

**2013 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Sussex County, DE High School Survey  
Trend Analysis Report**

<b>Total Injury and Violence</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
QN8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet														
							87.8	90.2	90.9	91.6	89.1	No linear change	Not available <sup>§</sup>	No change
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else														
							5.6	5.5	6.5	5.9	6.0	No linear change	Not available	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														
							27.6	30.9	28.1	26.3	22.8	Decreased, 2005-2013	Not available	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														
							16.4	16.9	19.9	13.2	17.4	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

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<b>Health Risk Behavior and Percentages</b>														
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														
						7.4	5.9	7.3	5.3	6.7		No linear change	Not available <sup>§</sup>	No change
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														
						3.5	3.1	3.0	5.5	3.3		No linear change	Not available	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														
						4.3	4.4	6.3	2.0	10.6		Increased, 2005-2013	Not available	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														
						5.7	4.3	5.6	5.4	5.8		No linear change	Not available	No change
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months														
						28.6	30.5	29.3	25.4	23.3		Decreased, 2005-2013	Not available	No change

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

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<b>Health Risk Behavior and Percentages</b>														
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	Not available <sup>§</sup>	No change
						3.4	2.8	4.8	3.9	2.9				
QN20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months												Decreased, 2005-2013	Not available	No change
						11.8	10.6	10.0	7.5	6.8				
QN21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to												No linear change	Not available	No change
						8.5	7.6	11.6	8.0	10.1				
QN24: Percentage of students who had ever been bullied on school property during the past 12 months												No linear change	Not available	No change
								19.7	19.7	18.6				
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, 2005-2013	Not available	No change
						27.7	24.2	27.3	21.9	19.5				

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Total 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			
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months														
							13.1	11.7	13.5	12.0	10.7	No linear change	Not available <sup>§</sup>	No change
QN28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months														
							9.7	8.8	10.5	9.4	8.4	No linear change	Not available	No change
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months														
							8.2	6.0	9.2	7.5	6.3	No linear change	Not available	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														
							1.7	2.1	4.0	1.7	2.4	No linear change	Not available	No change

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## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE High School Survey Trend Analysis Report

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														
						62.5	57.0	55.4	52.6	41.4		Decreased, 2005-2013	Not available <sup>§</sup>	Decreased
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years														
						20.8	16.8	17.3	16.0	11.9		Decreased, 2005-2013	Not available	No change
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days														
						24.9	25.0	23.1	21.8	17.3		Decreased, 2005-2013	Not available	No change
QNFRCIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days														
						11.4	10.0	10.0	9.9	6.6		Decreased, 2005-2013	Not available	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														
						15.5	8.4	18.1	8.5	13.7		No linear change	Not available	No change

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

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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			
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days														
						8.5	8.8	7.5	5.9	4.3		Decreased, 2005-2013	Not available <sup>§</sup>	No change
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days														
						16.1	13.2	15.3	14.4	10.9		No linear change	Not available	No change
QN38: Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months														
						46.4	57.5	50.1	41.1	53.9		No linear change	Not available	No change
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days														
						9.6	9.4	10.5	9.9	10.5		No linear change	Not available	No change
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days														
						12.4	13.7	16.2	14.5	12.7		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			
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														
							30.6	30.5	28.5	29.8	23.5	Decreased, 2005-2013	Not available <sup>§</sup>	No change

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## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE High School Survey Trend Analysis Report

<b>Total Alcohol and Other Drug Use</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Health Risk Behavior and Percentages</b>														
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														
						77.6	80.2	73.2	74.1	68.3		Decreased, 2005-2013	Not available <sup>§</sup>	No change
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years														
						29.9	28.2	28.1	23.7	24.0		Decreased, 2005-2013	Not available	No change
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days														
						49.3	53.6	45.1	42.3	39.5		Decreased, 2005-2013	Not available	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														
						29.6	33.9	24.8	26.3	24.2		Decreased, 2005-2013	Not available	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														
							44.2	36.0	37.9	41.1		No linear change	Not available	No change

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<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
QN47: Percentage of students who used marijuana one or more times during their life												No linear change	Not available <sup>§</sup>	No change
						46.0	47.0	44.1	45.2	40.9				
QN48: Percentage of students who tried marijuana for the first time before age 13 years												No linear change	Not available	No change
						9.8	10.2	13.2	9.8	10.6				
QN49: Percentage of students who used marijuana one or more times during the past 30 days												No linear change	Not available	No change
						25.4	25.2	24.2	28.1	23.9				
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life												No linear change	Not available	No change
						6.9	7.2	8.2	6.9	6.2				
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												Decreased, 2005-2013	Not available	Decreased
						17.0	14.2	12.0	11.3	6.9				

