

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Total Injury and Violence												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet												No linear change	No quadratic change	Decreased
				84.4	82.4	85.3	84.2	88.5	86.7	88.3	84.2			
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else												Decreased, 1999-2013	No quadratic change	No change
				16.6	14.9	15.1	7.5	7.5	6.3	5.7	6.1			
QN10: Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol												Decreased, 1999-2013	No quadratic change	Decreased
				32.4	29.2	29.1	26.7	28.4	28.6	24.9	20.4			
QN13: Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days												No linear change	Increased, 1999-2009 Decreased, 2009-2013	No change
				15.8	14.5	16.0	16.6	17.1	18.5	13.5	14.4			

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

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

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Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				
QN14: Percentage of students who carried a gun on one or more of the past 30 days												No linear change	No quadratic change	No change	
		5.0		4.8		5.8		5.4	6.2	6.3	4.4	5.2			
QN15: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days												Decreased, 1999-2013	No quadratic change	Decreased	
		6.2		5.5		5.0		5.7	5.4	5.1	5.2	3.1			
QN16: Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school												Decreased, 1999-2013	Decreased, 1999-2003 Increased, 2003-2013	Increased	
		9.5		7.2		4.8		4.6	5.3	6.3	5.1	8.2			
QN17: Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months												Decreased, 1999-2013	No quadratic change	No change	
		8.2		8.3		7.7		6.2	5.6	7.8	6.4	5.6			
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months												Decreased, 1999-2013	No quadratic change	No change	
		37.6		34.1		34.9		30.3	33.0	30.4	28.0	25.1			

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1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN19: Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse												No linear change	No quadratic change	No change
				4.2	4.5	3.9	3.3	4.1	4.2	4.2	3.3			
QN20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months												Decreased, 1999-2013	No quadratic change	No change
				11.6	11.9	11.4	9.8	10.5	8.6	8.8	9.3			
QN21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to												No linear change	No quadratic change	No change
					8.6	7.6	7.5	7.6	9.9	8.5	7.7			
QN24: Percentage of students who had ever been bullied on school property during the past 12 months												Increased, 2009-2013	Not available [§]	No change
								15.9	16.5	18.5				
QN26: Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months												Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased
				26.9	27.0	27.4	27.5	26.9	26.5	26.8	22.9			

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§Not enough years of data to calculate.

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Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months															
				17.2	16.3	15.6	12.7	11.1	13.5	13.5	12.8	Decreased, 1999-2013		Decreased, 1999-2007 No change, 2007-2013	No change
QN28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months															
				12.5	12.1	11.7	11.0	9.2	9.9	10.3	9.9	Decreased, 1999-2013		No quadratic change	No change
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months															
				7.5	7.1	8.6	7.1	6.2	8.2	7.8	7.0	No linear change		No quadratic change	No change
QN30: Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse															
				2.4	2.4	2.7	2.3	2.1	2.4	2.4	2.1	No linear change		No quadratic change	No change

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Total Tobacco Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever tried cigarette smoking, even one or two puffs														
				70.4	65.5	62.4	55.0	51.7	47.7	46.4	37.3	Decreased, 1999-2013	No quadratic change	Decreased
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years														
				26.9	23.8	24.4	18.4	14.7	13.7	12.3	9.2	Decreased, 1999-2013	No quadratic change	Decreased
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days														
				32.2	24.2	23.5	21.2	20.2	19.0	18.3	14.2	Decreased, 1999-2013	No quadratic change	Decreased
QNFRDIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days														
				17.7	12.8	12.1	9.6	8.5	7.8	7.6	4.9	Decreased, 1999-2013	No quadratic change	Decreased
QN34: Among students who reported current cigarette use, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days														
				15.7	15.6	15.0	15.0	9.8	13.7	8.7	9.6	Decreased, 1999-2013	No quadratic change	No change

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Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN35: Among students who were less than 18 years of age and who reported current cigarette use, the percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days														
				23.9	24.1	20.4	21.4	19.7	12.9	14.4		Decreased, 2001-2013	No quadratic change	No change
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days														
				15.3	11.1	10.2	8.6	8.0	6.9	6.2	3.6	Decreased, 1999-2013	No quadratic change	Decreased
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days														
				18.7	18.5	14.2	13.3	11.9	11.6	7.7		Decreased, 2001-2013	No quadratic change	Decreased
QN38: Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months														
				57.0	61.3	53.5	52.2	47.4	44.3	50.4		Decreased, 2001-2013	No quadratic change	No change
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days														
				4.0	4.8	3.4	5.1	5.2	6.8	6.6	7.1	Increased, 1999-2013	No quadratic change	No change

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Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days												No linear change	Decreased, 1999-2003 No change, 2003-2013	No change
				15.2	12.7	12.2	11.3	12.5	11.8	12.9	12.0			
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days												Decreased, 1999-2013	Decreased, 1999-2003 Decreased, 2003-2013	Decreased
				37.0	29.0	26.6	25.2	24.6	23.2	23.5	20.3			

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Total Alcohol and Other Drug Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN41: Percentage of students who had at least one drink of alcohol on one or more days during their life														
				80.9	77.6	78.5	75.8	75.8	71.0	72.0	65.2	Decreased, 1999-2013	Decreased, 1999-2007 Decreased, 2007-2013	Decreased
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years														
				31.8	28.8	30.3	27.2	24.9	23.5	22.7	19.8	Decreased, 1999-2013	No quadratic change	No change
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days														
				46.9	46.4	45.4	43.1	45.2	43.7	40.4	36.3	Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased
QN44: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days														
				27.1	27.3	26.6	24.4	25.4	23.7	21.9	20.4	Decreased, 1999-2013	No quadratic change	No change
QN46: Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days														
								41.4	39.3	41.5	40.5	No linear change	Not available [§]	No change

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Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who used marijuana one or more times during their life												Decreased, 1999-2013	No quadratic change	No change
				48.8	46.9	48.9	42.2	43.9	42.8	46.0	42.6			
QN48: Percentage of students who tried marijuana for the first time before age 13 years												Decreased, 1999-2013	No quadratic change	No change
				12.7	12.2	13.4	11.3	10.0	11.4	10.4	9.6			
QN49: Percentage of students who used marijuana one or more times during the past 30 days												No linear change	Decreased, 1999-2005 Increased, 2005-2013	No change
				29.0	26.3	27.3	22.8	25.1	25.8	27.6	25.6			
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life												Decreased, 1999-2013	No quadratic change	No change
				7.2	6.3	7.4	6.4	6.1	5.8	5.3	4.0			
QN51: Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life												Decreased, 1999-2013	Increased, 1999-2007 Decreased, 2007-2013	Decreased
				12.2	10.5	11.4	14.0	12.9	11.1	11.6	7.5			

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Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52: Percentage of students who used heroin one or more times during their life												No linear change	No quadratic change	No change
				3.3	2.7	2.3	2.6	2.4	2.5	3.1	2.8			
QN53: Percentage of students who used methamphetamines one or more times during their life												Decreased, 1999-2013	No quadratic change	No change
				7.0	6.8	6.2	5.5	4.3	4.0	3.7	2.7			
QN54: Percentage of students who used ecstasy one or more times during their life												Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change
						9.6	6.7	5.6	6.6	7.2	5.7			
QN55: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life												No linear change	No quadratic change	No change
				3.2	4.8	4.1	3.4	3.3	3.7	3.8	3.2			
QN57: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life												No linear change	No quadratic change	No change
				2.3	1.7	1.7	2.2	2.2	2.6	2.7	2.3			

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Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN58: Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months														
				29.1	26.9	27.9	26.1	22.9	20.9	23.1	19.1	Decreased, 1999-2013	No quadratic change	Decreased

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Total Sexual Behaviors												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59: Percentage of students who ever had sexual intercourse												No linear change	No change, 1999-2009 Decreased, 2009-2013	Decreased
		54.6		52.7	57.3	55.1	59.3	57.5	59.0	48.7				
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years												Decreased, 1999-2013	No change, 1999-2003 Decreased, 2003-2013	Decreased
		10.2		9.6	11.3	10.8	9.6	9.7	8.8	5.9				
QN61: Percentage of students who had sexual intercourse with four or more people during their life												No linear change	No change, 1999-2009 Decreased, 2009-2013	Decreased
		20.3		16.7	20.6	19.1	21.8	21.0	21.7	15.2				
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months												No linear change	No change, 1999-2009 Decreased, 2009-2013	Decreased
		40.0		39.2	42.7	39.2	45.3	42.9	42.9	33.9				
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse												No linear change	No quadratic change	No change
		22.1		22.1	23.9	21.0	21.6	22.1	20.0	21.8				

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Total Sexual Behaviors												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN64: Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse												No linear change	Increased, 1999-2007 Decreased, 2007-2013	Increased
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection												Decreased, 1999-2013	No change, 1999-2007 Decreased, 2007-2013	No change

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Total												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNOWT: Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex) [§]														
				14.2	14.8	16.5	14.9	17.3	15.6	16.9	16.3	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex) [§]														
				10.0	10.7	13.3	14.0	13.2	13.5	12.2	14.2	Increased, 1999-2013	Increased, 1999-2003 No change, 2003-2013	No change
QN66: Percentage of students who described themselves as slightly or very overweight														
				29.1	30.2	31.4	31.1	27.3	27.9	27.8	31.8	No linear change	No quadratic change	Increased
QN67: Percentage of students who were trying to lose weight														
				41.3	43.8	42.6	44.1	42.4	43.4	45.7	48.0	Increased, 1999-2013	No quadratic change	No change
QN68: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days														
				11.5	13.1	13.1	11.3	10.9	11.9	10.0	11.3	Decreased, 1999-2013	No quadratic change	No change

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§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

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Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN69: Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days														
				4.7	6.1	6.2	4.2	5.0	4.0	4.7	3.7	Decreased, 1999-2013	No quadratic change	No change
QN70: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days														
				3.2	3.6	3.6	3.6	3.9	3.9	3.8	4.3	No linear change	No quadratic change	No change
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days														
				86.6	86.7	82.7	80.2	77.3	75.4	73.3	76.4	Decreased, 1999-2013	Decreased, 1999-2009 No change, 2009-2013	Increased
QN72: Percentage of students who ate fruit one or more times during the past seven days														
				85.6	84.4	81.5	80.5	81.7	82.2	85.0	88.7	Increased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	Increased
QN73: Percentage of students who ate green salad one or more times during the past seven days														
				63.0	63.9	61.4	58.0	55.8	54.0	52.2	60.5	Decreased, 1999-2013	Decreased, 1999-2009 Increased, 2009-2013	Increased

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1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN76: Percentage of students who ate other vegetables one or more times during the past seven days														
				86.8	87.1	84.0	82.1	83.1	81.5	81.0	85.2	Decreased, 1999-2013	Decreased, 1999-2009 Increased, 2009-2013	Increased
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days														
				35.6	36.6	30.2	24.8	27.0	28.4	30.3	34.1	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	Increased
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days														
				4.8	4.5	6.4	7.0	7.6	8.1	7.6	5.3	Increased, 1999-2013	Increased, 1999-2009 Decreased, 2009-2013	Decreased
QNFR1: Percentage of students who ate fruits or drank 100% fruit juices one or more times per day during the past seven days														
				65.2	65.8	58.4	53.8	53.8	55.8	54.0	63.1	Decreased, 1999-2013	Decreased, 1999-2007 Increased, 2007-2013	Increased
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days														
				24.6	25.3	20.3	16.3	18.3	19.2	19.7	22.2	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	No change

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Weight Management and Dietary Behaviors																						
Health Risk Behavior and Percentages																						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013											
QN77: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days												32.4	28.8	26.1	22.2	Decreased, 2007-2013	Not available [§]	Decreased				
QNSODA0: Percentage of students who drank a can, bottle, or glass of soda or pop 0 times per day during the past seven days												19.0	20.4	21.6	25.3	Increased, 2007-2013	Not available	Increased				
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day during the past seven days												24.8	21.2	19.1	15.7	Decreased, 2007-2013	Not available	Decreased				
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day during the past seven days												15.2	13.5	12.2	8.8	Decreased, 2007-2013	Not available	Decreased				
QN78: Percentage of students who drank three or more glasses per day of milk during the past seven days												17.3	16.1	14.5	12.7	12.1	10.3	11.4	10.2	Decreased, 1999-2013	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Total												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNMILK0: Percentage of students who drank 0 glasses per day of milk during the past seven days												Increased, 1999-2013	Increased, 1999-2007 No change, 2007-2013	No change
		15.1		16.1	18.5	21.0	23.0	22.2	24.2	23.6				
QNMILK1: Percentage of students who drank one or more glasses per day of milk during the past seven days												Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
		47.4		46.2	41.1	38.1	35.4	36.2	34.8	34.7				
QNMILK2: Percentage of students who drank two or more glasses per day of milk during the past seven days												Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
		33.3		31.6	28.7	24.4	22.7	22.5	22.9	20.6				
QN79: Percentage of students who ate breakfast on all of the past seven days												Increased, 2009-2013	Not available [§]	Increased
								34.4	32.3	40.3				
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days												Decreased, 2009-2013	Not available	Decreased
								15.1	14.8	12.2				

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Total Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †								
Health Risk Behavior and Percentages																						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013											
QN80: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days												40.4	40.4	43.5	41.4	No linear change	Not available [§]	No change				
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days												18.3	19.7	18.0	19.1	No linear change	Not available	No change				
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days												22.8	23.8	24.9	23.7	No linear change	Not available	No change				
QN81: Percentage of students who watched three or more hours per day of TV on an average school day												43.1	40.7	45.4	44.6	39.0	37.7	37.3	33.9	Decreased, 1999-2013	No change, 1999-2003 Decreased, 2003-2013	Decreased
QN82: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day												28.1	27.4	34.4	39.8	Increased, 2007-2013	Not available	Increased				

