear change</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Not available</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>No change</td>
</tr>
<tr>
<td>QN74: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)</td>
<td>22.9</td>
<td>26.4</td>
<td>No linear change</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Not available</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>No change</td>
</tr>
<tr>
<td>QN75: Percentage of students who have serious difficulty walking or climbing stairs</td>
<td>2.4</td>
<td>3.5</td>
<td>No linear change</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Not available</td>
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<td></td>
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<td>No change</td>
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### 2021 Youth Risk Behavior Survey Results

#### Delaware Middle School Survey

#### Trend Analysis Report

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<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN10: Percentage of students who were ever in a physical fight</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN12: Percentage of students who were ever bullied on school property</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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## 2021 Youth Risk Behavior Survey Results

### Delaware Middle School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th>Hispanic Injury and Violence</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)</td>
<td>15.6 15.4 13.4 13.9 23.5 No linear change Not available† No change</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN14: Percentage of students who ever seriously thought about killing themselves</td>
<td>24.4 22.9 28.1 12.9 20.3 18.9 20.9 22.3 No linear change No quadratic change No change</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN15: Percentage of students who ever made a plan about how they would kill themselves</td>
<td>14.9 12.2 13.0 21.2 12.5 11.5 11.7 17.9 No linear change No quadratic change No change</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>QN16: Percentage of students who ever tried to kill themselves</td>
<td>11.0 8.6 8.1 10.6 8.2 No linear change Not available No change</td>
<td></td>
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</tbody>
</table>

†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
‡Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
# 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

### Hispanic Tobacco Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^a)</th>
<th>Quadratic Change(^a)</th>
<th>Change from 2019-2021 (^b)</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)</td>
<td>29.6 29.0 26.5 21.3 15.6 10.8 7.3 4.7</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
</tr>
</tbody>
</table>

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

| 7.5 9.9 6.5 8.1 3.1 2.7 2.2 0.0 | Not available | Not available\(^c\) | Not available |

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

| 2.4 3.5 1.4 1.8 0.4 0.5 0.3 0.0 | Not available | Not available | Not available |

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

| 2.1 2.7 1.2 1.7 0.4 0.5 0.3 0.0 | Not available | Not available | Not available |

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

\(^b\)Based on t-test analysis, \(p < 0.05\).

\(^c\)Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey
Trend Analysis Report

### Hispanic Tobacco Use

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<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change $^*$</th>
<th>Quadratic Change $^*$</th>
<th>Change from 2019-2021 $^*$</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>QN21: Percentage of students who ever used an electronic vapor product</td>
<td>21.3 17.9 15.3 15.9</td>
<td>Decreased, 2015-2021</td>
<td>Not available $^*$</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>No change</td>
</tr>
<tr>
<td>QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)</td>
<td>10.7 8.7 9.1 7.8</td>
<td>No linear change</td>
<td>Not available $^*$</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>No change</td>
</tr>
<tr>
<td>QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)</td>
<td>0.7 1.1 0.9 1.6</td>
<td>No linear change</td>
<td>Not available $^*$</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>No change</td>
</tr>
</tbody>
</table>

$^*$Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
$^*$Based on t-test analysis, $p < 0.05$.
$^*$Not enough years of data to calculate.
### 2021 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 2019-2021
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>QNDAYEV: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)</td>
<td>0.3 0.9 0.3 1.6</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td>QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)</td>
<td>11.1 9.4 9.0 6.2</td>
<td>Decreased, 2015-2021</td>
<td>Not available</td>
</tr>
<tr>
<td>QN23: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)</td>
<td>2.2 1.0 0.6</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
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§Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey
Trend Analysis Report

### Hispanic Tobacco Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change&lt;sup&gt;‡&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;‡&lt;/sup&gt;</th>
<th>Change from 2019-2021&lt;sup&gt;‡&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QNFRSKL:</strong> Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)</td>
<td>0.6 0.5 0.0</td>
<td>Not available</td>
<td>Not available&lt;sup&gt;‡&lt;/sup&gt;</td>
</tr>
<tr>
<td><strong>QNDAYSKL:</strong> Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)</td>
<td>0.4 0.5 0.0</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td><strong>QN24:</strong> Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)</td>
<td>6.8 7.3 6.0 6.5 3.6 2.6 1.5 0.6</td>
<td>Decreased, 2007-2021</td>
<td>No change, 2007-2013</td>
</tr>
</tbody>
</table>

