

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Total																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Injury and Violence																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																No linear change	Decreased, 2007-2011 Increased, 2011-2021	No change
								38.7	37.1	33.8	35.4	32.2	37.6	39.0	39.3			
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																Decreased, 2007-2021	No quadratic change	No change
								29.3	29.8	21.5	20.8	18.6	18.4	17.7	15.0			
QN10: Percentage of students who were ever in a physical fight																Decreased, 2007-2021	No quadratic change	No change
								65.3	62.2	57.4	55.4	51.3	45.1	46.8	41.7			

^aBased on trend 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																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
Injury and Violence																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN12: Percentage of students who were ever bullied on school property																		
											43.1	41.1	38.6	35.7	36.7	Decreased, 2013-2021	Not available [§]	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																		
											18.9	18.2	16.6	17.4	23.3	No linear change	Not available	Increased
QN14: Percentage of students who ever seriously thought about killing themselves																		
							21.6	20.8	22.5	11.6	18.1	17.8	19.1	19.2		No linear change	Decreased, 2007-2013 Increased, 2013-2021	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																		
							12.6	11.2	11.6	17.6	11.4	10.7	11.9	14.5		No linear change	No quadratic change	No change

^aBased on trend analyses using a logistic regression model controlling 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 Injury and Violence																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN16: Percentage of students who ever tried to kill themselves																No linear change	Not available [§]	No change

^aBased on trend analyses using a logistic regression model controlling 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																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																		
							28.5	25.9	22.5	17.6	11.5	9.2	5.8	3.9		Decreased, 2007-2021	Decreased, 2007-2011 Decreased, 2011-2021	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
							8.3	8.4	5.7	4.3	2.1	1.5	1.2	0.2		Decreased, 2007-2021	Decreased, 2007-2011 Decreased, 2011-2021	Decreased
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
							1.9	2.2	1.4	0.9	0.4	0.1	0.1	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)																		
							1.4	1.8	1.0	0.8	0.3	0.1	0.1	0.0		Not available	Not available	Not available

^aBased on trend analyses using a logistic regression model controlling 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																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN21: Percentage of students who ever used an electronic vapor product																		
												17.2	15.2	11.8	9.1	Decreased, 2015-2021	Not available [§]	No change
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)																		
												8.4	5.7	4.6	4.3	Decreased, 2015-2021	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																		
												0.7	0.7	0.4	0.3	No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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	Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																			
													0.4	0.5	0.3	0.3	No linear change	Not available [§]	No change
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)																			
													8.6	6.1	4.9	3.8	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)																			
														1.3	0.8	0.3	Decreased, 2017-2021	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													0.3	0.2	0.0	Not available	Not available [§]	Not available
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)																		
													0.2	0.1	0.0	Not available	Not available	Not available
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)																		
								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

^aBased on trend analyses using a logistic regression model controlling 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																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													6.5	5.0	4.0	Decreased, 2017-2021	Not available [§]	No change
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)																		
													2.6	2.1	0.4	Decreased, 2017-2021	Not available	Decreased
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)																		
							0.6	1.1	0.6	0.5	0.4	0.2	0.0	0.0		Not available	Not available	Not available
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)																		
							0.5	1.0	0.5	0.4	0.3	0.2	0.0	0.0		Not available	Not available	Not available

^aBased on trend analyses using a logistic regression model controlling 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																	Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN25: Percentage of students who ever drank alcohol (other than a few sips)																			
								42.1	39.9	34.4	26.8	21.7	23.3	17.3	15.5		Decreased, 2007-2021	No quadratic change	No change
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																			
								14.9	15.8	12.5	9.6	6.8	8.6	7.7	6.7		Decreased, 2007-2021	No quadratic change	No change
QN27: Percentage of students who ever used marijuana																			
								13.7	15.3	12.9	11.9	9.9	10.3	7.1	4.6		Decreased, 2007-2021	Decreased, 2007-2017 Decreased, 2017-2021	No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years																			
								2.7	3.2	2.3	2.5	1.4	1.7	1.7	0.6		Decreased, 2007-2021	Decreased, 2007-2017 Decreased, 2017-2021	No change

^aBased on trend 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																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
Alcohol and Other Drug Use																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													4.6	6.7	5.2	No linear change	Not available [§]	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
						2.9	4.2	2.4	1.8	0.9	1.0	1.4	0.4			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)																		
													4.3	2.3		Decreased, 2019-2021	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 Sexual Behaviors	Health Risk Behavior and Percentages															Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN32: Percentage of students who ever had sexual intercourse								23.3	22.8	18.8	14.4	10.5	9.2	5.9	3.9	Decreased, 2007-2021	No change, 2007-2011 Decreased, 2011-2021	No change
QN33: Percentage of students who had sexual intercourse for the first time before age 11 years								5.8	6.4	4.9	3.9	2.4	2.5	1.9	0.6	Decreased, 2007-2021	No change, 2007-2011 Decreased, 2011-2021	No change
QN34: Percentage of students who ever had sexual intercourse with three or more persons														1.3	0.8	Decreased, 2019-2021	Not available [§]	No change

^aBased on trend analyses using a logistic regression model controlling 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																		
Weight Management and Dietary Behaviors																		
Health Risk Behavior and Percentages														Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																		
								26.7	25.6	26.9	27.4	26.3	28.0	27.5	29.9	No linear change	No quadratic change	No change
QN37: Percentage of students who were trying to lose weight																		
								44.8	43.6	46.3	47.3	43.3	47.5	42.5	46.7	No linear change	No quadratic change	No change
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																		
										11.1	11.0	9.1	9.8	10.6	15.5	No linear change	No change, 2011-2017 Increased, 2017-2021	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																		
										47.8	46.3	48.7	47.1	40.8	35.7	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	No change

^aBased on trend 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															Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]							
Health Risk Behavior and Percentages																								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
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)															50.5	47.9	48.2	48.6	50.0	40.5	46.3	No linear change	No quadratic change	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															15.2	11.1	13.2	12.1	11.4	16.7	16.7	No linear change	Decreased, 2009-2017 Increased, 2017-2021	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															31.5	30.9	27.3	29.1	27.5	20.7	24.1	Decreased, 2009-2021	No quadratic change	No change

^aBased on trend 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	Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																			
								68.1	66.1	67.8	66.9	63.8	63.9	54.1	63.2		No linear change	No quadratic change	No change
QN4LYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																			
								33.3	30.1	35.3	28.6	20.6	22.7	14.5	22.9		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)																			
								60.6	59.9	62.0	62.2	61.5	58.2	52.3	50.1		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)																			
													16.3	15.7	12.9		No linear change	Not available [§]	No change

^aBased on trend analyses using a logistic regression model controlling 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 Other	Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
											56.9	55.3	54.7	48.9	48.2	45.7	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)																			
														2.2	1.9	2.5	No linear change	Not available [§]	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN47: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																			
													74.2	72.3	78.3	76.8	No linear change	Not available [§]	No change
QN48: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																			
														23.1	21.3	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)																			
														13.6	13.0	13.8	No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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 [§]	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	

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																	Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
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)																			
													11.0	11.0	13.9	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)																			
													0.5	0.1	0.3	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)																			
											9.5	6.8	7.4	5.1	3.9	Decreased, 2013-2021	Not available	No change	