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Total Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN83: Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school												No linear change	No quadratic change	No change
				43.1	42.1	38.2	47.0	42.9	39.7	42.7	41.2			
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school												Decreased, 1999-2013	Decreased, 1999-2009 Decreased, 2009-2013	Decreased
				34.3	32.0	28.7	30.1	28.3	25.4	25.3	13.1			
QN84: Percentage of students who played on one or more sports teams during the past 12 months												No linear change	No quadratic change	No change
				57.3	56.0	53.4	56.0	55.0	53.2	55.3	56.6			

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011			
QN87: Percentage of students who would describe their grades in school as mostly A's or B's during the past 12 months														
					61.2	57.4	56.9	57.8	60.9	61.4	68.1	Increased, 2001-2013	No change, 2001-2005 Increased, 2005-2013	Increased
QN88: Percentage of students who typically sleep at home, or home of friend or relative, with their parent(s) or guardian(s)														
										96.7	97.5	No linear change	Not available [§]	No change
QN89: Percentage of students who reported that either of their parents or other adults in their family are serving on active duty in the military														
										14.7	14.7	No linear change	Not available	No change
QN90: Percentage of students who have a parent or other adult in their family who has been in jail or in prison during the past 12 months														
										18.0	14.8	Decreased, 2011-2013	Not available	Decreased
QN91: Percentage of students who have physical disabilities or long-term health problems														
										8.6	8.6	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011			
QN92: Percentage of students who have long-term emotional problems or learning disabilities														
										11.9	11.6	No linear change	Not available [§]	No change
QN94: Percentage of students who responded that someone had tried to hurt them by hitting, punching, or kicking them on school property on one or more of the past 30 days														
						10.3	11.3	11.9	8.9	9.2		Decreased, 2005-2013	Not available	No change
QN96: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting, scraping, or burning themselves on purpose, during the past 12 months														
						13.8	12.2	13.5	12.7	12.1		No linear change	Not available	No change
QN98: Among students who drank alcohol during the past 30 days, the percentage who reported their home or another person's home as their usual place they usually drank alcohol during the past 30 days														
								88.0	85.4	90.8		No linear change	Not available	Increased

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011			
QN99: Among students who drank alcohol during the past 30 days and who have a usual type of alcohol that they drink, the percentage who reported liquor, such as vodka, rum, scotch, bourbon, or whisky, as their type of alcohol they usually drank during the past 30 days														
									50.8	55.2	54.8	No linear change	Not available [§]	No change
QN100: Percentage of students who used marijuana on school property one or more times during the past 30 days														
				6.5	6.4	6.0	5.6	5.4	5.6	6.1	6.2	No linear change	No quadratic change	No change
QN101: Percentage of students who used any kind of herbal or natural substance to get high, such as salvia, woodrose, or morning glory seeds, one or more times during their life														
								6.6	7.2	8.4	6.2	No linear change	Not available	Decreased
QN102: Percentage of students who have taken prescription painkillers, such as OxyContin, codeine, or Percocet, without a doctor's prescription one or more times during their life														
								20.0	19.6	19.0	15.5	Decreased, 2007-2013	Not available	Decreased
QN103: Percentage of students who have offered, sold, or given anyone an illegal drug on school property during the past 12 months														
								9.2	8.9	8.5	7.0	Decreased, 2007-2013	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †		
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				
QN105: Percentage of students who have been pregnant or gotten someone pregnant one or more times					8.0	6.4	7.7	7.2	7.4	8.6	8.0	4.1	Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased	
QN106: Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)									2.3	3.4	3.0	1.9	No linear change	Not available [§]	No change	
QN108: Percentage of students who describe themselves as gay or lesbian or bisexual									4.7	6.8	6.6	6.7	Increased, 2007-2013	Not available	No change	
QN109: Percentage of students who have ever given or received oral sex								53.8	57.6	54.9	56.9	47.6	Decreased, 2005-2013	Not available	Decreased	
QN110: Percentage of students who think that their health teacher has given them the most information about safe sex practices											28.2	30.7	31.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011				2013
QN111: Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days					55.0	57.5	57.6	60.9	59.1	57.7	62.2	61.5	Increased, 1999-2013	No quadratic change	No change
QN112: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days					36.5	39.3	39.1	39.7	35.1	36.6	39.1	39.6	No linear change	No quadratic change	No change
QN113: Percentage of students who had one or more caffeinated drinks yesterday										64.4	60.4	57.2	Decreased, 2009-2013	Not available [§]	Decreased
QN114: Percentage of students who would know where to have an HIV test if they wanted one done									77.2	74.7	68.3	65.9	Decreased, 2007-2013	Not available	No change
QN116: Percentage of students who get eight or more hours of sleep on average school night										27.4	27.1	26.6	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011			
QN117: Percentage of students who would most likely talk to no one if they had a personal problem with drinking, drug use, or sexual behavior														
										16.3	17.6	No linear change	Not available [§]	No change
QN118: Percentage of students who eat dinner with their family three or more times in an average week														
						68.8	67.3	65.6	64.8	68.0		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet											No linear change	No quadratic change	No change	
				86.3	85.3	86.1	86.4	89.9	89.5	89.8	87.0			
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else											Decreased, 1999-2013	No quadratic change	No change	
				19.2	20.3	18.3	10.2	9.5	7.2	7.9	7.7			
QN10: Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol											Decreased, 1999-2013	No quadratic change	Decreased	
				32.9	32.0	30.1	27.1	27.6	28.6	24.9	19.7			
QN13: Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days											Decreased, 1999-2013	No quadratic change	No change	
				25.6	24.8	24.8	26.4	25.5	26.7	20.3	23.3			
QN14: Percentage of students who carried a gun on one or more of the past 30 days											No linear change	No quadratic change	No change	
				8.5	9.0	10.0	9.3	10.4	10.2	7.3	8.8			

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN15: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days												Decreased, 1999-2013	No quadratic change	Decreased
				10.1	9.0	6.6	8.1	7.0	5.9	7.1	4.5			
QN16: Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school												Decreased, 1999-2013	Decreased, 1999-2003 No change, 2003-2013	No change
				9.0	7.2	4.4	4.2	5.7	5.1	4.8	7.1			
QN17: Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months												Decreased, 1999-2013	No quadratic change	No change
				9.5	11.0	9.7	7.9	6.9	8.8	8.5	6.8			
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months												Decreased, 1999-2013	No quadratic change	No change
				45.9	43.1	42.2	36.7	38.4	36.2	33.9	32.4			
QN19: Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse												Decreased, 1999-2013	No quadratic change	No change
				5.4	6.7	5.4	3.6	5.3	4.9	4.8	4.2			

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Male Injury and Violence												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months														
			14.0	16.8	15.5	13.2	13.0	9.6	11.1	11.7		Decreased, 1999-2013	No quadratic change	No change
QN21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to														
				6.4	5.0	4.8	4.5	5.8	4.6	5.4		No linear change	No quadratic change	No change
QN24: Percentage of students who had ever been bullied on school property during the past 12 months														
								12.7	13.8	16.6		Increased, 2009-2013	Not available [§]	No change
QN26: Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months														
			21.1	21.3	21.0	19.9	18.4	20.2	19.2	15.7		Decreased, 1999-2013	No quadratic change	No change
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months														
			12.3	12.9	11.0	9.6	9.2	9.8	10.3	10.4		Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months														
				8.5	10.3	9.2	8.8	7.8	7.4	8.7	7.5	No linear change	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months														
				4.4	5.3	5.5	5.7	4.7	5.0	6.7	5.7	No linear change	No quadratic change	No change
QN30: Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse														
				1.5	2.3	2.0	2.6	1.6	1.4	2.4	1.9	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male Tobacco Use														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever tried cigarette smoking, even one or two puffs														
				69.2	65.0	60.5	53.3	52.0	44.8	46.2	39.4	Decreased, 1999-2013	No quadratic change	Decreased
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years														
				27.3	26.1	24.1	19.6	16.0	13.8	12.4	10.8	Decreased, 1999-2013	No quadratic change	No change
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days														
				31.1	24.7	21.8	19.7	20.7	18.7	17.3	15.6	Decreased, 1999-2013	Decreased, 1999-2003 Decreased, 2003-2013	No change
QN34: Percentage of students who smoked cigarettes on 20 or more of the past 30 days														
				17.4	13.6	11.2	9.4	8.5	7.6	7.9	6.0	Decreased, 1999-2013	Decreased, 1999-2005 No change, 2005-2013	No change
QN34: Among students who reported current cigarette use, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days														
				18.4	21.6	16.9	23.1	11.4	15.5	10.1	14.3	Decreased, 1999-2013	No quadratic change	No change

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN35: Among students who were less than 18 years of age and who reported current cigarette use, the percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days											No linear change	No quadratic change	No change	
				26.0	29.5	28.0	28.1	25.8	17.9	21.1				
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days											Decreased, 1999-2013	No quadratic change	No change	
				14.3	12.8	9.6	9.1	8.3	6.8	5.9	5.2			
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days											Decreased, 2001-2013	No quadratic change	No change	
				18.9	17.2	13.4	13.3	10.9	11.1	8.7				
QN38: Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months											No linear change	Decreased, 2001-2009 Increased, 2009-2013	No change	
				56.1	56.4	46.9	45.9	43.8	44.0	55.6				
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days											Increased, 1999-2013	No quadratic change	No change	
				6.8	8.3	5.8	7.9	8.1	10.4	11.1	10.9			

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male Tobacco Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days														
				21.7	18.3	15.6	15.6	17.7	14.5	17.0	15.2	Decreased, 1999-2013	Decreased, 1999-2003 No change, 2003-2013	No change
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days														
				39.3	32.4	26.1	26.2	27.1	25.1	26.0	23.6	Decreased, 1999-2013	Decreased, 1999-2003 No change, 2003-2013	No change

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN41: Percentage of students who had at least one drink of alcohol on one or more days during their life														
				80.5	77.2	76.0	74.3	74.2	68.5	68.7	65.2	Decreased, 1999-2013	No quadratic change	No change
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years														
				35.6	34.4	32.5	30.9	27.8	23.6	26.1	23.3	Decreased, 1999-2013	No quadratic change	No change
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days														
				46.7	47.8	43.7	43.4	44.6	41.3	38.8	35.6	Decreased, 1999-2013	No quadratic change	No change
QN44: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days														
				29.3	31.4	29.3	26.6	26.8	24.7	22.1	21.3	Decreased, 1999-2013	No quadratic change	No change
QN46: Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days														
								35.8	33.2	37.0	36.9	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male														
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who used marijuana one or more times during their life														
				51.6	51.5	50.3	46.0	46.5	43.5	47.7	46.1	Decreased, 1999-2013	No quadratic change	No change
QN48: Percentage of students who tried marijuana for the first time before age 13 years														
				14.7	18.0	16.2	15.3	12.8	14.2	13.9	12.8	Decreased, 1999-2013	No quadratic change	No change
QN49: Percentage of students who used marijuana one or more times during the past 30 days														
				33.5	30.7	29.5	25.2	28.4	26.7	28.2	28.1	Decreased, 1999-2013	Decreased, 1999-2005 No change, 2005-2013	No change
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life														
				7.3	6.8	8.3	7.2	7.7	6.5	6.9	5.4	No linear change	No quadratic change	No change
QN51: Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life														
				11.8	12.4	12.4	14.4	12.1	10.4	11.3	8.2	Decreased, 1999-2013	No change, 1999-2005 Decreased, 2005-2013	Decreased

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52: Percentage of students who used heroin one or more times during their life											No linear change	No quadratic change	No change	
				3.5	3.7	3.2	3.8	3.1	2.7	4.2	4.0			
QN53: Percentage of students who used methamphetamines one or more times during their life											Decreased, 1999-2013	No quadratic change	No change	
				6.9	8.1	6.7	6.1	4.6	4.0	4.9	3.8			
QN54: Percentage of students who used ecstasy one or more times during their life											No linear change	No quadratic change	No change	
						9.4	7.5	6.8	7.1	8.2	7.0			
QN55: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life											No linear change	No quadratic change	No change	
				3.9	7.2	4.3	3.7	4.5	4.6	4.9	4.0			
QN57: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life											No linear change	No quadratic change	No change	
				2.8	2.9	2.4	3.1	2.9	3.1	3.7	3.3			

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Male												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN58: Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months														
				34.3	33.2	33.4	30.2	26.9	24.4	26.4	24.4	Decreased, 1999-2013	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59: Percentage of students who ever had sexual intercourse											No linear change	No change, 1999-2007 Decreased, 2007-2013	Decreased	
				58.2	56.1	58.5	58.6	61.7	57.9	60.8	51.4			
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years											Decreased, 1999-2013	No change, 1999-2005 Decreased, 2005-2013	Decreased	
				13.7	15.0	15.9	16.9	14.5	13.4	13.7	8.6			
QN61: Percentage of students who had sexual intercourse with four or more people during their life											No linear change	No quadratic change	Decreased	
				23.3	20.9	23.3	22.1	27.3	23.9	26.5	19.5			
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months											No linear change	No quadratic change	Decreased	
				41.3	39.9	40.7	38.6	44.3	41.5	42.7	34.3			
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse											No linear change	No quadratic change	No change	
				27.3	27.7	30.9	26.0	26.3	28.3	24.7	24.8			