<sup>‡</sup>Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
<sup>‡</sup>Based on t-test analysis, p < 0.05.
<sup>‡</sup>Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey
Trend Analysis Report

### Hispanic Tobacco Use

<table>
<thead>
<tr>
<th>Year</th>
<th>QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
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</thead>
<tbody>
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<table>
<thead>
<tr>
<th>Year</th>
<th>QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)</th>
<th>Linear Change</th>
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</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
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<table>
<thead>
<tr>
<th>Year</th>
<th>QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
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<td>2021</td>
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</tr>
</tbody>
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## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey
Trend Analysis Report

### Hispanic Alcohol and Other Drug Use

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<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN25: Percentage of students who ever drank alcohol (other than a few sips)</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>46.6 49.0 44.5 31.9 27.8 28.0 27.7 25.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>16.1 23.0 14.7 13.0 9.8 10.5 10.6 12.6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN27: Percentage of students who ever used marijuana</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>14.6 15.6 15.0 16.2 9.1 12.8 8.7 8.4</td>
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</tr>
<tr>
<td>QN28: Percentage of students who tried marijuana for the first time before age 11 years</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>2.6 4.2 2.1 4.7 1.4 1.8 2.2 2.1</td>
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</tbody>
</table>

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### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
**Trend Analysis Report**

#### Hispanic Alcohol and Other Drug Use

<table>
<thead>
<tr>
<th>Year</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN29: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)</td>
<td>2.1</td>
<td>10.3</td>
<td>6.3</td>
</tr>
<tr>
<td>QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)</td>
<td>4.7</td>
<td>6.7</td>
<td>4.1</td>
</tr>
<tr>
<td>QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)</td>
<td>7.1</td>
<td>6.0</td>
<td>No linear change</td>
</tr>
</tbody>
</table>

---

1Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
2Based on t-test analysis, p < 0.05.
3Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

#### Hispanic Sexual Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change*</th>
<th>Change from 2019-2021 1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>QN32: Percentage of students who ever had sexual intercourse</td>
<td>26.9 26.2 22.4 13.8 8.8 8.9 6.5 9.0</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN33: Percentage of students who had sexual intercourse for the first time before age 11 years</td>
<td>7.8 6.9 3.9 3.7 0.7 1.9 1.6 2.2</td>
<td>Decreased, 2007-2021</td>
<td>Decreased, 2007-2015</td>
</tr>
<tr>
<td>QN34: Percentage of students who ever had sexual intercourse with three or more persons</td>
<td>2.5 2.3</td>
<td>No linear change</td>
<td>Not available‡</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
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### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

#### Hispanic
Weight Management and Dietary Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2019-2021†</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN36: Percentage of students who described themselves as slightly or very overweight</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25.7 25.1 31.5 32.3 30.3 35.4 39.6 38.4</td>
<td>Increased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN37: Percentage of students who were trying to lose weight</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>50.6 46.1 53.4 56.6 56.6 58.5 55.7 61.1</td>
<td>Increased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)</td>
<td></td>
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<tr>
<td>15.5 15.8 14.5 12.8 15.3 19.6</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>42.7 40.8 44.8 44.5 35.0 31.0</td>
<td>Decreased, 2011-2021</td>
<td>No change, 2011-2017</td>
<td>Decreased, 2017-2021</td>
</tr>
</tbody>
</table>

†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th>Hispanic Physical Activity</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td></td>
<td>QN39: 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)</td>
<td>40.5 45.3 38.8 40.8 41.2 25.3 41.8</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td></td>
<td>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)</td>
<td>23.9 10.3 15.5 17.4 12.4 20.5 16.3</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td></td>
<td>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)</td>
<td>26.2 31.0 21.6 25.0 21.5 9.0 17.9</td>
<td>Decreased, 2009-2021</td>
<td>No quadratic change</td>
</tr>
</tbody>
</table>

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## 2021 Youth Risk Behavior Survey Results