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who currently used marijuana (during the 30 days before the survey)																		
										6.5	5.8	5.1	5.1	2.2	1.5	Decreased, 2011-2021	Decreased, 2011-2017 Decreased, 2017-2021	No change
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)																		
													2.5	3.5	2.2	No linear change	Not available [§]	No change
QN59: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription																		
														1.0	0.9	No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added	Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]								
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021											
QN60: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)																											
																		23.5	25.5	No linear change	Not available [§]	No change					
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)																											
																			39.2	40.8	41.7	No linear change	Not available	No change			
QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)																											
																				45.9	50.9	53.0	56.1	58.6	Increased, 2013-2021	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)																			
										39.0	46.6	54.7	48.5	55.8	57.6	Increased, 2011-2021	Increased, 2011-2015 Increased, 2015-2021	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)																			
													40.9	40.4	40.8	No linear change	Not available [§]	No change	
QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)																			
														80.9	78.6	77.7	No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																	Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
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)																	No linear change	Not available [§]	No change
									3.0	3.3	4.3								
QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)																	Decreased, 2015-2021	Not available	No change
									34.8	31.9	29.7	28.5							
QN70: Percentage of students who ever been told by a doctor or a nurse that they have asthma																	Decreased, 2007-2021	Increased, 2007-2011 Decreased, 2011-2021	No change
									20.9	23.9	25.9	26.3	22.0	20.8	18.3	16.6			
QN71: Percentage of students who have been taught about AIDS or HIV infection in school																	Decreased, 2007-2021	Decreased, 2007-2017 Decreased, 2017-2021	Decreased
									68.3	60.7	55.6	52.9	49.1	44.1	35.3	15.8			

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added	Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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 [§]	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	

^aBased on trend analyses using a logistic regression model controlling 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 Injury and Violence																		
Health Risk Behavior and Percentages														Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																		
								42.2	37.7	33.3	35.4	32.2	38.3	39.6	42.4	No linear change	Decreased, 2007-2011 Increased, 2011-2021	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
								28.9	29.1	19.0	18.9	16.0	16.2	16.6	14.2	Decreased, 2007-2021	Decreased, 2007-2015 No change, 2015-2021	No change
QN10: Percentage of students who were ever in a physical fight																		
								76.6	74.6	68.8	66.3	61.6	55.7	57.1	51.0	Decreased, 2007-2021	No quadratic change	No change
QN12: Percentage of students who were ever bullied on school property																		
											38.4	35.3	32.6	30.2	31.1	Decreased, 2013-2021	Not available [§]	No change

^aBased on trend analyses using a logistic regression model controlling 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 Injury and Violence																		
Health Risk Behavior and Percentages																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																		
											11.9	10.3	10.0	12.1	16.6	No linear change	Not available [§]	No change
QN14: Percentage of students who ever seriously thought about killing themselves																		
							17.7	15.0	16.8	7.3	11.9	11.9	12.9	11.0		Decreased, 2007-2021	Decreased, 2007-2013 No change, 2013-2021	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																		
							9.9	8.5	8.9	10.8	6.9	7.8	9.6	9.4		No linear change	No quadratic change	No change
QN16: Percentage of students who ever tried to kill themselves																		
											3.1	2.9	4.2	5.8	2.9	No linear change	Not available	Decreased

^aBased on trend analyses using a logistic regression model controlling 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																	Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
								27.3	27.2	23.5	16.4	10.7	9.1	5.3	3.4		Decreased, 2007-2021	No change, 2007-2011 Decreased, 2011-2021	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																			
								7.3	7.8	6.0	4.0	1.9	1.9	1.2	0.3		Decreased, 2007-2021	Decreased, 2007-2017 Decreased, 2017-2021	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																			
								1.8	2.1	1.7	1.0	0.5	0.2	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)																			
								1.4	1.6	1.4	0.9	0.4	0.2	0.3	0.0		Not available	Not available	Not available

^aBased on trend analyses using a logistic regression model controlling 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																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN21: Percentage of students who ever used an electronic vapor product																		
												18.2	15.4	12.4	6.6	Decreased, 2015-2021	Not available [§]	Decreased
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)																		
												9.0	5.5	4.9	2.6	Decreased, 2015-2021	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																		
												0.9	1.0	0.6	0.0	Not available	Not available	Not available

^aBased on trend analyses using a logistic regression model controlling 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																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.5	0.8	0.6	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)																		
												8.7	5.9	5.0	2.6	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	1.1	0.4	Decreased, 2017-2021	Not available	No change	

^aBased on trend analyses using a logistic regression model controlling 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																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													0.6	0.3	0.0	Not available	Not available [§]	Not available
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)																		
													0.4	0.0	0.0	Not available	Not available	Not available
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
								5.9	6.3	6.0	4.7	2.4	1.7	1.7	0.2	Decreased, 2007-2021	No change, 2007-2011 Decreased, 2011-2021	Decreased

^aBased on trend analyses using a logistic regression model controlling 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																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													6.1	5.1	2.9	Decreased, 2017-2021	Not available [§]	No change
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)																		
													3.0	2.3	0.7	Decreased, 2017-2021	Not available	Decreased
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)																		
							0.7	0.8	1.0	0.5	0.5	0.3	0.0	0.0		Not available	Not available	Not available
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)																		
							0.6	0.6	0.8	0.5	0.2	0.2	0.0	0.0		Not available	Not available	Not available

^aBased on trend analyses using a logistic regression model controlling 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																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN25: Percentage of students who ever drank alcohol (other than a few sips)																			
								41.7	41.9	34.6	26.2	21.3	20.3	17.5	13.7		Decreased, 2007-2021	No quadratic change	No change
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																			
								16.1	18.4	14.0	11.3	7.5	9.4	8.9	6.9		Decreased, 2007-2021	No quadratic change	No change
QN27: Percentage of students who ever used marijuana																			
								15.1	17.5	16.0	13.0	9.5	10.1	6.9	4.5		Decreased, 2007-2021	Increased, 2007-2011 Decreased, 2011-2021	No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years																			
								3.8	4.4	3.6	3.2	1.3	2.0	2.3	0.7		Decreased, 2007-2021	Decreased, 2007-2017 Decreased, 2017-2021	No change

^aBased on trend 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**

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													3.5	6.0	4.5	No linear change	Not available [§]	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
							3.5	3.5	3.2	2.2	0.8	0.8	1.4	0.5	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)																		
													2.7	1.9	No linear change	Not available	No change	

^aBased on trend analyses using a logistic regression model controlling 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 Sexual Behaviors	Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN32: Percentage of students who ever had sexual intercourse																			
								27.6	27.9	24.0	18.7	13.8	12.4	7.9	4.7		Decreased, 2007-2021	No change, 2007-2011 Decreased, 2011-2021	No change
QN33: Percentage of students who had sexual intercourse for the first time before age 11 years																			
								8.3	9.0	8.3	5.8	3.4	3.6	2.5	0.0		Not available	Not available [§]	Not available
QN34: Percentage of students who ever had sexual intercourse with three or more persons																			
														1.9	1.2	No linear change	Not available	No change	

^aBased on trend analyses using a logistic regression model controlling 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

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN36: Percentage of students who described themselves as slightly or very overweight																			
								24.2	21.8	22.1	24.2	21.8	25.0	26.9	25.5	No linear change	No quadratic change	No change	
QN37: Percentage of students who were trying to lose weight																			
								36.1	33.9	36.5	39.2	36.3	39.2	37.7	39.3	No linear change	No quadratic change	No change	
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																			
										8.1	8.8	6.8	7.1	6.2	12.5	No linear change	No change, 2011-2017 No change, 2017-2021	Increased	
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																			
																	Decreased, 2011-2021	No quadratic change	No change