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN64: Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse														
				72.2	69.8	71.0	70.8	75.9	69.5	64.1	71.5	No linear change	No quadratic change	Increased
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection														
				93.9	89.7	92.0	91.0	89.5	87.0	84.4	84.7	Decreased, 1999-2013	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNOWT: Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex) [§]														
				15.3	15.2	16.4	14.3	15.9	14.8	14.1	15.3	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex) [§]														
				12.7	12.9	17.0	17.4	15.6	15.3	14.9	17.2	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight														
				22.0	24.2	26.7	25.0	22.6	23.7	21.7	26.8	No linear change	No quadratic change	Increased
QN67: Percentage of students who were trying to lose weight														
				25.2	28.1	29.2	30.5	28.4	31.0	30.2	36.1	Increased, 1999-2013	No quadratic change	Increased
QN68: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days														
				5.7	9.2	9.4	7.0	7.6	8.1	6.9	8.2	No linear change	No quadratic change	No change

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

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

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN69: Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days														
				2.7	5.0	4.6	2.9	3.7	3.4	3.4	2.5	Decreased, 1999-2013	Increased, 1999-2003 Decreased, 2003-2013	No change
QN70: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days														
				1.0	2.4	2.5	2.3	2.4	2.4	2.5	2.9	Increased, 1999-2013	No quadratic change	No change
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days														
				87.9	87.5	84.1	81.8	77.7	76.5	75.1	78.4	Decreased, 1999-2013	Decreased, 1999-2009 No change, 2009-2013	No change
QN72: Percentage of students who ate fruit one or more times during the past seven days														
				84.4	83.7	82.3	80.4	79.7	81.3	83.1	87.1	No linear change	Decreased, 1999-2007 Increased, 2007-2013	Increased
QN73: Percentage of students who ate green salad one or more times during the past seven days														
				58.8	60.4	58.7	52.5	49.3	51.5	48.4	55.3	Decreased, 1999-2013	Decreased, 1999-2009 No change, 2009-2013	Increased

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN76: Percentage of students who ate other vegetables one or more times during the past seven days												No linear change	Decreased, 1999-2007 No change, 2007-2013	Increased
				84.8	84.4	83.2	79.6	79.7	80.3	79.1	83.5			
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days												Decreased, 1999-2013	Decreased, 1999-2007 Increased, 2007-2013	Increased
				37.9	40.0	32.9	27.2	28.6	31.0	32.4	37.1			
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days												Increased, 1999-2013	Increased, 1999-2009 No change, 2009-2013	Decreased
				4.9	5.3	6.3	7.5	8.4	8.5	9.3	6.3			
QNFR1: Percentage of students who ate fruits or drank 100% fruit juices one or more times per day during the past seven days												Decreased, 1999-2013	Decreased, 1999-2007 Increased, 2007-2013	Increased
				65.8	68.6	61.9	58.3	54.3	58.3	57.2	64.6			
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days												Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	Increased
				26.9	28.4	22.8	18.4	20.9	22.3	21.1	25.3			

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN77: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days												Decreased, 2007-2013	Not available [§]	Decreased
						37.9		32.1		29.8	25.2			
QNSODA0: Percentage of students who drank a can, bottle, or glass of soda or pop 0 times per day during the past seven days												Increased, 2007-2013	Not available	No change
						15.6		16.6		20.7	22.8			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day during the past seven days												Decreased, 2007-2013	Not available	Decreased
						29.8		24.2		23.3	17.9			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day during the past seven days												Decreased, 2007-2013	Not available	Decreased
						18.3		14.8		14.1	10.4			
QN78: Percentage of students who drank three or more glasses per day of milk during the past seven days												Decreased, 1999-2013	No quadratic change	No change
				23.5	21.3	20.9	17.9	16.2	14.8	15.2	14.1			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNMILK0: Percentage of students who drank 0 glasses per day of milk during the past seven days												Increased, 1999-2013	No quadratic change	No change
		9.9		11.5	12.1	16.1	17.1	16.1	17.6	19.3				
QNMILK1: Percentage of students who drank one or more glasses per day of milk during the past seven days												Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
		55.2		53.9	51.0	45.7	42.6	43.3	44.4	42.5				
QNMILK2: Percentage of students who drank two or more glasses per day of milk during the past seven days												Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
		41.3		38.5	37.8	31.7	28.5	29.1	29.8	27.4				
QN79: Percentage of students who ate breakfast on all of the past seven days												No linear change	Not available [§]	Increased
								39.2	35.6	43.4				
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days												No linear change	Not available	Decreased
								14.7	16.8	11.5				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN80: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days												No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days												No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days												No linear change	Not available	No change
QN81: Percentage of students who watched three or more hours per day of TV on an average school day												Decreased, 1999-2013	No quadratic change	No change
QN82: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day												Increased, 2007-2013	Not available	No change

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Male Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN83: Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school												No linear change	No quadratic change	No change
				47.3	43.4	41.6	51.6	45.0	44.8	45.9	46.4			
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school												Decreased, 1999-2013	No quadratic change	Decreased
				39.2	32.8	31.7	32.2	28.7	28.1	27.4	17.5			
QN84: Percentage of students who played on one or more sports teams during the past 12 months												No linear change	No quadratic change	No change
				61.5	62.0	60.4	60.6	59.4	62.5	60.3	62.8			

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male Site-Added														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN87: Percentage of students who would describe their grades in school as mostly A's or B's during the past 12 months														
					52.6	51.6	48.9	52.4	55.4	55.1	61.8	Increased, 2001-2013	No change, 2001-2005 Increased, 2005-2013	Increased
QN88: Percentage of students who typically sleep at home, or home of friend or relative, with their parent(s) or guardian(s)														
										97.5	97.2	No linear change	Not available [§]	No change
QN89: Percentage of students who reported that either of their parents or other adults in their family are serving on active duty in the military														
										14.1	14.6	No linear change	Not available	No change
QN90: Percentage of students who have a parent or other adult in their family who has been in jail or in prison during the past 12 months														
										16.2	14.0	No linear change	Not available	No change
QN91: Percentage of students who have physical disabilities or long-term health problems														
										7.0	7.3	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Male Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN92: Percentage of students who have long-term emotional problems or learning disabilities												No linear change	Not available [§]	No change
										8.9	9.8			
QN94: Percentage of students who responded that someone had tried to hurt them by hitting, punching, or kicking them on school property on one or more of the past 30 days												Decreased, 2005-2013	Not available	No change
						12.5	12.8	12.3	10.3	10.5				
QN96: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting, scraping, or burning themselves on purpose, during the past 12 months												No linear change	Not available	No change
						9.2	8.5	7.4	7.7	8.0				
QN98: Among students who drank alcohol during the past 30 days, the percentage who reported their home or another person's home as their usual place they usually drank alcohol during the past 30 days												No linear change	Not available	Increased
										85.2	81.4	89.0		

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Male Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN99: Among students who drank alcohol during the past 30 days and who have a usual type of alcohol that they drink, the percentage who reported liquor, such as vodka, rum, scotch, bourbon, or whisky, as their type of alcohol they usually drank during the past 30 days														
									54.1	53.2	54.2	No linear change	Not available [§]	No change
QN100: Percentage of students who used marijuana on school property one or more times during the past 30 days														
				9.1	9.9	7.4	7.4	6.9	7.2	7.4	8.8	No linear change	Decreased, 1999-2009 No change, 2009-2013	No change
QN101: Percentage of students who used any kind of herbal or natural substance to get high, such as salvia, woodrose, or morning glory seeds, one or more times during their life														
								8.1	8.1	10.3	8.3	No linear change	Not available	No change
QN102: Percentage of students who have taken prescription painkillers, such as OxyContin, codeine, or Percocet, without a doctor's prescription one or more times during their life														
								19.7	18.8	18.5	16.8	No linear change	Not available	No change
QN103: Percentage of students who have offered, sold, or given anyone an illegal drug on school property during the past 12 months														
								13.3	11.9	12.2	10.5	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Male Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN105: Percentage of students who have been pregnant or gotten someone pregnant one or more times												No linear change	No change, 1999-2009 Decreased, 2009-2013	Decreased
				5.4	5.8	6.4	6.6	6.5	7.2	6.5	4.0			
QN106: Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)												No linear change	Not available [§]	No change
								2.1	2.1	2.1	2.1			
QN108: Percentage of students who describe themselves as gay or lesbian or bisexual												No linear change	Not available	No change
								2.4	2.8	2.7	3.4			
QN109: Percentage of students who have ever given or received oral sex												Decreased, 2005-2013	Not available	Decreased
								57.5	61.9	55.4	58.0			
QN110: Percentage of students who think that their health teacher has given them the most information about safe sex practices												No linear change	Not available	No change
									29.8	30.8	30.4			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Male Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN111: Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days												Increased, 1999-2013	Increased, 1999-2005 No change, 2005-2013	No change
				46.4	51.6	53.9	57.5	56.3	56.7	56.9	59.3			
QN112: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days												Increased, 1999-2013	No quadratic change	No change
				23.0	28.4	28.4	29.6	23.6	27.7	28.2	30.6			
QN113: Percentage of students who had one or more caffeinated drinks yesterday												Decreased, 2009-2013	Not available [§]	No change
									65.3	60.1	57.1			
QN114: Percentage of students who would know where to have an HIV test if they wanted one done												Decreased, 2007-2013	Not available	No change
								74.2	72.6	64.9	63.8			
QN116: Percentage of students who get eight or more hours of sleep on average school night												No linear change	Not available	No change
									29.0	28.8	28.5			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Male Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN117: Percentage of students who would most likely talk to no one if they had a personal problem with drinking, drug use, or sexual behavior														
										20.2	21.4	No linear change	Not available [§]	No change
QN118: Percentage of students who eat dinner with their family three or more times in an average week														
						70.1	68.2	66.7	68.0	68.1		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Delaware High School Survey
Trend Analysis Report**

Female Injury and Violence												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet												No linear change	No quadratic change	Decreased
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else												Decreased, 1999-2013	No quadratic change	No change
QN10: Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol												Decreased, 1999-2013	No quadratic change	No change
QN13: Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days												No linear change	Increased, 1999-2009 Decreased, 2009-2013	No change
QN14: Percentage of students who carried a gun on one or more of the past 30 days												No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN15: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days												No linear change	Increased, 1999-2009 Decreased, 2009-2013	No change
				1.9	2.1	2.9	3.2	3.9	4.1	3.3	1.6			
QN16: Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school												No linear change	Decreased, 1999-2005 Increased, 2005-2013	Increased
				9.9	7.2	5.1	4.9	5.0	7.2	5.4	9.2			
QN17: Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months												Decreased, 1999-2013	No quadratic change	No change
				6.7	5.6	5.5	4.4	4.0	6.3	4.4	4.3			
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months												Decreased, 1999-2013	Decreased, 1999-2009 Decreased, 2009-2013	No change
				28.6	25.2	27.5	23.9	26.0	24.2	22.0	17.6			
QN19: Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse												No linear change	No quadratic change	No change
				2.8	2.1	2.3	3.1	2.6	3.0	3.5	2.5			

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Female Injury and Violence												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months														
				9.2	7.2	7.0	6.5	7.5	7.3	6.4	7.1	Decreased, 1999-2013	No quadratic change	No change
QN21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to														
					10.7	10.2	10.3	11.2	13.8	12.3	9.9	No linear change	No quadratic change	No change
QN24: Percentage of students who had ever been bullied on school property during the past 12 months														
								18.8	19.3	20.4		No linear change	Not available [§]	No change
QN26: Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months														
				33.3	32.3	33.7	35.3	35.7	32.8	34.0	30.1	No linear change	No change, 1999-2007 Decreased, 2007-2013	No change
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months														
				22.4	19.6	20.0	16.2	12.9	17.2	16.7	15.5	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Female Injury and Violence												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months												Decreased, 1999-2013	No quadratic change	No change
				16.8	13.9	14.0	13.4	10.5	12.2	11.8	12.3			
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months												Decreased, 1999-2013	No quadratic change	No change
				10.7	8.9	11.5	8.7	7.6	10.8	8.8	8.2			
QN30: Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse												No linear change	No quadratic change	No change
				3.2	2.6	3.5	1.9	2.7	3.0	2.4	2.2			

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female Tobacco Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever tried cigarette smoking, even one or two puffs												Decreased, 1999-2013	No quadratic change	Decreased
				71.6	65.8	64.0	56.1	51.8	50.6	46.2	35.4			
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years												Decreased, 1999-2013	No quadratic change	Decreased
				26.4	21.7	24.8	17.2	13.1	13.2	12.2	7.7			
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days												Decreased, 1999-2013	No quadratic change	Decreased
				33.4	23.4	25.1	22.8	19.1	19.1	18.7	12.7			
QNFRDIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days												Decreased, 1999-2013	No quadratic change	Decreased
				18.0	12.2	12.8	9.8	8.2	7.6	7.1	3.8			
QN34: Among students who reported current cigarette use, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days												Decreased, 1999-2013	No quadratic change	No change
				13.1	9.3	12.9	7.5	8.0	10.6	7.8	4.0			

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female Tobacco Use														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN35: Among students who were less than 18 years of age and who reported current cigarette use, the percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days														
				22.2	19.5	14.2	15.8	12.3	8.5	7.4		Decreased, 2001-2013	No quadratic change	No change
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days														
			16.2	9.5	10.5	7.9	7.4	6.6	6.1	1.9		Decreased, 1999-2013	No quadratic change	Decreased
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days														
				18.4	19.8	14.9	13.2	12.7	11.9	6.8		Decreased, 2001-2013	Decreased, 2001-2009 Decreased, 2009-2013	Decreased
QN38: Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months														
				58.2	66.1	59.2	60.0	51.4	43.7	44.1		Decreased, 2001-2013	No quadratic change	No change
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days														
			1.0	1.4	0.9	2.2	1.9	2.8	2.1	3.0		Increased, 1999-2013	No quadratic change	No change