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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	Not available <sup>§</sup>	No change
						2.6	1.7	1.8	3.1	3.4				
QN53: Percentage of students who used methamphetamines one or more times during their life												Decreased, 2005-2013	Not available	No change
						6.1	3.3	3.6	3.5	3.2				
QN54: Percentage of students who used ecstasy one or more times during their life												No linear change	Not available	No change
						6.8	5.8	7.4	7.8	7.1				
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	Not available	No change
						3.6	2.7	3.3	2.7	3.5				
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	Not available	No change
						2.9	2.4	1.9	2.8	3.7				

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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														
						21.8	22.2	20.6	19.4	16.2		Decreased, 2005-2013	Not available <sup>§</sup>	No change

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## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE High School Survey Trend Analysis Report

Total 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			
QN59: Percentage of students who ever had sexual intercourse							62.9	60.9	60.5	57.9	51.3	Decreased, 2005-2013	Not available <sup>§</sup>	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years							10.5	11.4	10.8	7.2	7.2	Decreased, 2005-2013	Not available	No change
QN61: Percentage of students who had sexual intercourse with four or more people during their life							22.9	20.7	19.6	21.7	17.8	No linear change	Not available	No change
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months							47.3	45.2	42.7	44.4	38.7	Decreased, 2005-2013	Not available	No change
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse							19.5	23.2	21.0	20.3	23.5	No linear change	Not available	No change

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<b>Total Sexual Behaviors</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Health Risk Behavior and Percentages</b>														
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												Decreased, 2005-2013	Not available <sup>§</sup>	No change
					65.4	64.3	64.7	61.5	56.0					
QN65: Among students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse												Increased, 2005-2013	Not available	No change
					19.2	21.7	22.8	24.8	28.0					
QNOTHH: Among students who had sexual intercourse during the past three months, the percentage who used an IUD or implant or a shot, patch, or birth control ring to prevent pregnancy before last sexual intercourse												No linear change	Not available	No change
								6.1	5.0					
QNOTHHPL: Among students who had sexual intercourse during the past three months, the percentage who used birth control pills, an IUD or implant, or a shot, patch, or birth control ring to prevent pregnancy before last sexual intercourse												No linear change	Not available	No change
								30.9	33.0					

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Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QNDUALBC: Among students who had sexual intercourse during the past three months, the percentage who used both a condom during last sexual intercourse and birth control pills, an IUD or implant, or a shot, patch, or birth control ring to prevent pregnancy before last sexual intercourse														
										13.9	11.6	No linear change	Not available <sup>§</sup>	No change
QNBCNONE: Among students who had sexual intercourse during the past three months, the percentage who used no method of birth control to prevent pregnancy before last sexual intercourse														
						8.6	8.7	11.6	11.3	11.8		No linear change	Not available	No change
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection														
						90.1	90.3	85.1	84.4	81.9		Decreased, 2005-2013	Not available	No change

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<b>Total</b>												Linear Change*	Quadratic Change*	Change from 2011-2013 †
<b>Weight Management and Dietary Behaviors</b>														
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) <sup>§</sup>														
						17.3	18.1	18.9	18.6	13.7		No linear change	Not available <sup>¶</sup>	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) <sup>§</sup>														
						15.0	14.1	13.4	11.1	17.5		No linear change	Not available	Increased
QN66: Percentage of students who described themselves as slightly or very overweight														
						35.9	26.1	30.0	26.6	32.0		No linear change	Not available	No change
QN67: Percentage of students who were trying to lose weight														
						45.3	47.5	45.6	46.2	48.3		No linear change	Not available	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														
						9.8	12.9	10.9	9.4	13.9		No linear change	Not available	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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<b>Weight Management and Dietary Behaviors</b>														
<b>Health Risk Behavior and Percentages</b>														
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	Not available <sup>§</sup>	No change
						3.6		4.6	2.2	5.2	4.5			
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	Not available	Increased
						3.6		3.6	3.5	2.3	4.5			
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days												Decreased, 2005-2013	Not available	No change
						77.8		81.0	75.0	73.5	73.3			
QN72: Percentage of students who ate fruit one or more times during the past seven days												Increased, 2005-2013	Not available	Increased
						83.8		84.9	83.6	87.0	91.5			
QN73: Percentage of students who ate green salad one or more times during the past seven days												No linear change	Not available	Increased
						57.2		57.6	52.7	52.7	63.7			

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<b>Weight Management and Dietary Behaviors</b>														
<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
QN76: Percentage of students who ate other vegetables one or more times during the past seven days														
							83.9	85.7	81.8	81.4	88.5	No linear change	Not available <sup>§</sup>	Increased
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days														
							26.1	27.9	28.1	32.2	34.7	Increased, 2005-2013	Not available	No change
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days														
							6.7	5.9	8.0	6.8	5.9	No linear change	Not available	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														
							54.4	57.5	57.7	59.2	65.4	Increased, 2005-2013	Not available	No change
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days														
							17.1	19.0	19.0	19.5	23.7	Increased, 2005-2013	Not available	No change