^aBased on trend 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

Male Physical Activity																		
Health Risk Behavior and Percentages														Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
									56.7	55.1	55.0	57.5	58.9	47.8	54.0	No linear change	No quadratic change	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
									13.5	10.1	11.5	9.7	10.0	12.9	13.1	No linear change	Decreased, 2009-2015 No change, 2015-2021	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
									38.3	37.3	33.8	38.0	36.0	24.7	32.3	Decreased, 2009-2021	No quadratic change	No change

^aBased on trend 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

Male Physical Activity																		
Health Risk Behavior and Percentages														Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																		
								71.3	68.8	70.4	69.1	66.9	68.2	57.2	64.1	No linear change	No quadratic change	No change
QN4LYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																		
								36.1	29.1	35.1	29.0	21.7	26.0	14.1	22.4	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)																		
								66.0	66.3	67.7	67.1	67.0	62.7	53.6	54.7	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)																		
													18.3	17.4	14.1	No linear change	Not available [§]	No change

^aBased on trend analyses using a logistic regression model controlling 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 Other	Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
										59.4	58.0	57.2	51.2	50.6	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)																			
														2.6	2.2	3.0	No linear change	Not available [§]	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN47: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																		
												72.1	67.5	75.0	76.6	Increased, 2015-2021	Not available [§]	No change
QN48: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																		
													29.1	30.5	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)																		
												10.5	9.7	13.1	No linear change	Not available	No change	

^aBased on trend analyses using a logistic regression model controlling 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
Site-Added

Health Risk Behavior and Percentages															Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													4.2	4.2	0.6	Decreased, 2017-2021	Not available [§]	Decreased
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)																		
													18.7	20.6		No linear change	Not available	No change
QN52: Percentage of students who have ever felt sad, empty, hopeless, or anxious																		
													64.8	74.3		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)																		
													31.8	32.7		No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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
Site-Added

Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
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)																							
													6.7	7.2	6.6	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)																							
													0.7	0.1	0.3	No linear change	Not available	No change					
QN56: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)																							
																9.1	6.0	6.2	4.2	2.9	Decreased, 2013-2021	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN57: Percentage of students who currently used marijuana (during the 30 days before the survey)																			
										8.5	6.7	4.2	4.9	2.2	1.8		Decreased, 2011-2021	No quadratic change	No change
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)																			
													1.8	2.9	2.4		No linear change	Not available [§]	No change
QN59: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription																			
													0.7	1.6			No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]			
Health Risk Behavior and Percentages																					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
QN60: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)																					
														23.4	23.2	No linear change	Not available [§]	No change			
QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)																					
														42.1	42.4	45.2	No linear change	Not available	No change		
QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)																					
														42.5	48.9	53.1	53.6	57.7	Increased, 2013-2021	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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
Site-Added

Health Risk Behavior and Percentages														Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
										38.0	47.1	54.3	51.9	56.4	59.7	Increased, 2011-2021	No quadratic change	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)																		
													44.0	43.2	38.5	No linear change	Not available [§]	No change
QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)																		
													83.3	84.8	85.8	No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																	Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
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)																	No linear change	Not available [§]	No change
									2.9	3.6	4.3								
QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)																	Decreased, 2015-2021	Not available	No change
									56.5	53.4	46.5	43.4							
QN70: Percentage of students who ever been told by a doctor or a nurse that they have asthma																	Decreased, 2007-2021	Increased, 2007-2011 Decreased, 2011-2021	No change
									20.6	25.0	26.4	27.5	22.1	18.6	21.1	16.1			
QN71: Percentage of students who have been taught about AIDS or HIV infection in school																	Decreased, 2007-2021	Decreased, 2007-2017 Decreased, 2017-2021	Decreased
									69.1	65.1	59.1	54.9	50.5	47.4	36.6	17.4			

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																		
Health Risk Behavior and Percentages																		
Linear Change ^a Quadratic Change ^a Change from 2019-2021 [†]																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN72: Percentage of students who are deaf or have serious difficulty hearing																		
												2.2	2.7	1.6	1.1	No linear change	Not available [§]	No change
QN73: Percentage of students who have serious difficulty seeing (even when wearing glasses)																		
												5.2	6.5	6.4	3.7	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)																		
														20.4	20.3	No linear change	Not available	No change
QN75: Percentage of students who have serious difficulty walking or climbing stairs																		
												2.2	2.1	3.3	No linear change	Not available	No change	

^aBased on trend analyses using a logistic regression model controlling 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

Female Injury and Violence																	Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																			
								34.9	36.1	34.0	35.1	31.7	36.7	38.5	35.7		No linear change	No quadratic change	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																			
								29.5	30.8	24.4	22.7	21.4	20.7	18.7	15.4		Decreased, 2007-2021	No quadratic change	No change
QN10: Percentage of students who were ever in a physical fight																			
								53.0	48.7	45.0	43.6	39.5	33.9	36.7	31.0		Decreased, 2007-2021	No quadratic change	No change
QN12: Percentage of students who were ever bullied on school property																			
											47.9	47.1	44.8	41.0	42.8		No linear change	Not available [§]	No change

^aBased on trend analyses using a logistic regression model controlling 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

Female Injury and Violence																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]			
Health Risk Behavior and Percentages																					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																					
											26.2	26.4	23.8	22.7	29.9	No linear change	Not available [§]	Increased			
QN14: Percentage of students who ever seriously thought about killing themselves																					
											25.6	26.5	28.2	15.7	24.1	23.8	25.2	27.3	No linear change	Decreased, 2007-2013 Increased, 2013-2021	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																					
											15.2	13.4	14.3	24.8	16.0	13.7	14.3	19.4	No linear change	No quadratic change	No change
QN16: Percentage of students who ever tried to kill themselves																					
											10.3	8.9	9.0	11.0	8.1	No linear change	Not available	No change			

^aBased on trend analyses using a logistic regression model controlling 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

Female Tobacco Use																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																		
							29.6	24.4	21.7	18.9	12.4	9.5	6.3	4.4		Decreased, 2007-2021	Decreased, 2007-2013 Decreased, 2013-2021	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
							9.3	8.3	5.5	4.5	2.3	1.2	1.2	0.2		Decreased, 2007-2021	Decreased, 2007-2013 Decreased, 2013-2021	Decreased
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
							2.0	1.7	1.1	0.7	0.2	0.0	0.0	0.0		Not available	Not available [§]	Not available
QNDAYSIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
							1.4	1.3	0.6	0.6	0.1	0.0	0.0	0.0		Not available	Not available	Not available

^aBased on trend analyses using a logistic regression model controlling 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

Female Tobacco Use																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN21: Percentage of students who ever used an electronic vapor product																		
												15.6	14.7	11.1	10.9	No linear change	Not available [§]	No change
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)																		
												7.5	5.8	4.3	5.0	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																		
												0.3	0.5	0.2	0.7	No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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**

Female Tobacco Use																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.1	0.2	0.0	0.6	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)																		
												8.2	6.2	4.9	3.9	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)																		
												1.0	0.6	0.2	No linear change	Not available	No change	

^aBased on trend analyses using a logistic regression model controlling 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