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Female Tobacco Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days														
				8.1	7.2	8.5	7.0	7.4	8.6	8.6	8.4	No linear change	No quadratic change	No change
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days														
				34.6	25.6	26.8	24.3	21.6	21.1	20.7	16.9	Decreased, 1999-2013	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Female Alcohol and Other Drug Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN41: Percentage of students who had at least one drink of alcohol on one or more days during their life												Decreased, 1999-2013	Decreased, 1999-2009 Decreased, 2009-2013	Decreased
				81.3	78.2	80.8	77.4	77.3	73.7	75.2	65.4			
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years												Decreased, 1999-2013	No quadratic change	No change
				27.6	23.4	28.1	23.2	21.2	23.0	19.4	16.4			
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days												Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	No change
				47.4	45.0	46.9	42.6	44.7	46.2	41.9	37.1			
QN44: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days												No linear change	No quadratic change	No change
				25.0	23.3	23.9	22.3	23.7	22.6	21.6	19.5			
QN46: Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days												No linear change	Not available [§]	No change
								47.7	45.4	45.3	43.4			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female														
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who used marijuana one or more times during their life												Decreased, 1999-2013	No quadratic change	No change
				45.7	42.5	47.2	38.3	41.6	42.0	43.8	39.0			
QN48: Percentage of students who tried marijuana for the first time before age 13 years												Decreased, 1999-2013	No quadratic change	No change
				10.4	6.6	10.5	7.3	6.6	8.5	7.0	6.1			
QN49: Percentage of students who used marijuana one or more times during the past 30 days												No linear change	No quadratic change	No change
				24.2	21.8	25.0	20.5	21.5	24.7	26.5	22.9			
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life												Decreased, 1999-2013	No quadratic change	No change
				7.0	5.8	6.4	5.3	4.5	4.8	3.6	2.4			
QN51: Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life												No linear change	Increased, 1999-2009 Decreased, 2009-2013	Decreased
				12.4	8.7	10.4	13.7	13.7	11.6	11.8	6.8			

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Female												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52: Percentage of students who used heroin one or more times during their life												No linear change	No quadratic change	No change
				2.8	1.6	1.3	1.3	1.5	2.1	1.8	1.3			
QN53: Percentage of students who used methamphetamines one or more times during their life												Decreased, 1999-2013	No quadratic change	No change
				6.8	5.6	5.7	4.9	3.8	3.5	2.4	1.5			
QN54: Percentage of students who used ecstasy one or more times during their life												Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change
						9.6	5.8	4.5	5.7	6.0	4.2			
QN55: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life												No linear change	No quadratic change	No change
				2.3	2.3	3.7	3.0	2.0	2.3	2.5	2.2			
QN57: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life												No linear change	No quadratic change	No change
				1.7	0.5	0.9	1.2	1.3	1.9	1.8	1.2			

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Female												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN58: Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months														
				23.7	21.0	22.1	22.1	18.9	17.2	19.9	14.0	Decreased, 1999-2013	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Female Sexual Behaviors												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59: Percentage of students who ever had sexual intercourse												No linear change	Increased, 1999-2009 Decreased, 2009-2013	Decreased
				50.9	49.4	56.2	51.3	56.5	57.1	57.1	46.0			
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years												Decreased, 1999-2013	No quadratic change	No change
				6.6	4.5	6.7	4.5	4.8	5.8	4.3	3.3			
QN61: Percentage of students who had sexual intercourse with four or more people during their life												Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased
				16.8	12.8	17.8	15.7	16.7	18.0	17.0	10.7			
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months												No linear change	Increased, 1999-2009 Decreased, 2009-2013	Decreased
				38.6	38.4	44.6	39.8	46.5	44.2	42.9	33.6			
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse												No linear change	No quadratic change	No change
				16.5	16.4	17.5	15.7	16.1	16.0	15.9	18.4			

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female Sexual Behaviors												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN64: Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse												No linear change	Increased, 1999-2007 Decreased, 2007-2013	No change
				50.5	54.6	54.9	56.9	62.8	55.2	54.1	55.8			
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection												Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	No change
				92.2	92.7	92.8	91.9	91.7	90.3	87.1	85.0			

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNOWT: Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex) [§]														
				13.1	14.4	16.6	15.6	18.8	16.5	19.7	17.3	Increased, 1999-2013	No quadratic change	No change
QNOBESE: Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex) [§]														
				7.0	8.6	9.4	10.4	10.7	11.6	9.5	11.0	Increased, 1999-2013	Increased, 1999-2005 No change, 2005-2013	No change
QN66: Percentage of students who described themselves as slightly or very overweight														
				36.8	35.7	36.1	37.7	31.8	32.0	33.6	36.7	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight														
				58.8	58.6	56.1	58.8	56.7	56.3	60.8	59.7	No linear change	No quadratic change	No change
QN68: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days														
				17.4	16.7	16.6	15.7	13.8	15.4	12.9	14.4	Decreased, 1999-2013	No quadratic change	No change

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

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

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN69: Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days														
				6.7	6.9	7.7	5.3	6.2	4.4	5.5	4.7	Decreased, 1999-2013	No quadratic change	No change
QN70: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days														
				5.5	4.7	4.7	5.0	5.2	5.1	4.9	5.5	No linear change	No quadratic change	No change
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days														
				85.2	86.0	81.2	78.7	76.7	74.7	71.6	74.8	Decreased, 1999-2013	Decreased, 1999-2009 No change, 2009-2013	No change
QN72: Percentage of students who ate fruit one or more times during the past seven days														
				87.1	85.1	80.9	80.4	84.1	83.2	86.8	90.3	Increased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	Increased
QN73: Percentage of students who ate green salad one or more times during the past seven days														
				67.1	67.2	64.1	63.7	62.8	56.7	56.0	65.3	Decreased, 1999-2013	Decreased, 1999-2009 Increased, 2009-2013	Increased

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN76: Percentage of students who ate other vegetables one or more times during the past seven days														
				88.9	89.8	84.8	84.6	86.6	82.7	82.7	86.7	Decreased, 1999-2013	Decreased, 1999-2009 Increased, 2009-2013	Increased
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days														
				33.2	33.7	27.6	22.0	25.5	25.5	28.1	31.4	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	No change
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days														
				4.6	3.7	6.5	6.6	6.8	7.5	5.9	4.3	No linear change	Increased, 1999-2009 Decreased, 2009-2013	No change
QNFR1: Percentage of students who ate fruits or drank 100% fruit juices one or more times per day during the past seven days														
				64.7	63.3	54.9	49.5	53.3	53.3	50.7	61.9	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	Increased
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days														
				22.4	22.6	17.8	13.7	15.7	15.9	18.0	19.3	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	No change

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Female												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN77: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days												Decreased, 2007-2013	Not available [§]	No change
						26.4	25.6	22.5	19.2					
QNSODA0: Percentage of students who drank a can, bottle, or glass of soda or pop 0 times per day during the past seven days												No linear change	Not available	Increased
						23.2	23.8	21.9	27.7					
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day during the past seven days												Decreased, 2007-2013	Not available	No change
						19.5	18.3	15.2	13.5					
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day during the past seven days												Decreased, 2007-2013	Not available	Decreased
						11.8	12.2	10.5	7.3					
QN78: Percentage of students who drank three or more glasses per day of milk during the past seven days												Decreased, 1999-2013	No quadratic change	No change
			10.7	11.2	8.2	7.0	7.5	5.9	7.9	6.4				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNMILK0: Percentage of students who drank 0 glasses per day of milk during the past seven days												Increased, 1999-2013	Increased, 1999-2007 No change, 2007-2013	No change
				20.7	20.4	25.1	26.3	29.8	28.1	30.0	27.9			
QNMILK1: Percentage of students who drank one or more glasses per day of milk during the past seven days												Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
				38.8	39.1	31.1	30.1	27.4	29.2	25.7	27.3			
QNMILK2: Percentage of students who drank two or more glasses per day of milk during the past seven days												Decreased, 1999-2013	No quadratic change	No change
				24.8	25.2	19.6	16.9	16.1	16.0	16.1	14.0			
QN79: Percentage of students who ate breakfast on all of the past seven days												Increased, 2009-2013	Not available [§]	Increased
										29.5	29.1			
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days												No linear change	Not available	No change
										15.1	12.7			

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN80: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days												No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days												No linear change	Not available	Increased
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days												No linear change	Not available	No change
QN81: Percentage of students who watched three or more hours per day of TV on an average school day												Decreased, 1999-2013	No change, 1999-2003 Decreased, 2003-2013	Decreased
QN82: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day												Increased, 2007-2013	Not available	Increased

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Female Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN83: Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school												No linear change	No quadratic change	No change
				38.7	40.6	35.0	42.4	40.3	34.6	39.8	36.1			
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school												Decreased, 1999-2013	Decreased, 1999-2009 Decreased, 2009-2013	Decreased
				29.4	31.0	25.9	28.3	28.2	22.7	23.3	9.0			
QN84: Percentage of students who played on one or more sports teams during the past 12 months												No linear change	No quadratic change	No change
				52.7	50.2	46.6	51.3	50.3	44.1	50.8	50.7			

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN87: Percentage of students who would describe their grades in school as mostly A's or B's during the past 12 months														
					69.8	63.4	65.2	63.1	66.7	68.0	74.7	Increased, 2001-2013	No change, 2001-2007 Increased, 2007-2013	Increased
QN88: Percentage of students who typically sleep at home, or home of friend or relative, with their parent(s) or guardian(s)														
										96.0	98.1	Increased, 2011-2013	Not available [§]	Increased
QN89: Percentage of students who reported that either of their parents or other adults in their family are serving on active duty in the military														
										15.4	14.5	No linear change	Not available	No change
QN90: Percentage of students who have a parent or other adult in their family who has been in jail or in prison during the past 12 months														
										20.0	15.5	Decreased, 2011-2013	Not available	Decreased
QN91: Percentage of students who have physical disabilities or long-term health problems														
										9.8	9.9	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Female Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN92: Percentage of students who have long-term emotional problems or learning disabilities												No linear change	Not available [§]	No change
										14.7	13.4			
QN94: Percentage of students who responded that someone had tried to hurt them by hitting, punching, or kicking them on school property on one or more of the past 30 days												No linear change	Not available	No change
						7.8	9.5	10.8	7.5	7.9				
QN96: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting, scraping, or burning themselves on purpose, during the past 12 months												No linear change	Not available	No change
						18.5	16.1	19.7	17.6	16.2				
QN98: Among students who drank alcohol during the past 30 days, the percentage who reported their home or another person's home as their usual place they usually drank alcohol during the past 30 days												No linear change	Not available	No change
										91.3	89.1	92.7		

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013										
QN99: Among students who drank alcohol during the past 30 days and who have a usual type of alcohol that they drink, the percentage who reported liquor, such as vodka, rum, scotch, bourbon, or whisky, as their type of alcohol they usually drank during the past 30 days											48.0	57.1	55.0	Increased, 2009-2013	Not available [§]	No change					
QN100: Percentage of students who used marijuana on school property one or more times during the past 30 days											3.8	3.0	4.4	3.7	3.4	3.8	4.6	3.4	No linear change	No quadratic change	No change
QN101: Percentage of students who used any kind of herbal or natural substance to get high, such as salvia, woodrose, or morning glory seeds, one or more times during their life											5.1	6.0	6.5	4.0	No linear change	Not available	Decreased				
QN102: Percentage of students who have taken prescription painkillers, such as OxyContin, codeine, or Percocet, without a doctor's prescription one or more times during their life											20.4	20.1	19.5	14.1	Decreased, 2007-2013	Not available	Decreased				
QN103: Percentage of students who have offered, sold, or given anyone an illegal drug on school property during the past 12 months											4.9	5.7	4.6	3.6	No linear change	Not available	No change				

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN105: Percentage of students who have been pregnant or gotten someone pregnant one or more times												Decreased, 1999-2013	No quadratic change	Decreased
			10.7	7.0	9.1	7.7	8.8	9.9	9.0	4.1				
QN106: Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)												No linear change	Not available [§]	Decreased
							2.9	4.3	3.7	1.8				
QN108: Percentage of students who describe themselves as gay or lesbian or bisexual												No linear change	Not available	No change
							6.9	10.8	10.3	9.9				
QN109: Percentage of students who have ever given or received oral sex												No linear change	Not available	Decreased
							50.1	53.5	54.0	55.7	44.6			
QN110: Percentage of students who think that their health teacher has given them the most information about safe sex practices												No linear change	Not available	No change
								26.9	30.7	32.0				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Female Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN111: Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days												No linear change	No quadratic change	No change
				64.3	63.0	61.4	64.8	61.3	58.5	66.9	63.5			
QN112: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days												No linear change	No quadratic change	No change
				50.9	49.6	49.7	50.8	46.5	45.6	49.1	48.1			
QN113: Percentage of students who had one or more caffeinated drinks yesterday												Decreased, 2009-2013	Not available [§]	No change
									63.7	60.6	57.2			
QN114: Percentage of students who would know where to have an HIV test if they wanted one done												Decreased, 2007-2013	Not available	No change
								80.8	77.3	71.2	67.9			
QN116: Percentage of students who get eight or more hours of sleep on average school night												No linear change	Not available	No change
									25.8	25.3	24.3			