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<b>Weight Management and Dietary Behaviors</b>																			
<b>Health Risk Behavior and Percentages</b>																			
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												35.1	31.9	28.1	23.2	Decreased, 2007-2013	Not available <sup>§</sup>	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												19.4	14.5	18.6	25.1	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												27.2	23.8	20.2	15.7	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												15.5	15.2	12.0	8.5	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												12.4	12.1	9.1	10.2	10.6	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

Sussex County, DE High School Survey

Trend Analysis Report

Total 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												No linear change	Not available <sup>§</sup>	No change
						20.7	20.7	20.1	22.3	23.0				
QNMILK1: Percentage of students who drank one or more glasses per day of milk during the past seven days												Decreased, 2005-2013	Not available	No change
						38.5	40.4	34.8	34.2	34.0				
QNMILK2: Percentage of students who drank two or more glasses per day of milk during the past seven days												No linear change	Not available	No change
						23.1	24.7	21.1	19.3	19.3				
QN79: Percentage of students who ate breakfast on all of the past seven days												No linear change	Not available	No change
									32.8	33.3	37.7			
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days												No linear change	Not available	No change
									16.3	11.2	15.3			

\*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**

**Sussex County, DE High School Survey  
Trend Analysis Report**

Total 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															
								46.5	45.1	49.5	38.6	No linear change	Not available <sup>§</sup>	Decreased	
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															
								14.5	16.0	15.7	19.6	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															
								24.4	27.4	31.5	21.3	No linear change	Not available	Decreased	
QN81: Percentage of students who watched three or more hours per day of TV on an average school day															
								42.5	34.1	35.1	34.9	31.8	Decreased, 2005-2013	Not available	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															
								22.2	24.0	26.9	38.9	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

Sussex County, DE 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	Not available <sup>§</sup>	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school												No linear change	Not available	Decreased
QN84: Percentage of students who played on one or more sports teams during the past 12 months												No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

**2013 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Sussex County, DE 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														
						51.4	65.4	60.5	65.3	70.9		Increased, 2005-2013	Not available <sup>§</sup>	No change
QN88: Percentage of students who typically sleep at home, or home of friend or relative, with their parent(s) or guardian(s)														
									96.4	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														
									10.0	13.4		Increased, 2011-2013	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														
									14.1	16.0		No linear change	Not available	No change
QN91: Percentage of students who have physical disabilities or long-term health problems														
									9.0	7.7		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE 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														
										8.7	9.9	No linear change	Not available <sup>§</sup>	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														
						9.2	11.6	13.1	8.1	8.8		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														
						14.7	12.0	15.3	10.7	9.9		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														
									91.1	91.8	88.9	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

### Sussex County, DE 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														
									56.6	58.1	52.4	No linear change	Not available <sup>§</sup>	No change
QN100: Percentage of students who used marijuana on school property one or more times during the past 30 days														
							5.4	4.0	4.0	4.8	5.1	No linear change	Not available	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														
								7.5	11.0	11.0	9.1	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														
								21.6	23.7	19.8	14.8	Decreased, 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														
								10.1	8.0	6.9	7.2	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.



## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE 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			
QN105: Percentage of students who have been pregnant or gotten someone pregnant one or more times							7.4	5.1	6.4	8.7	5.3	No linear change	Not available <sup>§</sup>	No change
QN106: Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)								2.1	2.3	2.7	2.0	No linear change	Not available	No change
QN108: Percentage of students who describe themselves as gay or lesbian or bisexual								4.0	5.2	5.8	7.6	No linear change	Not available	No change
QN109: Percentage of students who have ever given or received oral sex							54.7	61.6	55.2	56.0	47.8	Decreased, 2005-2013	Not available	No change
QN110: Percentage of students who think that their health teacher has given them the most information about safe sex practices									26.5	26.8	26.2	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE 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			
QN111: Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days														
							63.0	67.3	60.9	61.9	63.6	No linear change	Not available <sup>§</sup>	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														
							43.0	40.6	37.2	39.1	44.5	No linear change	Not available	No change
QN113: Percentage of students who had one or more caffeinated drinks yesterday														
									70.1	60.5	56.4	Decreased, 2009-2013	Not available	No change
QN114: Percentage of students who would know where to have an HIV test if they wanted one done														
							73.9	70.2	63.8	61.1		Decreased, 2007-2013	Not available	No change
QN116: Percentage of students who get eight or more hours of sleep on average school night														
								31.9	32.5	32.1		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