Female Tobacco Use																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													0.0	0.2	0.0	Not available	Not available [§]	Not available
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)																		
													0.0	0.2	0.0	Not available	Not available	Not available
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
							3.7	5.9	2.8	3.4	2.1	1.6	0.5	0.0		Not available	Not available	Not available

^aBased on trend analyses using a logistic regression model controlling 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**

Female Tobacco Use																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													6.8	5.1	4.0	No linear change	Not available [§]	No change
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)																		
													2.3	1.9	0.2	Decreased, 2017-2021	Not available	Decreased
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)																		
								0.3	0.7	0.2	0.5	0.1	0.1	0.0	0.0	Not available	Not available	Not available
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)																		
								0.3	0.7	0.1	0.3	0.1	0.1	0.0	0.0	Not available	Not available	Not available

^aBased on trend analyses using a logistic regression model controlling 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

Female Alcohol and Other Drug Use																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
QN25: Percentage of students who ever drank alcohol (other than a few sips)																		
								42.5	37.4	34.6	27.4	21.0	26.4	17.5	16.6	Decreased, 2007-2021	No quadratic change	No change
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																		
								13.7	12.2	11.3	7.9	6.0	7.9	6.8	6.0	Decreased, 2007-2021	No quadratic change	No change
QN27: Percentage of students who ever used marijuana																		
								12.0	12.6	10.0	10.4	9.3	10.7	7.1	4.8	Decreased, 2007-2021	No change, 2007-2017 Decreased, 2017-2021	No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years																		
								1.5	1.4	1.0	1.5	1.1	1.5	1.0	0.7	No linear change	No quadratic change	No change

^aBased on trend 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

Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													5.6	7.4	5.7	No linear change	Not available [§]	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
							2.1	4.4	1.6	1.2	0.8	1.2	1.3	0.3	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)																		
													6.0	2.3	No linear change	Not available	Decreased	

^aBased on trend analyses using a logistic regression model controlling 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**

Female Sexual Behaviors																	Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN32: Percentage of students who ever had sexual intercourse																			
								18.8	17.1	13.6	9.5	6.3	5.9	4.1	3.2	Decreased, 2007-2021	No quadratic change	No change	
QN33: Percentage of students who had sexual intercourse for the first time before age 11 years																			
								3.0	3.1	1.3	1.7	1.4	1.4	1.5	1.3	Decreased, 2007-2021	No quadratic change	No change	
QN34: Percentage of students who ever had sexual intercourse with three or more persons																			
														0.7	0.4	No linear change	Not available [§]	No change	

^aBased on trend analyses using a logistic regression model controlling 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

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																		
								29.5	29.4	31.9	30.5	31.4	31.0	28.1	35.8	No linear change	No quadratic change	No change
QN37: Percentage of students who were trying to lose weight																		
								54.0	53.4	56.4	55.8	51.3	56.2	46.9	54.8	No linear change	No quadratic change	Increased
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																		
										14.1	13.0	12.0	12.5	14.2	18.6	Increased, 2011-2021	No change, 2011-2017 Increased, 2017-2021	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																		
										40.5	39.0	40.7	39.3	33.0	27.1	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	No change

^aBased on trend 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																	Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
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)																	No linear change	No quadratic change	No change
									43.8	40.4	40.6	39.7	40.6	33.8	37.8				
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)																	Increased, 2009-2021	No change, 2009-2017 Increased, 2017-2021	No change
									16.3	12.1	15.1	14.1	12.7	19.8	20.5				
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	Decreased, 2009-2021	No quadratic change	No change
									23.9	24.2	19.7	20.1	18.6	17.1	15.8				

^aBased on trend 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																	Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	No linear change	No quadratic change	No change
							65.0	64.0	65.6	63.8	61.0	59.5	52.1	62.4					
QN4LYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	Decreased, 2007-2021	No quadratic change	No change
							30.2	31.2	35.9	28.1	19.3	19.5	15.1	23.0					
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)																	Decreased, 2007-2021	No change, 2007-2015 Decreased, 2015-2021	No change
							55.1	53.8	56.5	57.3	56.7	53.3	51.3	43.0					
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)																	No linear change	Not available [§]	No change
												14.1	14.4	10.3					

^aBased on trend analyses using a logistic regression model controlling 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

Female Other	Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
											54.7	52.4	52.2	46.7	46.7	46.1	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)																			
														1.9	1.5	1.7	No linear change	Not available [§]	No change

^aBased on trend analyses using a logistic regression model controlling 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**

Female Site-Added																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
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

^aBased on trend analyses using a logistic regression model controlling 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

Female Site-Added																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]			
Health Risk Behavior and Percentages																					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
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)																					
																3.9	3.2	2.4	No linear change	Not available [§]	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)																					
																37.6	46.2	No linear change	Not available	No change	
QN52: Percentage of students who have ever felt sad, empty, hopeless, or anxious																					
																80.9	86.6	No linear change	Not available	No change	
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)																					
																31.6	25.9	No linear change	Not available	No change	

^aBased on trend analyses using a logistic regression model controlling 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

Female Site-Added																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]		
Health Risk Behavior and Percentages																				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
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)																				
													15.6	14.9	20.4	Increased, 2017-2021	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)																				
													0.3	0.0	0.4	Not available	Not available	Not available		
QN56: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)																				
													9.9	7.2	8.7	6.0	5.1	Decreased, 2013-2021	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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

Female Site-Added																		
Health Risk Behavior and Percentages															Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who currently used marijuana (during the 30 days before the survey)																		
										4.7	4.8	5.4	5.5	2.3	1.4	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	No change
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)																		
													3.2	4.2	1.9	No linear change	Not available [§]	No change
QN59: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription																		
														1.3	0.2	No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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

Female Site-Added																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]			
Health Risk Behavior and Percentages																					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
QN60: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)																					
														23.1	27.2	No linear change	Not available [§]	No change			
QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)																					
														35.9	38.9	37.5	No linear change	Not available	No change		
QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)																					
														49.1	54.0	52.8	58.6	59.0	Increased, 2013-2021	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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

Female
Site-Added

Health Risk Behavior and Percentages														Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)																		
										39.6	45.8	56.0	45.2	55.1	54.9	Increased, 2011-2021	Increased, 2011-2015 No change, 2015-2021	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)																		
													37.9	37.3	42.6	No linear change	Not available [§]	No change
QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)																		
													78.3	72.8	69.9	Decreased, 2017-2021	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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

Female Site-Added																	Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																			
									3.0	3.0	4.1		No linear change	Not available [§]	No change				
QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)																			
									11.5	9.3	12.9	12.5		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																			
						20.9	22.2	25.2	25.2	21.8	23.0	15.5	17.2		Decreased, 2007-2021	Increased, 2007-2013 Decreased, 2013-2021	No change		
QN71: Percentage of students who have been taught about AIDS or HIV infection in school																			
						67.8	55.8	52.0	50.8	47.5	40.9	34.4	13.5		Decreased, 2007-2021	Decreased, 2007-2017 Decreased, 2017-2021	Decreased		

^aBased on trend analyses using a logistic regression model controlling 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**