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Female Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN117: Percentage of students who would most likely talk to no one if they had a personal problem with drinking, drug use, or sexual behavior												No linear change	Not available [§]	No change
							67.6	66.0	64.7	62.4	67.8	No linear change	Not available	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White*														
Injury and Violence														
Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet												No linear change	No quadratic change	Decreased
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else												Decreased, 1999-2013	No quadratic change	No change
QN10: Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol												Decreased, 1999-2013	No quadratic change	No change
QN13: Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days												No linear change	No quadratic change	No change
QN14: Percentage of students who carried a gun on one or more of the past 30 days												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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

White*														
Injury and Violence														
Health Risk Behavior and Percentages												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN15: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days														
				5.2	4.8	4.2	5.4	4.5	3.7	3.8	2.9	Decreased, 1999-2013	No quadratic change	No change
QN16: Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school														
				8.7	6.1	4.3	3.9	4.0	6.2	3.5	7.7	No linear change	Decreased, 1999-2005 Increased, 2005-2013	Increased
QN17: Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months														
				7.6	7.6	7.7	6.2	5.0	5.4	4.3	4.6	Decreased, 1999-2013	No quadratic change	No change
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months														
				35.3	32.5	33.7	28.8	28.8	26.7	23.9	19.8	Decreased, 1999-2013	No quadratic change	No change
QN19: Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse														
				3.7	4.1	3.6	3.0	3.2	3.4	3.1	2.2	Decreased, 1999-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

White*														
Injury and Violence														
Health Risk Behavior and Percentages												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months														
				8.7	10.4	10.6	9.1	9.0	6.5	5.2	6.4	Decreased, 1999-2013	No change, 1999-2003 Decreased, 2003-2013	No change
QN21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to														
				7.5	6.3	7.7	6.5	8.4	7.2	6.5		No linear change	No quadratic change	No change
QN24: Percentage of students who had ever been bullied on school property during the past 12 months														
								18.2	19.3	21.5		Increased, 2009-2013	Not available [¶]	No change
QN26: Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months														
				25.1	24.6	28.0	27.7	26.2	24.3	24.0	23.5	No linear change	Increased, 1999-2005 Decreased, 2005-2013	No change
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months														
				18.5	16.8	18.1	15.4	11.4	12.8	11.8	13.0	Decreased, 1999-2013	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Injury and Violence														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months												Decreased, 1999-2013	No quadratic change	No change
				13.6	12.3	13.1	12.7	9.0	8.3	7.6	9.5			
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months												Decreased, 1999-2013	No quadratic change	No change
				7.5	6.8	9.3	7.8	5.6	6.0	4.6	6.3			
QN30: Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse												Decreased, 1999-2013	No quadratic change	No change
				2.5	2.3	3.1	2.4	1.3	1.6	1.6	1.8			

*Non-Hispanic.

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White*														
Tobacco Use														
Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever tried cigarette smoking, even one or two puffs														
				72.4	66.7	62.5	56.3	55.9	48.8	49.0	41.0	Decreased, 1999-2013	No quadratic change	Decreased
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years														
				30.0	26.1	26.7	20.7	14.7	14.8	13.7	9.5	Decreased, 1999-2013	No quadratic change	Decreased
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days														
				39.2	28.4	28.2	26.5	26.6	23.2	23.4	19.3	Decreased, 1999-2013	No quadratic change	No change
QN34: Percentage of students who smoked cigarettes on 20 or more of the past 30 days														
				22.5	15.5	16.0	12.9	11.5	10.0	10.9	7.0	Decreased, 1999-2013	No quadratic change	Decreased
QN34: Among students who reported current cigarette use, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days														
				16.9	16.7	17.4	17.3	7.8	13.3	5.7	8.5	Decreased, 1999-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

White*												Linear Change[†]	Quadratic Change[†]	Change from 2011-2013[§]
Tobacco Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN35: Among students who were less than 18 years of age and who reported current cigarette use, the percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days														
				23.2	25.3	19.1	18.8	17.2	10.6	13.7		Decreased, 2001-2013	No quadratic change	No change
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days														
			19.1	12.4	13.2	11.1	10.6	8.7	7.0	4.7		Decreased, 1999-2013	No quadratic change	No change
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days														
				23.0	23.8	18.4	18.1	16.4	15.6	11.2		Decreased, 2001-2013	No quadratic change	Decreased
QN38: Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months														
				55.4	61.3	52.7	53.0	50.0	43.8	49.9		Decreased, 2001-2013	No quadratic change	No change
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days														
			4.9	6.4	4.4	7.2	7.0	9.5	9.7	10.0		Increased, 1999-2013	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White*												Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
Tobacco Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days												No linear change	No quadratic change	No change
				16.8	13.3	13.9	13.4	14.5	13.4	15.2	13.2			
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days												Decreased, 1999-2013	Decreased, 1999-2003 Decreased, 2003-2013	No change
				44.6	34.1	31.7	31.9	31.7	28.8	30.4	26.5			

*Non-Hispanic.

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

White*												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN41: Percentage of students who had at least one drink of alcohol on one or more days during their life														
				84.9	82.2	82.5	80.0	82.0	75.4	77.0	68.9	Decreased, 1999-2013	Decreased, 1999-2007 Decreased, 2007-2013	Decreased
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years														
				31.9	28.5	31.8	27.5	22.8	22.0	21.2	18.2	Decreased, 1999-2013	No quadratic change	No change
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days														
				53.5	52.7	52.6	50.6	54.5	49.0	46.5	42.6	Decreased, 1999-2013	No change, 1999-2007 Decreased, 2007-2013	No change
QN44: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days														
				33.8	33.3	33.9	32.4	34.8	28.7	28.4	25.3	Decreased, 1999-2013	No change, 1999-2007 Decreased, 2007-2013	No change
QN46: Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days														
								42.7	39.3	38.9	41.7	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

White*														
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who used marijuana one or more times during their life														
				50.0	46.9	49.5	44.0	46.1	43.3	45.9	43.3	Decreased, 1999-2013	No quadratic change	No change
QN48: Percentage of students who tried marijuana for the first time before age 13 years														
				12.8	11.3	14.4	11.1	8.6	11.1	9.3	8.1	Decreased, 1999-2013	No quadratic change	No change
QN49: Percentage of students who used marijuana one or more times during the past 30 days														
				30.8	26.8	28.6	25.6	27.2	27.2	29.3	26.4	No linear change	No quadratic change	No change
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life														
				8.6	7.7	9.9	8.5	8.1	6.9	5.7	4.5	Decreased, 1999-2013	No change, 1999-2005 Decreased, 2005-2013	No change
QN51: Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life														
				14.5	12.4	13.9	17.3	16.0	12.9	12.3	7.8	Decreased, 1999-2013	Increased, 1999-2007 Decreased, 2007-2013	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52: Percentage of students who used heroin one or more times during their life												No linear change	No quadratic change	No change
				3.5	2.7	2.6	3.3	2.2	1.8	2.8	3.3			
QN53: Percentage of students who used methamphetamines one or more times during their life												Decreased, 1999-2013	No change, 1999-2003 Decreased, 2003-2013	No change
				8.2	8.5	8.5	7.6	4.9	3.8	3.5	2.8			
QN54: Percentage of students who used ecstasy one or more times during their life												Decreased, 2003-2013	No quadratic change	Decreased
						12.3	8.6	6.6	7.4	8.0	5.6			
QN55: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life												Decreased, 1999-2013	No quadratic change	No change
				3.7	5.0	5.2	4.2	3.5	2.8	3.2	3.2			
QN57: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life												No linear change	No quadratic change	No change
				2.4	1.8	1.8	2.6	1.8	2.0	1.9	2.1			

*Non-Hispanic.

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN58: Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months														
				31.2	29.3	31.7	27.8	26.8	23.4	22.7	20.1	Decreased, 1999-2013	No quadratic change	No change

*Non-Hispanic.

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Sexual Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59: Percentage of students who ever had sexual intercourse												No linear change	No quadratic change	Decreased
				49.0	47.1	51.2	49.7	53.7	51.7	55.7	46.8			
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years												Decreased, 1999-2013	Increased, 1999-2003 Decreased, 2003-2013	No change
				5.4	5.3	8.2	6.9	4.0	5.6	4.0	3.3			
QN61: Percentage of students who had sexual intercourse with four or more people during their life												No linear change	No quadratic change	Decreased
				14.6	12.6	14.9	14.8	15.6	15.0	19.6	12.4			
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months												No linear change	Increased, 1999-2009 Decreased, 2009-2013	Decreased
				36.1	36.6	38.7	36.9	42.0	40.9	42.2	33.6			
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse												No linear change	No quadratic change	No change
				24.2	23.7	26.3	24.1	24.3	24.8	22.4	21.9			

*Non-Hispanic.

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Sexual Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN64: Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse												No linear change	No quadratic change	No change
				57.9	59.1	58.5	61.7	69.0	61.9	56.5	63.3			
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection												Decreased, 1999-2013	No quadratic change	No change
				94.1	92.6	93.1	92.4	92.1	89.9	86.5	86.5			

*Non-Hispanic.

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

White*														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNOWT: Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex) [¶]														
				12.3	13.3	14.1	14.0	14.1	13.2	16.2	13.6	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex) [¶]														
				8.0	8.6	12.7	11.6	10.9	11.1	10.0	13.0	Increased, 1999-2013	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight														
				29.7	31.3	34.0	32.7	27.2	27.6	29.1	31.0	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight														
				42.7	45.4	46.5	46.1	43.9	43.8	48.6	48.5	Increased, 1999-2013	No quadratic change	No change
QN68: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days														
				10.9	13.2	13.4	11.6	10.8	11.5	9.8	10.9	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, $p < 0.05$.

[¶]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

White*														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN69: Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days														
				5.2	6.4	7.4	5.0	5.4	2.8	4.1	3.3	Decreased, 1999-2013	Increased, 1999-2003 Decreased, 2003-2013	No change
QN70: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days														
				3.4	4.2	4.1	4.5	4.2	3.3	3.5	3.9	No linear change	No quadratic change	No change
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days														
				87.0	85.6	81.1	77.9	73.8	73.7	72.5	73.7	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
QN72: Percentage of students who ate fruit one or more times during the past seven days														
				87.8	87.2	84.7	82.1	85.0	84.8	85.7	90.5	No linear change	Decreased, 1999-2005 Increased, 2005-2013	Increased
QN73: Percentage of students who ate green salad one or more times during the past seven days														
				68.2	69.6	66.4	61.0	62.0	59.5	57.2	66.2	Decreased, 1999-2013	Decreased, 1999-2009 Increased, 2009-2013	Increased

*Non-Hispanic.

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

White*														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN76: Percentage of students who ate other vegetables one or more times during the past seven days														
				89.6	89.9	86.9	83.8	85.9	86.2	85.6	86.3	Decreased, 1999-2013	Decreased, 1999-2005 No change, 2005-2013	No change
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days														
				35.7	35.1	28.9	21.8	24.4	26.1	27.4	30.0	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	No change
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days														
				3.8	4.4	6.6	7.4	7.5	7.8	7.1	4.7	Increased, 1999-2013	Increased, 1999-2007 Decreased, 2007-2013	Decreased
QNFR1: Percentage of students who ate fruits or drank 100% fruit juices one or more times per day during the past seven days														
				66.3	67.3	58.4	52.5	52.7	57.6	52.6	60.7	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	Increased
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days														
				23.5	22.7	18.2	12.6	15.8	15.9	15.0	17.3	Decreased, 1999-2013	Decreased, 1999-2005 Increased, 2005-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN77: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days											Decreased, 2007-2013	Not available [¶]	No change	
								33.3	28.0	25.6	22.3			
QNSODA0: Percentage of students who drank a can, bottle, or glass of soda or pop 0 times per day during the past seven days											Increased, 2007-2013	Not available	No change	
								18.6	20.2	21.3	24.2			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day during the past seven days											Decreased, 2007-2013	Not available	Decreased	
								24.9	19.9	19.4	14.7			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day during the past seven days											Decreased, 2007-2013	Not available	Decreased	
								14.6	11.8	11.2	7.2			
QN78: Percentage of students who drank three or more glasses per day of milk during the past seven days											Decreased, 1999-2013	No quadratic change	No change	
				19.2	18.7	17.1	15.0	15.6	11.9	12.4	11.2			

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNMILK0: Percentage of students who drank 0 glasses per day of milk during the past seven days												Increased, 1999-2013	No quadratic change	No change
				11.0	12.0	13.8	14.5	16.9	15.5	17.5	17.8			
QNMILK1: Percentage of students who drank one or more glasses per day of milk during the past seven days												Decreased, 1999-2013	No quadratic change	No change
				52.7	53.2	48.6	44.3	43.1	43.4	39.5	38.9			
QNMILK2: Percentage of students who drank two or more glasses per day of milk during the past seven days												Decreased, 1999-2013	No quadratic change	No change
				37.4	36.9	34.7	28.5	28.5	27.2	25.3	23.0			
QN79: Percentage of students who ate breakfast on all of the past seven days												No linear change	Not available [¶]	Increased
									37.8	35.1	40.9			
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days												No linear change	Not available	No change
									14.3	12.0	11.2			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White*														
Physical Activity														
Health Risk Behavior and Percentages														
Linear Change [†]														
Quadratic Change [‡]														
Change from 2011-2013 [§]														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN80: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days														
								43.4	44.3	45.8	43.3	No linear change	Not available [¶]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days														
								15.8	14.6	10.6	15.7	No linear change	Not available	Increased
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days														
								23.9	26.6	26.0	23.7	No linear change	Not available	No change
QN81: Percentage of students who watched three or more hours per day of TV on an average school day														
			32.4	29.4	35.7	33.0	26.4	28.3	29.4	26.4		Decreased, 1999-2013	No quadratic change	No change
QN82: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day														
								26.2	24.1	28.3	37.4	Increased, 2007-2013	Not available	Increased