Delaware Middle School Survey
Trend Analysis Report

### Hispanic Physical Activity

<table>
<thead>
<tr>
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<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QN41</strong>: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)</td>
<td>73.8 57.6 69.9 65.0 61.4 61.3 48.6 64.9</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td><strong>QN42</strong>: 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)</td>
<td>54.0 53.3 58.8 55.9 54.7 51.8 38.5 38.4</td>
<td>Decreased, 2007-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td><strong>QN43</strong>: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)</td>
<td>18.5 16.1 16.1</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

---

1 Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
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3 Not enough years of data to calculate.
# 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

## Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>Hispanic</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Linear Change</td>
<td>Quadratic Change</td>
</tr>
<tr>
<td></td>
<td>Change from 2019-2021</td>
<td></td>
</tr>
<tr>
<td>1991</td>
<td>55.5</td>
<td>56.0</td>
</tr>
<tr>
<td>1993</td>
<td>53.1</td>
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<tr>
<td>1995</td>
<td>44.5</td>
<td>37.7</td>
</tr>
<tr>
<td>1997</td>
<td>Decreased, 2011-2021</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>1999</td>
<td>50.2</td>
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<tr>
<td>2003</td>
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<td>2005</td>
<td>30.3</td>
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<tr>
<td>2007</td>
<td>22.5</td>
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<tr>
<td>2013</td>
<td>0.0</td>
<td>0.0</td>
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<tr>
<td>2015</td>
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<tr>
<td>2017</td>
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<tr>
<td>2019</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>2021</td>
<td>0.0</td>
<td>0.0</td>
</tr>
</tbody>
</table>

**QN45:** Percentage of students who got 8 or more hours of sleep (on an average school night)

- **QN46:** Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Hispanic</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Linear Change</td>
<td>Quadratic Change</td>
</tr>
<tr>
<td></td>
<td>Change from 2019-2021</td>
<td></td>
</tr>
<tr>
<td>1991</td>
<td>2.7</td>
<td>3.5</td>
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<tr>
<td>1993</td>
<td>0.7</td>
<td>0.0</td>
</tr>
<tr>
<td>1995</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td>1997</td>
<td>No change</td>
<td>No change</td>
</tr>
<tr>
<td>1999</td>
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<tr>
<td>2007</td>
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<td>2009</td>
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<tr>
<td>2017</td>
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<tr>
<td>2019</td>
<td>0.0</td>
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<tr>
<td>2021</td>
<td>0.0</td>
<td>0.0</td>
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</tbody>
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## 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

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<tbody>
<tr>
<td></td>
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<tr>
<td>QN47: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)</td>
<td>66.0 65.1 75.0 77.1</td>
<td>Increased, 2015-2021</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN48: Percentage of students who ever carried a weapon (such as a gun, knife, or club)</td>
<td>17.6 22.2</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN49: Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting such things as being told who they could or could not spend time with, being humiliated in front of others, or being threatened if they did not do what their date wanted, among students who dated or went out with someone during the 12 months before the survey)</td>
<td>12.3 12.5 22.6</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

#### Delaware Middle School Survey

#### Trend Analysis Report

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<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN50: Percentage of students who reported that someone they were dating or going out with physically hurt them on purpose (counting such things as being hit, slammed into something, or injured with an object or weapon, among students who dated or went out with someone during the 12 months before the survey)</td>
</tr>
<tr>
<td>QN51: Percentage of students who felt sad or hopeless (almost every day for &gt;2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)</td>
</tr>
<tr>
<td>QN52: Percentage of students who have ever felt sad, empty, hopeless, or anxious</td>
</tr>
<tr>
<td>QN53: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)</td>
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</tbody>
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<td></td>
<td>5.5</td>
<td>2.4</td>
<td>2.2</td>
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<td>No change</td>
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<tr>
<td>QN51</td>
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<td></td>
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<td>No linear change</td>
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<td>QN52</td>
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<tr>
<td></td>
<td>72.2</td>
<td>83.9</td>
<td>Increased, 2019-2021</td>
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<td>Increased</td>
<td></td>
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<tr>
<td></td>
<td>31.0</td>
<td>24.6</td>
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</tr>
</tbody>
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\*Not enough years of data to calculate.
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
Trend Analysis Report