Female Site-Added																Linear Change^a	Quadratic Change^a	Change from 2019-2021[†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN72: Percentage of students who are deaf or have serious difficulty hearing																		
												1.7	2.5	3.1	4.7	Increased, 2015-2021	Not available [§]	No change
QN73: Percentage of students who have serious difficulty seeing (even when wearing glasses)																		
												12.7	12.3	10.8	11.7	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)																		
														26.5	37.9	Increased, 2019-2021	Not available	Increased
QN75: Percentage of students who have serious difficulty walking or climbing stairs																		
													3.4	3.7	2.6	No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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* Injury and Violence	Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																			
								29.4	28.6	25.4	25.8	21.2	27.1	27.7	24.2		No linear change	No quadratic change	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																			
								30.5	29.1	21.6	22.4	18.0	21.8	18.6	15.9		Decreased, 2007-2021	No quadratic change	No change
QN10: Percentage of students who were ever in a physical fight																			
								56.2	54.2	46.0	44.2	37.2	33.0	36.9	31.6		Decreased, 2007-2021	No quadratic change	No change
QN12: Percentage of students who were ever bullied on school property																			
											48.6	46.3	44.2	40.7	43.7		Decreased, 2013-2021	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**

White* Injury and Violence	Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]		
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																					
											23.7	21.3	20.8	21.1	24.7	No linear change	Not available [¶]	No change			
QN14: Percentage of students who ever seriously thought about killing themselves																					
											21.0	18.8	19.7	10.5	16.2	17.0	16.7	18.0	No linear change	No quadratic change	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																					
											12.2	10.0	9.8	16.2	9.4	10.0	10.6	13.8	No linear change	No quadratic change	No change
QN16: Percentage of students who ever tried to kill themselves																					
											4.8	4.4	5.2	6.3	4.7	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**

White*																Linear Change^f	Quadratic Change^f	Change from 2019-2021[§]
Tobacco Use																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																		
							25.7	23.5	20.5	16.0	10.0	10.4	4.8	3.0		Decreased, 2007-2021	No change, 2007-2011 Decreased, 2011-2021	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
							9.5	8.2	6.0	3.3	2.4	1.7	1.0	0.0		Not available	Not available [¶]	Not available
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
							2.0	2.5	1.8	0.5	0.4	0.1	0.2	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)																		
							1.4	1.9	1.1	0.5	0.3	0.1	0.2	0.0		Not available	Not available	Not available

*Non-Hispanic.

^fBased on trend analyses using a logistic regression model controlling 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																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN21: Percentage of students who ever used an electronic vapor product																		
												14.2	13.7	11.8	7.9	Decreased, 2015-2021	Not available [‡]	No change
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)																		
												6.6	5.1	4.3	2.7	Decreased, 2015-2021	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																		
												0.3	0.9	0.2	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey
Trend Analysis Report**

White*																Linear Change[†]	Quadratic Change[‡]	Change from 2019-2021[§]
Tobacco Use																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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

White* Tobacco Use																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													0.4	0.0	0.0	Not available	Not available [‡]	Not available
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)																		
													0.2	0.0	0.0	Not available	Not available	Not available
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
								3.6	4.7	3.6	2.0	1.3	1.7	0.6	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*															Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]	
Tobacco Use																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													6.1	4.6	3.1	Decreased, 2017-2021	Not available [‡]	No change
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)																		
													2.7	2.0	0.3	Decreased, 2017-2021	Not available	Decreased
QNFRFCGR: 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)																		
								0.4	0.7	0.6	0.4	0.1	0.1	0.0	0.0	Not available	Not available	Not available
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)																		
								0.4	0.7	0.3	0.3	0.1	0.1	0.0	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey
Trend Analysis Report**

White*																Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[§]
Alcohol and Other Drug Use																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)																		
							40.0	36.3	30.5	25.0	18.1	22.7	14.0	11.9		Decreased, 2007-2021	No quadratic change	No change
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																		
							14.4	13.4	10.7	8.3	5.1	7.7	5.8	4.1		Decreased, 2007-2021	No quadratic change	No change
QN27: Percentage of students who ever used marijuana																		
							11.0	13.7	11.0	8.5	6.7	8.5	4.0	3.0		Decreased, 2007-2021	No change, 2007-2011 Decreased, 2011-2021	No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years																		
							1.9	1.6	1.5	1.4	0.8	1.8	1.1	0.0		Not available	Not available [‡]	Not available

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*																		
Alcohol and Other Drug Use																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
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)																		
													5.1	3.8	3.7	No linear change	Not available [‡]	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
						2.6	3.7	2.0	1.0	0.7	0.6	0.3	1.0			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)																		
													3.4	1.4		No linear change	Not available	No change

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*																		
Sexual Behaviors																		
Health Risk Behavior and Percentages																		
Linear Change [†] Quadratic Change [†] Change from 2019-2021 [§]																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN32: Percentage of students who ever had sexual intercourse																		
								14.7	15.7	11.9	8.6	6.2	6.7	4.4	1.9	Decreased, 2007-2021	No change, 2007-2011 Decreased, 2011-2021	Decreased
QN33: Percentage of students who had sexual intercourse for the first time before age 11 years																		
								2.5	3.3	2.6	1.7	1.4	1.8	1.8	0.5	Decreased, 2007-2021	No quadratic change	No change
QN34: Percentage of students who ever had sexual intercourse with three or more persons																		
														0.4	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

White*																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Weight Management and Dietary Behaviors																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																		
								28.9	27.0	27.6	30.1	26.5	26.5	27.2	30.5	No linear change	No quadratic change	No change
QN37: Percentage of students who were trying to lose weight																		
								48.4	44.0	45.8	48.6	38.1	42.9	39.6	45.0	Decreased, 2007-2021	No quadratic change	No change
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																		
										9.3	9.4	7.9	9.3	9.8	12.5	Increased, 2011-2021	No change, 2011-2015 Increased, 2015-2021	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																		
										52.2	49.4	50.0	49.9	42.1	36.0	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White* Physical Activity																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																No linear change	No quadratic change	No change
									57.9	51.4	54.8	54.5	55.3	48.9	50.2			
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																No linear change	No change, 2009-2017 Increased, 2017-2021	No change
									9.2	8.0	8.8	8.6	7.3	10.2	13.6			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																Decreased, 2009-2021	No quadratic change	No change
									35.3	33.3	29.3	31.2	28.6	24.1	27.7			

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White*																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Physical Activity																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																No linear change	No quadratic change	No change
								67.4	67.8	67.7	65.5	63.0	62.2	56.1	66.9			
QN42: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																Decreased, 2007-2021	No quadratic change	No change
								33.4	31.6	38.9	32.0	20.0	21.3	14.9	20.0			
QN43: 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)																Decreased, 2007-2021	No change, 2007-2015 Decreased, 2015-2021	No change
								64.0	64.0	65.7	65.1	66.2	63.6	57.6	59.3			
QN44: 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)																No linear change	Not available [‡]	No change
													14.5	13.3	9.6			

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White* Other	Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
											58.6	56.9	57.1	50.9	47.9	47.6	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)																			
														1.4	1.2	1.0	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey
Trend Analysis Report**

White* Site-Added																Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[‡]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN47: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																		
											80.5	79.9	86.4	86.8		Increased, 2015-2021	Not available [§]	No change
QN48: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																		
													26.8	22.5		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)																		
													14.2	17.9	11.0	No linear change	Not available	No change

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White* Site-Added																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [‡]			
Health Risk Behavior and Percentages																					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
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)																					
																3.6	3.5	0.0	Not available	Not available [§]	Not available
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)																					
																30.3	31.5	No linear change	Not available	No change	
QN52: Percentage of students who have ever felt sad, empty, hopeless, or anxious																					
																74.2	83.0	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)																					
																33.5	37.2	No linear change	Not available	No change	