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Physical Activity														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN83: Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school												No linear change	No quadratic change	No change
				40.8	38.1	36.1	43.0	42.5	39.4	40.8	39.2			
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school												Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased
				32.6	29.1	26.8	28.0	27.8	27.1	24.2	12.5			
QN84: Percentage of students who played on one or more sports teams during the past 12 months												No linear change	No quadratic change	No change
				58.2	58.6	55.5	56.1	57.7	57.1	58.5	57.2			

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

White* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN87: Percentage of students who would describe their grades in school as mostly A's or B's during the past 12 months														
					67.3	64.8	62.2	64.4	68.0	67.2	72.2	Increased, 2001-2013	No change, 2001-2005 Increased, 2005-2013	No change
QN88: Percentage of students who typically sleep at home, or home of friend or relative, with their parent(s) or guardian(s)														
										98.0	98.1	No linear change	Not available [¶]	No change
QN89: Percentage of students who reported that either of their parents or other adults in their family are serving on active duty in the military														
										13.3	13.8	No linear change	Not available	No change
QN90: Percentage of students who have a parent or other adult in their family who has been in jail or in prison during the past 12 months														
										11.9	10.5	No linear change	Not available	No change
QN91: Percentage of students who have physical disabilities or long-term health problems														
										7.9	8.2	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

White* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN92: Percentage of students who have long-term emotional problems or learning disabilities												No linear change	Not available [¶]	No change
QN94: Percentage of students who responded that someone had tried to hurt them by hitting, punching, or kicking them on school property on one or more of the past 30 days												Decreased, 2005-2013	Not available	No change
QN96: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting, scraping, or burning themselves on purpose, during the past 12 months												Decreased, 2005-2013	Not available	No change
QN98: Among students who drank alcohol during the past 30 days, the percentage who reported their home or another person's home as their usual place they usually drank alcohol during the past 30 days												No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

White* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN99: Among students who drank alcohol during the past 30 days and who have a usual type of alcohol that they drink, the percentage who reported liquor, such as vodka, rum, scotch, bourbon, or whisky, as their type of alcohol they usually drank during the past 30 days														
								50.1	56.8	54.7		No linear change	Not available [¶]	No change
QN100: Percentage of students who used marijuana on school property one or more times during the past 30 days														
				6.9	6.1	6.6	6.1	5.2	5.6	5.3	5.6	No linear change	No quadratic change	No change
QN101: Percentage of students who used any kind of herbal or natural substance to get high, such as salvia, woodrose, or morning glory seeds, one or more times during their life														
								8.1	9.1	11.7	7.7	No linear change	Not available	Decreased
QN102: Percentage of students who have taken prescription painkillers, such as OxyContin, codeine, or Percocet, without a doctor's prescription one or more times during their life														
								25.8	24.0	22.3	15.9	Decreased, 2007-2013	Not available	Decreased
QN103: Percentage of students who have offered, sold, or given anyone an illegal drug on school property during the past 12 months														
								9.7	10.5	8.0	6.9	Decreased, 2007-2013	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN105: Percentage of students who have been pregnant or gotten someone pregnant one or more times												Decreased, 1999-2013	No quadratic change	Decreased
				5.4	4.8	4.5	4.5	4.4	4.4	5.8	2.2			
QN106: Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)												No linear change	Not available [¶]	No change
								1.0	1.8	1.6	1.5			
QN108: Percentage of students who describe themselves as gay or lesbian or bisexual												No linear change	Not available	No change
								4.3	7.2	4.8	6.6			
QN109: Percentage of students who have ever given or received oral sex												Decreased, 2005-2013	Not available	Decreased
								55.3	57.8	55.9	58.5			
QN110: Percentage of students who think that their health teacher has given them the most information about safe sex practices												No linear change	Not available	No change
										34.8	35.2			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

White* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN111: Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days												Increased, 1999-2013	No quadratic change	No change
				56.4	60.3	60.2	63.1	60.2	59.7	66.7	63.3			
QN112: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days												No linear change	No quadratic change	No change
				38.4	42.8	42.3	42.9	38.6	38.9	42.9	42.7			
QN113: Percentage of students who had one or more caffeinated drinks yesterday												Decreased, 2009-2013	Not available [¶]	No change
									69.4	66.1	63.1			
QN114: Percentage of students who would know where to have an HIV test if they wanted one done												Decreased, 2007-2013	Not available	No change
								76.4	72.3	68.8	64.7			
QN116: Percentage of students who get eight or more hours of sleep on average school night												No linear change	Not available	No change
								27.2	28.5	28.0				

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

White* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN117: Percentage of students who would most likely talk to no one if they had a personal problem with drinking, drug use, or sexual behavior												No linear change	Not available [¶]	No change
										13.0	13.9			
QN118: Percentage of students who eat dinner with their family three or more times in an average week												No linear change	Not available	No change
						75.9	74.0	76.0	73.5	75.0				

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Black* Injury and Violence												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet												No linear change	Increased, 1999-2007 Decreased, 2007-2013	No change
				90.6	92.9	92.7	94.9	96.3	94.0	90.8	93.6			
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else												Decreased, 1999-2013	No quadratic change	No change
				20.2	19.0	18.2	11.1	7.7	8.3	6.8	8.9			
QN10: Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol												Decreased, 1999-2013	No quadratic change	No change
				29.7	24.2	26.2	21.1	23.1	26.0	22.4	19.9			
QN13: Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days												No linear change	No quadratic change	No change
				15.7	13.0	15.8	15.6	14.2	16.3	10.8	12.5			
QN14: Percentage of students who carried a gun on one or more of the past 30 days												No linear change	No quadratic change	No change
				5.9	5.1	7.6	6.0	5.6	6.6	3.9	5.7			

*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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black*														
Injury and Violence														
Health Risk Behavior and Percentages												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN15: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days														
				6.8	6.5	5.9	6.3	5.2	5.4	5.7	2.1	Decreased, 1999-2013	No quadratic change	Decreased
QN16: Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school														
				10.8	6.4	4.8	4.5	5.2	6.3	4.4	7.4	No linear change	Decreased, 1999-2003 No change, 2003-2013	No change
QN17: Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months														
				9.5	7.7	7.4	5.7	4.8	8.5	7.5	5.3	No linear change	No quadratic change	No change
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months														
				41.7	37.2	37.2	34.7	36.8	33.0	34.4	33.3	Decreased, 1999-2013	No quadratic change	No change
QN19: Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse														
				4.1	4.1	4.1	3.2	4.0	3.2	4.8	5.3	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black*												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
Injury and Violence														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months														
				17.3	15.3	12.1	11.3	11.5	10.2	13.8	14.4	No linear change	Decreased, 1999-2007 Increased, 2007-2013	No change
QN21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to														
					8.8	9.8	6.7	6.8	11.4	8.6	7.7	No linear change	No quadratic change	No change
QN24: Percentage of students who had ever been bullied on school property during the past 12 months														
									10.5	11.9	15.3	No linear change	Not available [¶]	No change
QN26: Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months														
				27.0	28.2	24.8	25.0	25.7	26.1	26.5	19.9	Decreased, 1999-2013	No quadratic change	Decreased
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months														
				10.7	12.5	9.9	8.4	8.7	11.2	12.6	11.1	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, $p < 0.05$.

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Black* Injury and Violence												Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months												No linear change	No quadratic change	No change
				7.4	9.5	8.4	7.9	7.2	8.6	10.7	8.6			
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months												Increased, 1999-2013	No quadratic change	No change
				4.5	6.2	6.3	5.2	5.5	9.4	8.7	6.3			
QN30: Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse												Increased, 1999-2013	No quadratic change	No change
				0.5	1.5	1.3	1.6	2.3	2.3	1.8	1.8			

*Non-Hispanic.

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black*												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
Tobacco Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever tried cigarette smoking, even one or two puffs														
				66.7	62.7	62.2	53.4	44.2	45.0	39.9	30.9	Decreased, 1999-2013	No quadratic change	Decreased
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years														
				15.6	16.2	19.5	13.4	11.2	10.5	7.7	7.9	Decreased, 1999-2013	No quadratic change	No change
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days														
				17.7	12.7	14.4	11.0	8.5	12.9	10.9	6.8	Decreased, 1999-2013	No quadratic change	Decreased
QN34: Percentage of students who smoked cigarettes on 20 or more of the past 30 days														
				6.9	5.2	4.5	3.1	2.6	4.3	3.6	2.1	Decreased, 1999-2013	No quadratic change	No change
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days														
				6.5	5.5	4.5	4.2	2.4	3.9	4.4	1.3	Decreased, 1999-2013	No quadratic change	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Black*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Tobacco Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days														
					6.3	8.9	6.0	4.1	5.7	5.8	3.4	Decreased, 2001-2013	No quadratic change	No change
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days														
				1.0	1.0	1.3	0.7	1.5	1.8	1.7	2.3	Increased, 1999-2013	No quadratic change	No change
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days														
				10.6	10.1	8.9	6.6	7.7	8.7	9.5	11.4	No linear change	Decreased, 1999-2005 Increased, 2005-2013	No change
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days														
				21.8	16.9	16.9	12.8	12.3	15.6	16.0	14.2	Decreased, 1999-2013	Decreased, 1999-2005 No change, 2005-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN41: Percentage of students who had at least one drink of alcohol on one or more days during their life														
				72.3	67.9	69.9	68.4	66.0	64.2	64.9	59.6	Decreased, 1999-2013	No quadratic change	No change
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years														
				28.4	25.8	25.9	26.9	24.7	21.6	19.0	21.0	Decreased, 1999-2013	No quadratic change	No change
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days														
				32.2	30.7	31.9	29.6	29.2	38.5	32.1	27.3	No linear change	No quadratic change	No change
QN44: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days														
				12.0	13.0	12.2	9.3	9.4	15.6	11.4	12.4	No linear change	No quadratic change	No change
QN46: Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days														
								41.3	35.1	45.5	36.4	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black*														
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages											Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who used marijuana one or more times during their life														
				49.2	49.6	49.0	40.1	42.1	43.5	46.4	43.5	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change
QN48: Percentage of students who tried marijuana for the first time before age 13 years														
				11.1	13.4	11.7	11.6	10.1	11.2	11.2	11.4	No linear change	No quadratic change	No change
QN49: Percentage of students who used marijuana one or more times during the past 30 days														
				25.0	25.1	26.5	18.1	23.4	25.8	26.7	26.0	No linear change	No quadratic change	No change
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life														
				2.0	1.8	2.2	1.8	1.9	2.9	3.5	2.9	Increased, 1999-2013	No quadratic change	No change
QN51: Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life														
				6.0	4.6	5.5	7.8	6.3	5.5	7.5	6.8	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Black*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52: Percentage of students who used heroin one or more times during their life														
				1.1	1.3	1.1	0.6	1.1	2.0	1.9	2.2	Increased, 1999-2013	No quadratic change	No change
QN53: Percentage of students who used methamphetamines one or more times during their life														
				1.3	2.1	1.2	1.2	1.2	2.3	2.2	2.4	No linear change	No quadratic change	No change
QN54: Percentage of students who used ecstasy one or more times during their life														
						3.7	2.4	2.9	2.7	3.9	3.7	No linear change	No quadratic change	No change
QN55: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life														
				2.0	2.6	1.6	1.3	1.7	2.3	3.3	2.7	No linear change	No quadratic change	No change
QN57: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life														
				1.0	0.7	0.9	0.7	0.9	2.1	2.0	1.9	Increased, 1999-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Black*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN58: Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months														
				25.4	19.9	20.9	22.5	17.8	16.1	18.2	17.3	Decreased, 1999-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black*														
Sexual Behaviors														
Health Risk Behavior and Percentages												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59: Percentage of students who ever had sexual intercourse														
				70.5	68.4	72.3	66.9	71.3	67.8	67.4	56.0	Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years														
				22.3	18.5	18.3	17.7	15.9	14.8	15.7	11.1	Decreased, 1999-2013	No quadratic change	Decreased
QN61: Percentage of students who had sexual intercourse with four or more people during their life														
				34.0	25.3	33.1	27.3	32.1	32.5	25.6	21.8	Decreased, 1999-2013	No quadratic change	No change
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months														
				51.4	47.4	53.2	44.1	52.8	49.9	45.7	37.5	Decreased, 1999-2013	No quadratic change	Decreased
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse														
				18.2	16.7	19.9	15.5	12.7	20.6	16.0	22.7	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Black*												Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
Sexual Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN64: Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse														
				70.9	69.4	70.2	67.2	71.2	65.8	63.9	60.1	Decreased, 1999-2013	No change, 1999-2007 Decreased, 2007-2013	No change
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection														
				91.8	89.7	92.1	92.3	91.8	87.9	86.8	82.1	Decreased, 1999-2013	No change, 1999-2007 Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black*														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNOWT: Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex) [¶]														
				17.3	20.5	21.5	17.7	20.6	18.3	18.9	20.6	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex) [¶]														
				13.9	15.5	14.5	17.8	16.2	16.4	14.7	16.1	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight														
				26.6	26.8	25.8	28.8	22.9	26.5	26.6	30.8	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight														
				37.0	40.1	33.5	39.2	36.6	39.1	42.7	43.7	Increased, 1999-2013	No change, 1999-2003 Increased, 2003-2013	No change
QN68: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days														
				11.7	13.0	12.4	10.1	8.6	10.3	9.9	11.7	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, $p < 0.05$.