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<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^*$)</th>
<th>Quadratic Change(^*$)</th>
<th>Change from 2019-2021 (^{†})</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN54: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose, during the 12 months before the survey)</td>
<td>13.5</td>
<td>12.7</td>
<td>17.2</td>
<td>No linear change</td>
</tr>
<tr>
<td>QN55: Percentage of students who usually got their own electronic vapor products by buying them in a store such as a convenience store, supermarket, discount store, gas station, or vape store (the 30 days before the survey)</td>
<td>0.5</td>
<td>0.0</td>
<td>1.1</td>
<td>Not available</td>
</tr>
<tr>
<td>QN56: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)</td>
<td>14.4</td>
<td>9.2</td>
<td>9.1</td>
<td>8.9</td>
</tr>
</tbody>
</table>

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### 2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey**

**Trend Analysis Report**

#### Hispanic Site-Added

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<th>Change from 2019-2021</th>
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</thead>
<tbody>
<tr>
<td>QN57: Percentage of students who currently used marijuana (during the 30 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7.9</td>
<td>9.0</td>
<td>5.6</td>
</tr>
<tr>
<td></td>
<td>Decreased, 2011-2021</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN58: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, during the 30 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1.6</td>
<td>5.1</td>
<td>2.7</td>
</tr>
<tr>
<td></td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN59: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1.8</td>
<td>0.6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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# 2021 Youth Risk Behavior Survey Results

## Delaware Middle School Survey

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<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN60: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)</td>
<td>16.9 27.5</td>
<td>No linear change</td>
<td>Not available¹</td>
</tr>
<tr>
<td>QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)</td>
<td>42.2 36.5 47.4</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td>QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)</td>
<td>40.4 46.6 50.9 51.0 57.5</td>
<td>Increased, 2013-2021</td>
<td>Not available</td>
</tr>
</tbody>
</table>

¹Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

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³Not enough years of data to calculate.
## 2021 Youth Risk Behavior Survey Results

### Delaware Middle School Survey

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<th>Change from 2019-2021 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN63: Percentage of students who did not drink caffeinated drinks (including coffee, tea, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)</td>
<td>36.0</td>
<td>44.3</td>
<td>56.1</td>
<td>52.1</td>
</tr>
<tr>
<td>QN64: Percentage of students who did not drink sugar-sweetened beverages from a can, bottle, or glass (counting sports drinks (such as Gatorade or PowerAde), energy drinks (such as Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight and not counting soda or pop, one or more sugar-sweetened beverages the day before the survey)</td>
<td>41.4</td>
<td>40.0</td>
<td>48.6</td>
<td></td>
</tr>
<tr>
<td>QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)</td>
<td>78.9</td>
<td>78.0</td>
<td>75.0</td>
<td></td>
</tr>
</tbody>
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### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**

**Trend Analysis Report**

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<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2019-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)</td>
<td>4.4</td>
<td>3.5</td>
<td>5.0</td>
</tr>
<tr>
<td></td>
<td>QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)</td>
<td>32.1</td>
<td>30.4</td>
<td>28.6</td>
</tr>
<tr>
<td></td>
<td>QN70: Percentage of students who ever been told by a doctor or a nurse that they have asthma</td>
<td>19.1</td>
<td>18.8</td>
<td>27.8</td>
</tr>
<tr>
<td></td>
<td>QN71: Percentage of students who have been taught about AIDS or HIV infection in school</td>
<td>65.5</td>
<td>57.7</td>
<td>51.3</td>
</tr>
</tbody>
</table>

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

132
### 2021 Youth Risk Behavior Survey Results

**Delaware Middle School Survey**  
**Trend Analysis Report**

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<tr>
<td>QN72: Percentage of students who are deaf or have serious difficulty hearing</td>
<td>2.3 4.4 4.2 6.9</td>
<td>Increased, 2015-2021</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN73: Percentage of students who have serious difficulty seeing (even when wearing glasses)</td>
<td>12.0 13.1 11.7 10.3</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN74: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)</td>
<td>19.9 36.8</td>
<td>Increased, 2019-2021</td>
<td>Not available</td>
<td>Increased</td>
</tr>
<tr>
<td>QN75: Percentage of students who have serious difficulty walking or climbing stairs</td>
<td>3.6 5.4 1.0</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
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