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White* Site-Added															Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [‡]						
Health Risk Behavior and Percentages																							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
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)																							
																12.3	11.2	14.6	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)																							
																0.4	0.0	0.0	Not available	Not available	Not available		
QN56: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)																							
																8.4	6.3	6.7	3.7	5.0	No linear change	Not available	No change

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White* Site-Added																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who currently used marijuana (during the 30 days before the survey)																		
										5.7	3.5	3.5	4.4	0.6	1.0	Decreased, 2011-2021	No quadratic change	No change
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)																		
													1.9	1.4	0.8	Decreased, 2017-2021	Not available [¶]	No change
QN59: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription																		
														0.6	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey
Trend Analysis Report**

White* Site-Added															Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[‡]						
Health Risk Behavior and Percentages																							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
QN60: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)																							
																21.8	20.5	No linear change	Not available [§]	No change			
QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)																							
																34.2	38.7	35.9	No linear change	Not available	No change		
QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)																							
																49.8	55.9	57.1	60.4	64.7	Increased, 2013-2021	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

White* Site-Added																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)																		
										36.5	41.0	51.2	42.3	54.3	52.5	Increased, 2011-2021	No quadratic change	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)																		
													43.4	43.9	39.0	No linear change	Not available [¶]	No change
QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)																		
													84.3	80.6	89.7	Increased, 2017-2021	Not available	Increased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

White* Site-Added																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
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	

*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* Site-Added																Linear Change [‡]	Quadratic Change [‡]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN72: Percentage of students who are deaf or have serious difficulty hearing																		
												1.5	2.1	1.2	1.7	No linear change	Not available [¶]	No change
QN73: Percentage of students who have serious difficulty seeing (even when wearing glasses)																		
												5.5	6.6	4.2	3.0	Decreased, 2015-2021	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)																		
														26.0	28.4	No linear change	Not available	No change
QN75: Percentage of students who have serious difficulty walking or climbing stairs																		
													2.8	1.9	2.8	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Injury and Violence	Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																			
								48.4	46.3	40.9	43.8	44.7	50.0	52.1	54.9		Increased, 2007-2021	No quadratic change	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																			
								27.9	29.0	18.2	19.4	19.8	12.7	16.7	9.6		Decreased, 2007-2021	No quadratic change	No change
QN10: Percentage of students who were ever in a physical fight																			
								80.9	77.6	71.9	71.5	71.8	60.9	67.6	57.0		Decreased, 2007-2021	No quadratic change	No change
QN12: Percentage of students who were ever bullied on school property																			
											38.2	37.4	31.6	30.9	34.5		No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Injury and Violence	Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				2021
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																			
											13.5	14.8	11.7	15.4	22.7		Increased, 2013-2021	Not available [‡]	No change
QN14: Percentage of students who ever seriously thought about killing themselves																			
								21.9	21.3	22.3	10.7	19.4	17.9	22.8	20.0	No linear change	Decreased, 2007-2013 Increased, 2013-2021	No change	
QN15: Percentage of students who ever made a plan about how they would kill themselves																			
								11.7	10.9	12.1	16.0	13.1	10.5	14.4	13.3	No linear change	No quadratic change	No change	
QN16: Percentage of students who ever tried to kill themselves																			
											6.2	6.2	7.4	10.5	4.8	No linear change	Not available	No change	

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey
Trend Analysis Report**

Black* Tobacco Use															Linear Change[†]	Quadratic Change[‡]	Change from 2019-2021[§]	
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																		
							33.4	29.4	22.6	17.2	11.3	7.3	6.9	2.9		Decreased, 2007-2021	No quadratic change	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
							6.8	7.9	3.8	2.7	1.1	1.0	1.3	0.0		Not available	Not available [‡]	Not available
QNFRICIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
							1.1	1.2	0.1	0.4	0.1	0.0	0.0	0.0		Not available	Not available	Not available
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
							0.9	1.1	0.1	0.2	0.1	0.0	0.0	0.0		Not available	Not available	Not available

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Tobacco Use																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN21: Percentage of students who ever used an electronic vapor product																Decreased, 2015-2021	Not available [‡]	No change
								20.3	15.0	11.3	7.3							
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)																Decreased, 2015-2021	Not available	No change
								10.4	4.8	3.4	2.8							
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																Not available	Not available	Not available
								0.8	0.3	0.6	0.0							

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Tobacco Use																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.1	0.3	0.6	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)																		
												10.3	4.7	4.0	2.1	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)																		
													0.4	0.9	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Tobacco Use																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													0.0	0.5	0.0	Not available	Not available [‡]	Not available
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)																		
													0.0	0.0	0.0	Not available	Not available	Not available
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
								6.3	7.8	3.2	4.8	3.1	1.0	1.6	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Tobacco Use																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [‡]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													5.0	4.1	2.1	No linear change	Not available [§]	No change
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)																		
													1.6	2.2	0.0	Not available	Not available	Not available
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)																		
							0.6	1.2	0.1	0.6	0.8	0.2	0.0	0.0		Not available	Not available	Not available
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)																		
							0.5	0.8	0.1	0.3	0.2	0.2	0.0	0.0		Not available	Not available	Not available

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware Middle School Survey
Trend Analysis Report**

Black* Alcohol and Other Drug Use															Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[‡]	
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)																		
							45.8	44.1	33.6	26.6	24.4	21.8	17.1	17.1		Decreased, 2007-2021	No quadratic change	No change
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																		
							14.9	17.2	13.3	8.4	7.8	8.5	9.0	7.0		Decreased, 2007-2021	No quadratic change	No change
QN27: Percentage of students who ever used marijuana																		
							17.6	16.4	13.8	13.1	14.0	11.4	11.4	4.9		Decreased, 2007-2021	No quadratic change	No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years																		
							3.3	4.4	2.6	2.8	1.8	1.8	3.2	0.0		Not available	Not available [§]	Not available

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [‡]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													5.1	9.4	7.9	No linear change	Not available [§]	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
						1.8	3.0	1.6	1.8	0.6	1.1	2.2	0.0			Not available	Not available	Not available
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)																		
													5.1	0.8		Decreased, 2019-2021	Not available	Decreased

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Sexual Behaviors	Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN32: Percentage of students who ever had sexual intercourse								36.7	35.8	26.8	21.5	16.6	13.2	9.4	4.2	Decreased, 2007-2021	Decreased, 2007-2011 Decreased, 2011-2021	No change	
QN33: Percentage of students who had sexual intercourse for the first time before age 11 years								10.8	11.2	8.8	6.5	4.8	4.3	3.3	0.0	Not available	Not available [‡]	Not available	
QN34: Percentage of students who ever had sexual intercourse with three or more persons														2.4	0.7	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**

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																		
								25.5	20.0	22.2	20.7	23.7	26.1	22.2	29.4	No linear change	No quadratic change	No change
QN37: Percentage of students who were trying to lose weight																		
								39.1	38.3	44.6	42.0	46.2	48.4	39.8	47.5	No linear change	No quadratic change	No change
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																		
										11.0	10.4	8.2	8.5	9.1	15.8	No linear change	No change, 2011-2017 No change, 2017-2021	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																		
										44.8	44.2	46.6	43.8	40.9	34.2	Decreased, 2011-2021	No quadratic change	No change