[¶]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Black*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN69: Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days												No linear change	No quadratic change	No change
				2.4	4.6	3.7	1.9	3.1	3.7	3.3	3.2			
QN70: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days												No linear change	No change, 1999-2005 Increased, 2005-2013	No change
				2.8	2.1	2.0	1.5	2.0	3.2	2.4	4.1			
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days												Decreased, 1999-2013	No quadratic change	No change
				86.1	89.1	84.9	85.2	84.4	79.9	77.5	80.9			
QN72: Percentage of students who ate fruit one or more times during the past seven days												No linear change	Decreased, 1999-2003 Increased, 2003-2013	Increased
				82.7	77.8	73.8	76.7	77.4	78.1	79.9	84.5			
QN73: Percentage of students who ate green salad one or more times during the past seven days												No linear change	No quadratic change	No change
				50.1	49.1	51.2	52.4	44.8	45.9	43.8	50.5			

*Non-Hispanic.

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black*												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN76: Percentage of students who ate other vegetables one or more times during the past seven days												No linear change	No quadratic change	Increased
				82.5	82.0	79.0	81.2	81.0	76.0	75.1	82.6			
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days												No linear change	Decreased, 1999-2009 Increased, 2009-2013	No change
				34.6	38.7	32.2	28.6	30.9	30.6	33.3	39.3			
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days												Increased, 1999-2013	No quadratic change	No change
				5.6	4.5	6.8	7.0	6.8	7.8	9.5	6.7			
QNFR1: Percentage of students who ate fruits or drank 100% fruit juices one or more times per day during the past seven days												No linear change	Decreased, 1999-2009 Increased, 2009-2013	Increased
				62.6	62.6	57.9	56.1	54.6	53.4	53.7	64.4			
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days												No linear change	Decreased, 1999-2007 Increased, 2007-2013	No change
				26.3	29.8	23.6	21.7	22.7	22.8	24.5	30.1			

*Non-Hispanic.

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black*																						
Weight Management and Dietary Behaviors																						
Health Risk Behavior and Percentages												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013											
QN77: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days												30.4	32.4	27.6	23.4	Decreased, 2007-2013	Not available [¶]	No change				
QNSODA0: Percentage of students who drank a can, bottle, or glass of soda or pop 0 times per day during the past seven days												19.6	19.1	22.4	25.6	Increased, 2007-2013	Not available	No change				
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day during the past seven days												24.5	25.5	21.2	18.2	Decreased, 2007-2013	Not available	No change				
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day during the past seven days												16.3	17.8	14.6	11.9	Decreased, 2007-2013	Not available	No change				
QN78: Percentage of students who drank three or more glasses per day of milk during the past seven days												13.2	9.1	8.9	7.1	5.2	7.1	8.1	8.2	Decreased, 1999-2013	Decreased, 1999-2007 No change, 2007-2013	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black*														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNMILK0: Percentage of students who drank 0 glasses per day of milk during the past seven days														
				23.8	27.6	31.0	34.9	35.2	34.6	36.0	37.0	Increased, 1999-2013	Increased, 1999-2005 No change, 2005-2013	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk during the past seven days														
				33.3	25.7	24.6	24.4	21.3	25.3	25.5	23.7	Decreased, 1999-2013	Decreased, 1999-2003 No change, 2003-2013	No change
QNMILK2: Percentage of students who drank two or more glasses per day of milk during the past seven days														
				22.9	16.9	16.6	14.8	11.4	15.8	17.0	15.9	Decreased, 1999-2013	Decreased, 1999-2007 Increased, 2007-2013	No change
QN79: Percentage of students who ate breakfast on all of the past seven days														
									29.9	30.1	39.8	Increased, 2009-2013	Not available [¶]	Increased
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days														
									12.9	15.4	13.2	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Black*														
Physical Activity														
Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN80: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days												No linear change	Not available [¶]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days												No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days												No linear change	Not available	No change
QN81: Percentage of students who watched three or more hours per day of TV on an average school day												Decreased, 1999-2013	No change, 1999-2005 Decreased, 2005-2013	No change
QN82: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day												Increased, 2007-2013	Not available	No change

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Black*												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Physical Activity														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN83: Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school														
				49.1	49.6	41.6	51.6	43.4	39.7	44.7	39.1	Decreased, 1999-2013	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school														
				39.1	36.5	31.3	33.9	31.3	23.5	26.7	15.3	Decreased, 1999-2013	No quadratic change	Decreased
QN84: Percentage of students who played on one or more sports teams during the past 12 months														
				54.4	51.0	50.2	56.1	54.4	49.6	54.3	56.8	No linear change	No quadratic change	No change

*Non-Hispanic.

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black* Site-Added												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN87: Percentage of students who would describe their grades in school as mostly A's or B's during the past 12 months														
					45.1	42.9	48.0	46.2	51.4	53.2	59.3	Increased, 2001-2013	No quadratic change	No change
QN88: Percentage of students who typically sleep at home, or home of friend or relative, with their parent(s) or guardian(s)														
										97.3	97.1	No linear change	Not available [¶]	No change
QN89: Percentage of students who reported that either of their parents or other adults in their family are serving on active duty in the military														
										18.5	15.1	No linear change	Not available	No change
QN90: Percentage of students who have a parent or other adult in their family who has been in jail or in prison during the past 12 months														
										26.5	21.9	No linear change	Not available	No change
QN91: Percentage of students who have physical disabilities or long-term health problems														
										8.9	7.7	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Black* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN92: Percentage of students who have long-term emotional problems or learning disabilities												No linear change	Not available [¶]	No change
						11.5	7.8							
QN94: Percentage of students who responded that someone had tried to hurt them by hitting, punching, or kicking them on school property on one or more of the past 30 days												No linear change	Not available	No change
						11.3	8.4	9.1	10.2	9.8				
QN96: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting, scraping, or burning themselves on purpose, during the past 12 months												Increased, 2005-2013	Not available	No change
						6.6	5.7	8.1	10.5	8.5				
QN98: Among students who drank alcohol during the past 30 days, the percentage who reported their home or another person's home as their usual place they usually drank alcohol during the past 30 days												No linear change	Not available	No change
								83.4	79.3	90.3				

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN99: Among students who drank alcohol during the past 30 days and who have a usual type of alcohol that they drink, the percentage who reported liquor, such as vodka, rum, scotch, bourbon, or whisky, as their type of alcohol they usually drank during the past 30 days														
									50.8	59.1	58.1	No linear change	Not available [¶]	No change
QN100: Percentage of students who used marijuana on school property one or more times during the past 30 days														
				4.8	5.1	4.9	4.0	4.4	5.3	7.9	7.4	Increased, 1999-2013	No quadratic change	No change
QN101: Percentage of students who used any kind of herbal or natural substance to get high, such as salvia, woodrose, or morning glory seeds, one or more times during their life														
								2.4	3.1	2.4	3.3	No linear change	Not available	No change
QN102: Percentage of students who have taken prescription painkillers, such as OxyContin, codeine, or Percocet, without a doctor's prescription one or more times during their life														
								9.5	10.6	15.7	15.7	Increased, 2007-2013	Not available	No change
QN103: Percentage of students who have offered, sold, or given anyone an illegal drug on school property during the past 12 months														
								8.5	6.8	7.6	6.9	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black* Site-Added												Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN105: Percentage of students who have been pregnant or gotten someone pregnant one or more times												Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased
			12.8	10.2	13.9	11.6	11.1	15.6	10.1	5.9				
QN106: Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)												No linear change	Not available [¶]	No change
								3.7	4.7	4.8	2.7			
QN108: Percentage of students who describe themselves as gay or lesbian or bisexual												Increased, 2007-2013	Not available	No change
								3.3	5.6	6.6	7.7			
QN109: Percentage of students who have ever given or received oral sex												No linear change	Not available	Decreased
								53.1	58.2	57.2	60.1			
QN110: Percentage of students who think that their health teacher has given them the most information about safe sex practices												No linear change	Not available	No change
									19.7	22.0	25.0			

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Black* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN111: Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days												Increased, 1999-2013	No quadratic change	No change
				52.4	50.6	51.2	54.9	53.3	54.4	59.4	55.6			
QN112: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days												No linear change	No quadratic change	No change
				34.2	31.2	31.7	32.8	28.3	29.7	33.3	31.2			
QN113: Percentage of students who had one or more caffeinated drinks yesterday												Decreased, 2009-2013	Not available [¶]	No change
									56.0	52.7	47.6			
QN114: Percentage of students who would know where to have an HIV test if they wanted one done												Decreased, 2007-2013	Not available	Decreased
								81.8	85.1	74.8	68.8			
QN116: Percentage of students who get eight or more hours of sleep on average school night												No linear change	Not available	No change
									26.6	24.8	25.7			

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Black* Site-Added												Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN117: Percentage of students who would most likely talk to no one if they had a personal problem with drinking, drug use, or sexual behavior												No linear change	Not available [¶]	No change
							55.1	55.2	51.1	52.1	55.1	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Hispanic/Latino Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet											No linear change	Increased, 2001-2007 Decreased, 2007-2013	No change	
				87.1	82.7	89.4	95.6	91.1	92.1	89.5				
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else											Decreased, 1999-2013	No quadratic change	No change	
		18.3	17.4	18.1	8.5	9.4	8.1	5.8	8.8					
QN10: Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol											Decreased, 1999-2013	No quadratic change	No change	
		35.0	35.6	29.4	26.7	34.4	30.2	26.7	22.0					
QN13: Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days											Decreased, 1999-2013	No quadratic change	No change	
		30.0	17.8	16.6	14.2	20.9	23.6	14.0	12.8					
QN14: Percentage of students who carried a gun on one or more of the past 30 days											Decreased, 1999-2013	No quadratic change	No change	
		7.6	8.6	4.8	4.6	9.4	6.6	4.2	4.0					

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Hispanic/Latino
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN15: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days														
				11.6	8.1	5.8	3.8	8.0	9.2	6.2	2.7	Decreased, 1999-2013	No quadratic change	No change
QN16: Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school														
				10.7	16.2	10.1	10.4	8.5	8.4	7.8	10.1	No linear change	No quadratic change	No change
QN17: Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months														
				10.6	12.4	10.3	7.3	7.5	13.5	7.7	8.2	No linear change	No quadratic change	No change
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months														
				48.8	40.7	39.6	25.3	41.1	35.1	26.1	28.9	Decreased, 1999-2013	No quadratic change	No change
QN19: Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse														
				8.7	7.2	4.4	5.9	6.9	7.9	2.9	2.4	Decreased, 1999-2013	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Hispanic/Latino
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months														
				14.0	13.3	14.2	10.0	13.1	10.5	6.9	10.6	Decreased, 1999-2013	No quadratic change	No change
QN21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to														
					12.3	9.8	7.5	12.2	10.8	7.6	10.3	No linear change	No quadratic change	No change
QN24: Percentage of students who had ever been bullied on school property during the past 12 months														
									16.3	13.6	14.3	No linear change	Not available [§]	No change
QN26: Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months														
				36.2	42.6	33.6	36.6	35.6	34.1	34.8	25.3	Decreased, 1999-2013	No quadratic change	Decreased
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months														
				27.8	21.9	13.2	7.9	12.3	21.9	16.6	14.8	No linear change	Decreased, 1999-2005 No change, 2005-2013	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Hispanic/Latino
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months														
				15.9	14.4	9.4	9.0	12.1	16.7	13.5	13.1	No linear change	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months														
				15.3	7.8	10.9	5.5	7.3	14.3	13.3	8.7	No linear change	No quadratic change	No change
QN30: Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse														
				7.7	4.4	3.3	2.7	3.0	6.4	4.4	2.1	Decreased, 1999-2013	No quadratic change	No change

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

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Hispanic/Latino Tobacco Use

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever tried cigarette smoking, even one or two puffs												Decreased, 1999-2013	No quadratic change	No change
		76.6		77.7		67.2	48.0	51.1	55.0	49.9	42.1			
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years												Decreased, 1999-2013	No quadratic change	No change
		38.8		31.0		23.3	16.0	21.5	16.1	14.3	11.3			
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days												Decreased, 1999-2013	No quadratic change	No change
		29.5		27.4		20.6	17.9	20.4	19.0	16.1	11.9			
QN34: Percentage of students who smoked cigarettes on 20 or more of the past 30 days												Decreased, 1999-2013	No quadratic change	No change
		13.6		14.1		7.9	6.7	9.4	6.1	3.7	2.8			
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days												Decreased, 1999-2013	No quadratic change	No change
		11.9		18.2		5.8	4.9	10.1	7.5	6.0	3.2			

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Hispanic/Latino Tobacco Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days												Decreased, 2001-2013	No quadratic change	No change
				22.2	11.5	10.0	13.7	10.5	7.6	4.6				
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days												No linear change	No quadratic change	No change
				7.8	3.8	2.1	4.6	4.8	7.8	3.7	6.7			
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days												Decreased, 1999-2013	No quadratic change	No change
				22.3	16.7	9.9	12.3	15.1	11.7	11.8	11.5			
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days												Decreased, 1999-2013	No quadratic change	No change
				33.5	32.5	21.7	21.1	24.8	20.7	18.6	16.0			

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†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Hispanic/Latino Alcohol and Other Drug Use												Linear Change*	Quadratic Change*	Change from 2011-2013 †		
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013					
QN41: Percentage of students who had at least one drink of alcohol on one or more days during their life																
				85.1	82.8	79.4	72.1	74.4	74.9	74.4	70.2	Decreased, 1999-2013		No quadratic change	No change	
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years																
				46.2	40.5	34.1	23.9	28.5	33.9	31.6	23.7	Decreased, 1999-2013		No quadratic change	Decreased	
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days																
				46.6	54.6	36.2	35.8	45.5	44.8	44.3	35.8	No linear change		No quadratic change	No change	
QN44: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days																
				28.9	31.1	22.6	20.9	24.9	25.6	23.8	19.0	Decreased, 1999-2013		No quadratic change	No change	
QN46: Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days																
										44.0	48.4	38.9	No linear change		Not available [§]	No change

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Hispanic/Latino

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who used marijuana one or more times during their life											No linear change	No quadratic change	No change	
		51.6	49.3	47.3	32.8	46.4	46.5	46.4	43.8					
QN48: Percentage of students who tried marijuana for the first time before age 13 years											Decreased, 1999-2013	No quadratic change	No change	
		19.4	15.7	13.0	10.6	13.9	14.0	10.7	9.0					
QN49: Percentage of students who used marijuana one or more times during the past 30 days											No linear change	Decreased, 1999-2005 No change, 2005-2013	No change	
		35.1	28.7	21.8	16.0	25.7	24.2	25.8	26.7					
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life											Decreased, 1999-2013	No quadratic change	No change	
		11.8	7.8	6.4	5.9	4.5	7.1	6.4	5.2					
QN51: Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life											No linear change	No quadratic change	Decreased	
		13.9	11.0	13.1	10.0	13.0	14.8	13.0	7.4					

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

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

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Hispanic/Latino
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN52: Percentage of students who used heroin one or more times during their life														
				8.3	3.2	4.5	4.5	4.2	6.0	3.2	2.6	Decreased, 1999-2013	No quadratic change	No change
QN53: Percentage of students who used methamphetamines one or more times during their life														
				10.8	6.3	5.1	6.1	5.7	6.4	3.9	2.4	Decreased, 1999-2013	No quadratic change	No change
QN54: Percentage of students who used ecstasy one or more times during their life														
						9.7	8.4	5.1	9.6	7.7	7.2	No linear change	No quadratic change	No change
QN55: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life														
				3.4	7.4	4.3	3.6	4.9	8.7	3.8	4.3	No linear change	No quadratic change	No change
QN57: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life														
				6.7	1.4	3.3	4.0	4.8	5.6	4.8	2.9	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Hispanic/Latino
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN58: Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months														
				32.7	31.6	22.2	27.6	21.7	24.6	30.8	21.6	No linear change	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Hispanic/Latino Sexual Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59: Percentage of students who ever had sexual intercourse												No linear change	No quadratic change	No change
				61.0	64.0	62.1	50.3	62.8	61.9	59.7	52.0			
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years												Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	No change
				13.3	19.5	13.0	12.7	14.9	14.0	7.8	5.9			
QN61: Percentage of students who had sexual intercourse with four or more people during their life												Decreased, 1999-2013	No quadratic change	No change
				26.8	24.8	25.6	17.8	26.3	23.7	20.6	14.9			
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months												No linear change	No quadratic change	No change
				41.7	48.3	45.6	37.0	50.1	42.4	45.2	36.0			
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse												No linear change	Not available [§]	No change
								24.0	22.3	17.1	19.2			

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Hispanic/Latino Sexual Behaviors												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN64: Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse												No linear change	Not available [§]	No change
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection												No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNOWT: Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex) [§]											No linear change	No quadratic change	No change	
				20.0	14.9	18.0	12.3	24.4	19.4	19.1	18.6			
QNOBESE: Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex) [§]											No linear change	No quadratic change	No change	
				12.9	12.7	16.3	18.3	16.3	16.1	13.2	17.5			
QN66: Percentage of students who described themselves as slightly or very overweight											No linear change	No quadratic change	Increased	
				29.2	30.4	32.0	28.0	36.1	30.4	29.3	39.0			
QN67: Percentage of students who were trying to lose weight											Increased, 1999-2013	No quadratic change	No change	
				38.7	44.1	47.6	51.3	49.5	51.3	47.8	55.4			
QN68: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days											No linear change	No quadratic change	Increased	
				12.6	11.2	15.7	13.2	14.3	11.8	8.4	13.7			

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

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

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN69: Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days											No linear change	No quadratic change	No change	
				8.0	8.1	6.1	5.2	6.7	7.3	5.3	6.1			
QN70: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days											No linear change	No quadratic change	No change	
				3.3	2.9	5.4	2.9	4.4	6.8	5.1	6.7			
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days											Decreased, 1999-2013	No quadratic change	No change	
				79.6	88.3	86.9	78.7	81.9	77.2	74.7	79.6			
QN72: Percentage of students who ate fruit one or more times during the past seven days											Increased, 1999-2013	No quadratic change	No change	
				75.1	84.8	81.8	83.1	80.2	80.1	88.2	90.6			
QN73: Percentage of students who ate green salad one or more times during the past seven days											No linear change	No quadratic change	No change	
				58.3	58.1	54.7	53.0	52.8	51.0	51.5	58.3			

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN76: Percentage of students who ate other vegetables one or more times during the past seven days											No linear change	No change, 1999-2005 Increased, 2005-2013	Increased	
76.0	81.0	72.0	70.2	77.7	75.0	73.6	83.1							
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days											No linear change	Decreased, 1999-2009 No change, 2009-2013	No change	
37.0	40.5	34.8	31.9	30.8	30.0	34.0	36.8							
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days											No linear change	No quadratic change	No change	
12.8	4.1	4.3	4.6	8.0	10.4	6.1	3.5							
QNFR1: Percentage of students who ate fruits or drank 100% fruit juices one or more times per day during the past seven days											No linear change	No change, 1999-2009 Increased, 2009-2013	Increased	
58.6	66.2	58.9	58.7	57.2	55.6	55.3	66.8							
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days											Decreased, 1999-2013	No quadratic change	No change	
31.2	32.2	26.5	22.9	21.6	21.2	22.1	23.3							

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

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN77: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days											Decreased, 2007-2013	Not available [§]	No change	
								33.4	25.9	27.3	20.9			
QNSODA0: Percentage of students who drank a can, bottle, or glass of soda or pop 0 times per day during the past seven days											Increased, 2007-2013	Not available	Increased	
								17.5	18.1	15.5	24.9			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day during the past seven days											Decreased, 2007-2013	Not available	No change	
								24.5	16.5	16.9	14.2			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day during the past seven days											No linear change	Not available	No change	
								13.0	9.3	12.4	9.2			
QN78: Percentage of students who drank three or more glasses per day of milk during the past seven days											Decreased, 1999-2013	No quadratic change	No change	
				16.8	18.6	12.8	15.7	12.4	12.8	12.0	11.1			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Hispanic/Latino Weight Management and Dietary Behaviors												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNMILK0: Percentage of students who drank 0 glasses per day of milk during the past seven days												Increased, 1999-2013	No quadratic change	No change
				21.7	13.6	13.5	17.5	21.6	21.8	24.2	23.1			
QNMILK1: Percentage of students who drank one or more glasses per day of milk during the past seven days												Decreased, 1999-2013	No quadratic change	No change
				39.0	46.3	36.8	42.6	31.0	33.2	32.6	34.8			
QNMILK2: Percentage of students who drank two or more glasses per day of milk during the past seven days												Decreased, 1999-2013	No quadratic change	No change
				33.2	34.0	21.8	30.2	18.8	22.0	21.2	19.9			
QN79: Percentage of students who ate breakfast on all of the past seven days												No linear change	Not available [§]	No change
									32.1	33.8	35.6			
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days												No linear change	Not available	No change
									20.3	16.7	14.3			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Hispanic/Latino
Physical Activity

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN80: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days												No linear change	Not available [§]	No change
								38.4	32.3	38.2	38.3			
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days												No linear change	Not available	Decreased
								16.9	19.6	26.6	19.1			
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days												No linear change	Not available	No change
								23.0	18.1	21.2	22.7			
QN81: Percentage of students who watched three or more hours per day of TV on an average school day												Decreased, 1999-2013	No quadratic change	No change
			58.3	54.1	47.8	51.1	44.1	38.5	41.4	42.8				
QN82: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day												Increased, 2007-2013	Not available	No change
								28.9	28.5	39.8	44.4			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Hispanic/Latino Physical Activity												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN83: Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school												No linear change	No quadratic change	No change
				42.1	43.0	42.2	61.0	44.1	43.6	45.8	40.9			
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school												Decreased, 1999-2013	No change, 1999-2009 Decreased, 2009-2013	Decreased
				35.0	33.8	33.4	35.2	28.9	25.5	25.8	12.1			
QN84: Percentage of students who played on one or more sports teams during the past 12 months												No linear change	Decreased, 1999-2003 Increased, 2003-2013	No change
				58.2	50.3	44.4	51.9	49.2	46.9	52.1	58.7			

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Hispanic/Latino Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN87: Percentage of students who would describe their grades in school as mostly A's or B's during the past 12 months														
					53.6	44.7	49.8	51.1	52.3	58.1	63.0	Increased, 2001-2013	No quadratic change	No change
QN88: Percentage of students who typically sleep at home, or home of friend or relative, with their parent(s) or guardian(s)														
										95.2	96.5	No linear change	Not available [§]	No change
QN89: Percentage of students who reported that either of their parents or other adults in their family are serving on active duty in the military														
										10.3	15.4	No linear change	Not available	No change
QN90: Percentage of students who have a parent or other adult in their family who has been in jail or in prison during the past 12 months														
										23.0	15.8	Decreased, 2011-2013	Not available	Decreased
QN91: Percentage of students who have physical disabilities or long-term health problems														
										6.7	9.3	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Hispanic/Latino Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †	
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				
QN92: Percentage of students who have long-term emotional problems or learning disabilities												No linear change	Not available [§]	No change	
						8.0	16.2	15.4	9.6	10.4			No linear change	Not available	No change
QN96: Percentage of students who did something to purposely hurt themselves without wanting to die, such as cutting, scraping, or burning themselves on purpose, during the past 12 months												No linear change	Not available	No change	
						11.1	13.7	17.9	12.6	13.1			No linear change	Not available	No change
QN98: Among students who drank alcohol during the past 30 days, the percentage who reported their home or another person's home as their usual place they usually drank alcohol during the past 30 days												No linear change	Not available	No change	
									83.0	85.6	89.3		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Hispanic/Latino
Site-Added

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2011-2013 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN99: Among students who drank alcohol during the past 30 days and who have a usual type of alcohol that they drink, the percentage who reported liquor, such as vodka, rum, scotch, bourbon, or whisky, as their type of alcohol they usually drank during the past 30 days														
								45.9	42.2	47.5		No linear change	Not available [§]	No change
QN100: Percentage of students who used marijuana on school property one or more times during the past 30 days														
			12.0	10.2	5.3	6.2	8.6	7.3	5.2	7.1		No linear change	No quadratic change	No change
QN101: Percentage of students who used any kind of herbal or natural substance to get high, such as salvia, woodrose, or morning glory seeds, one or more times during their life														
							8.2	8.0	6.6	5.9		No linear change	Not available	No change
QN102: Percentage of students who have taken prescription painkillers, such as OxyContin, codeine, or Percocet, without a doctor's prescription one or more times during their life														
							16.7	23.8	16.5	16.4		No linear change	Not available	No change
QN103: Percentage of students who have offered, sold, or given anyone an illegal drug on school property during the past 12 months														
							10.0	11.0	11.1	8.3		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey
Trend Analysis Report

Hispanic/Latino
Site-Added

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN105: Percentage of students who have been pregnant or gotten someone pregnant one or more times											No linear change	No quadratic change	No change	
			11.3	7.5	12.2	10.0	11.7	10.9	9.1	6.2				
QN106: Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)											No linear change	Not available [§]	No change	
							3.8	7.8	3.1	2.5				
QN108: Percentage of students who describe themselves as gay or lesbian or bisexual											No linear change	Not available	No change	
							9.2	6.8	8.1	6.2				
QN109: Percentage of students who have ever given or received oral sex											No linear change	Not available	No change	
						44.7	59.0	51.7	51.4	46.1				
QN110: Percentage of students who think that their health teacher has given them the most information about safe sex practices											No linear change	Not available	No change	
								22.4	31.3	29.6				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Delaware High School Survey Trend Analysis Report

**Hispanic/Latino
Site-Added**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2011-2013 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN111: Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days											No linear change	No quadratic change	No change	
				48.9	55.5	59.8	66.2	67.0	60.9	57.4	64.7			
QN112: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days											No linear change	No quadratic change	No change	
				29.8	39.6	39.1	47.2	36.7	41.8	39.0	43.3			
QN113: Percentage of students who had one or more caffeinated drinks yesterday											No linear change	Not available [§]	No change	
								65.1	63.1	55.7				
QN114: Percentage of students who would know where to have an HIV test if they wanted one done											Decreased, 2007-2013	Not available	No change	
								74.5	70.2	58.8	66.2			
QN116: Percentage of students who get eight or more hours of sleep on average school night											No linear change	Not available	No change	
								30.4	27.7	21.4				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Hispanic/Latino Site-Added												Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN117: Percentage of students who would most likely talk to no one if they had a personal problem with drinking, drug use, or sexual behavior												No linear change	Not available [§]	No change
										17.1	23.5			
QN118: Percentage of students who eat dinner with their family three or more times in an average week												No linear change	Not available	No change
						65.5	62.6	61.6	63.7	64.6				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.