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black*																		
Physical Activity																		
Health Risk Behavior and Percentages																		
Linear Change [†] Quadratic Change [†] Change from 2019-2021 [§]																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
									42.5	44.7	43.4	44.7	48.2	35.3	46.2	No linear change	No quadratic change	Increased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
									22.7	16.7	18.0	13.4	15.2	24.0	19.5	No linear change	Decreased, 2009-2015 Increased, 2015-2021	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
									27.8	26.6	27.4	28.7	29.7	21.9	23.4	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Physical Activity																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																No linear change	No quadratic change	No change
							65.2	67.4	69.9	69.8	66.0	67.6	58.0	67.4				
QN41YPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																No linear change	Decreased, 2007-2015 No change, 2015-2021	Increased
							29.6	27.7	29.2	24.6	19.2	25.0	16.9	33.6				
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)																Decreased, 2007-2021	No quadratic change	No change
							60.0	60.0	55.6	63.8	61.5	55.2	53.7	48.3				
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)																No linear change	Not available [¶]	No change
												17.5	18.1	17.2				

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
											54.7	52.9	50.4	45.1	46.7	43.2	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)																			
														3.1	0.8	5.8	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Site-Added																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [‡]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN47: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																		
											69.9	67.0	67.8	62.8		No linear change	Not available [§]	No change
QN48: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																		
													22.3	21.2		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)																		
													14.3	9.3	9.0	No linear change	Not available	No change

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Site-Added																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [‡]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
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)																			
														4.0	5.1	1.8	No linear change	Not available [§]	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)																			
															22.9	34.2	Increased, 2019-2021	Not available	Increased
QN52: Percentage of students who have ever felt sad, empty, hopeless, or anxious																			
															71.7	76.8	No linear change	Not available	No change
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)																			
															29.1	18.5	No linear change	Not available	No change

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Site-Added																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [‡]		
Health Risk Behavior and Percentages																				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
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)																				
													8.3	11.5	12.0	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)																				
													0.8	0.2	0.4	No linear change	Not available	No change		
QN56: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)																				
													7.8	6.5	7.4	5.1	2.1	Decreased, 2013-2021	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

Black* Site-Added																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [‡]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN57: Percentage of students who currently used marijuana (during the 30 days before the survey)																			
											5.8	6.9	6.4	5.0	3.9	0.0	Not available	Not available [§]	Not available
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)																			
														3.3	6.5	3.4	No linear change	Not available	No change
QN59: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription																			
														1.3	2.5	No linear change	Not available	No change	

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Site-Added															Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [‡]				
Health Risk Behavior and Percentages																					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021						
QN60: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)																					
														30.1	32.0	No linear change	Not available [§]	No change			
QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)																					
														45.5	45.5	50.6	No linear change	Not available	No change		
QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)																					
														44.2	44.6	46.8	49.9	48.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Site-Added																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)																		
										43.0	54.1	59.2	54.3	58.0	60.9	Increased, 2011-2021	Increased, 2011-2015 No change, 2015-2021	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)																		
													35.4	32.8	34.2	No linear change	Not available [‡]	No change
QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)																		
													77.2	74.6	63.9	Decreased, 2017-2021	Not available	Decreased

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Site-Added																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN66: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																			
													3.4	5.7	7.0	No linear change	Not available [¶]	No change	
QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)																			
													36.3	30.3	35.0	34.4	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																			
						25.5	32.9	28.5	32.7	27.2	25.0	23.3	19.8			Decreased, 2007-2021	Increased, 2007-2013 Decreased, 2013-2021	No change	
QN71: Percentage of students who have been taught about AIDS or HIV infection in school																			
						78.3	70.9	61.8	61.8	55.8	48.7	42.1	21.1			Decreased, 2007-2021	Decreased, 2007-2015 Decreased, 2015-2021	Decreased	

*Non-Hispanic.

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Black* Site-Added																Linear Change [‡]	Quadratic Change [‡]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN72: Percentage of students who are deaf or have serious difficulty hearing																		
												2.3	2.3	2.9	2.9	No linear change	Not available [‡]	No change
QN73: Percentage of students who have serious difficulty seeing (even when wearing glasses)																		
												12.3	12.0	11.2	12.4	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)																		
														22.9	26.4	No linear change	Not available	No change
QN75: Percentage of students who have serious difficulty walking or climbing stairs																		
													2.4	3.5	3.6	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware Middle School Survey
Trend Analysis Report

Hispanic Injury and Violence																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																			
								47.5	43.3	39.8	42.9	38.8	42.8	45.1	47.6		No linear change	No quadratic change	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																			
								30.4	32.5	26.1	23.3	20.6	20.0	19.9	22.6		Decreased, 2007-2021	No quadratic change	No change
QN10: Percentage of students who were ever in a physical fight																			
								65.2	63.8	60.3	53.8	48.7	44.6	43.6	46.4		Decreased, 2007-2021	No quadratic change	No change
QN12: Percentage of students who were ever bullied on school property																			
											36.9	32.9	33.6	32.9	36.0		No linear change	Not available [§]	No change

^aBased on trend analyses using a logistic regression model controlling 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
Injury and Violence

Health Risk Behavior and Percentages															Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]												
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021														
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																													
											15.6	15.4	13.4	13.9	23.5	No linear change	Not available [§]	No change											
QN14: Percentage of students who ever seriously thought about killing themselves																													
											24.4	22.9	28.1	12.9	20.3	18.9	20.9	22.3	No linear change	No quadratic change	No change								
QN15: Percentage of students who ever made a plan about how they would kill themselves																													
											14.9	12.2	13.0	21.2	12.5	11.5	11.7	17.9	No linear change	No quadratic change	No change								
QN16: Percentage of students who ever tried to kill themselves																													
																						11.0	8.6	8.1	10.6	8.2	No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 ^a	Quadratic Change ^a	Change from 2019-2021 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)								29.6	29.0	26.5	21.3	15.6	10.8	7.3	4.7		Decreased, 2007-2021	No quadratic change	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								7.5	9.9	6.5	8.1	3.1	2.7	2.2	0.0		Not available	Not available [§]	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

^aBased on trend analyses using a logistic regression model controlling 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																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN21: Percentage of students who ever used an electronic vapor product																		
												21.3	17.9	15.3	15.9	Decreased, 2015-2021	Not available [§]	No change
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)																		
												10.7	8.7	9.1	7.8	No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																		
												0.7	1.1	0.9	1.6	No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 ^a	Quadratic Change ^a	Change from 2019-2021 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																			
												0.3	0.9	0.3	1.6		No linear change	Not available [§]	No change
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)																			
												11.1	9.4	9.0	6.2		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)																			
												2.2	1.0	0.6		No linear change	Not available	No change	

^aBased on trend analyses using a logistic regression model controlling 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																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													0.6	0.5	0.0	Not available	Not available [§]	Not available
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)																		
													0.4	0.5	0.0	Not available	Not available	Not available
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
							6.8	7.3	6.0	6.5	3.6	2.6	1.5	0.6		Decreased, 2007-2021	No change, 2007-2013 Decreased, 2013-2021	No change

^aBased on trend analyses using a logistic regression model controlling 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																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													10.2	9.5	6.3	No linear change	Not available [§]	No change
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)																		
													4.6	3.1	0.7	Decreased, 2017-2021	Not available	Decreased
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)																		
								1.2	2.4	0.8	0.7	0.1	0.4	0.0	0.0	Not available	Not available	Not available
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)																		
								0.7	2.2	0.3	0.7	0.1	0.4	0.0	0.0	Not available	Not available	Not available

^aBased on trend analyses using a logistic regression model controlling 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
Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)																		
							46.6	49.0	44.5	31.9	27.8	28.0	27.7	25.3		Decreased, 2007-2021	No quadratic change	No change
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																		
							16.1	23.0	14.7	13.0	9.8	10.5	10.6	12.6		Decreased, 2007-2021	No quadratic change	No change
QN27: Percentage of students who ever used marijuana																		
							14.6	15.6	15.0	16.2	9.1	12.8	8.7	8.4		Decreased, 2007-2021	No quadratic change	No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years																		
							2.6	4.2	2.1	4.7	1.4	1.8	2.2	2.1		No linear change	No quadratic change	No change

^aBased on trend 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**

Hispanic

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													2.1	10.3	6.3	No linear change	Not available [§]	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
							4.7	6.7	4.1	3.5	1.8	1.1	3.0	0.0	Not available	Not available	Not available	
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)																		
													7.1	6.0	No linear change	Not available	No change	

^aBased on trend analyses using a logistic regression model controlling 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 Sexual Behaviors		Health Risk Behavior and Percentages														Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]	
		1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017				2019
QN32: Percentage of students who ever had sexual intercourse																	Decreased, 2007-2021	No quadratic change	No change
QN33: Percentage of students who had sexual intercourse for the first time before age 11 years																	Decreased, 2007-2021	Decreased, 2007-2015 Increased, 2015-2021	No change
QN34: Percentage of students who ever had sexual intercourse with three or more persons																	No linear change	Not available [§]	No change

^aBased on trend analyses using a logistic regression model controlling 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 Weight Management and Dietary Behaviors																	Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN36: Percentage of students who described themselves as slightly or very overweight																			
								25.7	25.1	31.5	32.3	30.3	35.4	39.6	38.4		Increased, 2007-2021	No quadratic change	No change
QN37: Percentage of students who were trying to lose weight																			
								50.6	46.1	53.4	56.6	56.6	58.5	55.7	61.1		Increased, 2007-2021	No quadratic change	No change
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																			
										15.5	15.8	14.5	12.8	15.3	19.6		No linear change	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																			
											42.7	40.8	44.8	44.5	35.0	31.0	Decreased, 2011-2021	No change, 2011-2017 Decreased, 2017-2021	No change

^aBased on trend 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

Hispanic
Physical Activity

Health Risk Behavior and Percentages															Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
									40.5	45.3	38.8	40.8	41.2	25.3	41.8	No linear change	No quadratic change	Increased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
									23.9	10.3	15.5	17.4	12.4	20.5	16.3	No linear change	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
									26.2	31.0	21.6	25.0	21.5	9.0	17.9	Decreased, 2009-2021	No quadratic change	Increased

^aBased on trend 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

Hispanic Physical Activity																	Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	No linear change	No quadratic change	No change
							73.8	57.6	69.9	65.0	61.4	61.3	48.6	64.9					
QN4LYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	Decreased, 2007-2021	No quadratic change	No change
							37.4	28.4	34.5	23.8	22.2	22.8	12.5	20.2					
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)																	Decreased, 2007-2021	No change, 2007-2015 Decreased, 2015-2021	No change
							54.0	53.3	58.8	55.9	54.7	51.8	38.5	38.4					
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)																	No linear change	Not available [§]	No change
												18.5	16.1	16.1					

^aBased on trend analyses using a logistic regression model controlling 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 Other	Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
										55.5	56.0	53.1	47.8	44.5	37.7		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)																			
														2.7	3.5	0.7	No linear change	Not available [§]	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN47: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																			
												66.0	65.1	75.0	77.1		Increased, 2015-2021	Not available [§]	No change
QN48: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																			
													17.6	22.2		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)																			
												12.3	12.5	22.6		No linear change	Not available	No change	

^aBased on trend analyses using a logistic regression model controlling 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
Site-Added

Health Risk Behavior and Percentages															Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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)																		
													5.5	2.4	2.2	No linear change	Not available [§]	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)																		
													32.7	40.6		No linear change	Not available	No change
QN52: Percentage of students who have ever felt sad, empty, hopeless, or anxious																		
													72.2	83.9		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)																		
													31.0	24.6		No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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
Site-Added

Health Risk Behavior and Percentages														Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
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)																				
													13.5	12.7	17.2	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)																				
													0.5	0.0	1.1	Not available	Not available	Not available		
QN56: Percentage of students who currently drank alcohol (other than a few sips, during the 30 days before the survey)																				
													14.4	9.2	9.1	8.9	6.0	Decreased, 2013-2021	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN57: Percentage of students who currently used marijuana (during the 30 days before the survey)																			
										7.9	9.0	5.6	6.4	4.0	2.4		Decreased, 2011-2021	No quadratic change	No change
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)																			
													1.6	5.1	2.7		No linear change	Not available [§]	No change
QN59: Percentage of students who have ever taken steroid pills or shots without a doctor's prescription																			
														1.8	0.6		No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added	Health Risk Behavior and Percentages																Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]					
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
QN60: Percentage of students who did not eat fruit (not counting fruit juice, one or more times the day before the survey)																								
																	16.9	27.5	No linear change	Not available [§]	No change			
QN61: Percentage of students who did not eat green salad or other vegetables (not counting potatoes, one or more times the day before the survey)																								
																	42.2	36.5	47.4	No linear change	Not available	Increased		
QN62: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, one or more times the day before the survey)																								
																	40.4	46.6	50.9	51.0	57.5	Increased, 2013-2021	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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
Site-Added

Health Risk Behavior and Percentages														Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN63: Percentage of students who did not drink caffeinated drinks (including coffee, teas, sodas, power drinks, energy drinks or other drinks with caffeine added, one or more times the day before the survey)																		
										36.0	44.3	56.1	52.1	54.8	61.7	Increased, 2011-2021	No quadratic change	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)																		
													41.4	40.0	48.6	No linear change	Not available [§]	No change
QN65: Percentage of students who ate dinner at home with at least one of their parents on four or more days (during the 7 days before the survey)																		
													78.9	78.0	75.0	No linear change	Not available	No change

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added														Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]										
Health Risk Behavior and Percentages																										
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021											
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)																										
													4.4	3.5	5.0	No linear change	Not available [§]	No change								
QN67: Percentage of students who play violent video games 2 or more hours per week on average (such as games that are rated M)																										
													32.1	30.4	28.6	30.3	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																										
																19.1	18.8	27.8	25.5	19.6	20.3	20.6	23.6	No linear change	No quadratic change	No change
QN71: Percentage of students who have been taught about AIDS or HIV infection in school																										
																65.5	57.7	51.3	48.3	38.4	34.5	30.5	15.8	Decreased, 2007-2021	Decreased, 2007-2017 Decreased, 2017-2021	Decreased

^aBased on trend analyses using a logistic regression model controlling 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 Site-Added																	Linear Change ^a	Quadratic Change ^a	Change from 2019-2021 [†]
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN72: Percentage of students who are deaf or have serious difficulty hearing																			
												2.3	4.4	4.2	6.9		Increased, 2015-2021	Not available [§]	No change
QN73: Percentage of students who have serious difficulty seeing (even when wearing glasses)																			
												12.0	13.1	11.7	10.3		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)																			
														19.9	36.8		Increased, 2019-2021	Not available	Increased
QN75: Percentage of students who have serious difficulty walking or climbing stairs																			
													3.6	5.4	1.0		No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.