Sussex County, DE 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														
										15.4	19.2	No linear change	Not available <sup>§</sup>	No change
QN118: Percentage of students who eat dinner with their family three or more times in an average week														
						71.2	73.1	70.2	66.6	72.4		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

**2013 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Sussex County, DE 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														
							89.3	92.1	92.9	95.1	92.3	No linear change	Not available <sup>§</sup>	No change
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else														
							8.4	7.4	6.7	8.9	6.4	No linear change	Not available	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														
							27.2	32.8	27.4	29.7	22.3	No linear change	Not available	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														
							29.7	28.2	30.0	22.8	29.1	No linear change	Not available	No change
QN14: Percentage of students who carried a gun on one or more of the past 30 days														
							13.3	10.8	11.1	8.5	11.3	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

### Sussex County, DE High School Survey Trend Analysis Report

<b>Male Injury and Violence</b>														
<b>Health Risk Behavior and Percentages</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
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	Not available <sup>§</sup>	No change
						5.1	4.7	3.5	10.5	5.9				
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	Not available	Increased
						4.3	4.6	4.5	0.9	8.3				
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												No linear change	Not available	No change
						7.8	6.1	6.2	5.4	6.3				
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months												No linear change	Not available	No change
						34.8	33.9	37.3	31.1	33.0				
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	Not available	No change
						4.5	3.2	5.0	4.2	4.4				

\*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

### Sussex County, DE High School Survey Trend Analysis Report

<b>Male Injury and Violence</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Health Risk Behavior and Percentages</b>														
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												No linear change	Not available <sup>§</sup>	No change
QN21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to												No linear change	Not available	Increased
QN24: Percentage of students who had ever been bullied on school property during the past 12 months												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												Decreased, 2005-2013	Not available	No change
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months												No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE 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											No linear change	Not available <sup>§</sup>	No change	
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months											No linear change	Not available	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											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

Sussex County, DE 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			
QN31: Percentage of students who ever tried cigarette smoking, even one or two puffs												Decreased, 2005-2013	Not available <sup>§</sup>	No change
						62.1	59.3	52.9	53.9	43.0				
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years												Decreased, 2005-2013	Not available	No change
						23.5	18.7	17.6	14.4	14.7				
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days												No linear change	Not available	No change
						22.5	25.8	21.9	21.4	17.8				
QNFRDIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days												No linear change	Not available	No change
						9.8	10.5	9.9	10.4	7.5				
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days												No linear change	Not available	No change
						8.6	9.5	7.3	4.9	6.6				

\*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

Sussex County, DE 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			
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days												No linear change	Not available <sup>§</sup>	No change
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days												No linear change	Not available	No change
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days												No linear change	Not available	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												No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE High School Survey Trend Analysis Report

<b>Male</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Alcohol and Other Drug Use</b>														
<b>Health Risk Behavior and Percentages</b>														
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														
						74.7	78.2	71.5	71.4	67.5		Decreased, 2005-2013	Not available <sup>§</sup>	No change
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years														
						35.3	31.5	28.4	26.8	29.2		No linear change	Not available	No change
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days														
						48.5	53.5	40.4	42.6	39.5		Decreased, 2005-2013	Not available	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	35.9	24.5	24.6	27.9		No linear change	Not available	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														
							33.7	26.0	36.7	35.1		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

### Sussex County, DE High School Survey Trend Analysis Report

<b>Male</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Alcohol and Other Drug Use</b>														
<b>Health Risk Behavior and Percentages</b>														
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	Not available <sup>§</sup>	No change
						50.1	51.6	46.3	48.4	43.0				
QN48: Percentage of students who tried marijuana for the first time before age 13 years												No linear change	Not available	No change
						14.7	13.1	16.7	11.1	12.7				
QN49: Percentage of students who used marijuana one or more times during the past 30 days												No linear change	Not available	No change
						27.8	28.2	24.0	29.6	27.1				
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life												No linear change	Not available	No change
						6.5	7.8	8.8	7.8	7.4				
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												Decreased, 2005-2013	Not available	No change
						16.1	14.8	11.3	11.6	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,  $p < 0.05$ .

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE 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	Not available <sup>§</sup>	No change	
						4.0	2.2	1.1	3.4	5.3				
QN53: Percentage of students who used methamphetamines one or more times during their life											No linear change	Not available	No change	
						5.6	3.8	3.8	3.4	5.1				
QN54: Percentage of students who used ecstasy one or more times during their life											No linear change	Not available	No change	
						7.5	7.9	7.2	8.5	8.7				
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	Not available	No change	
						3.2	4.1	3.0	3.4	4.6				
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	Not available	No change	
						3.0	3.8	1.2	2.8	4.5				

\*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

Sussex County, DE 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														
						24.5	27.1	24.6	23.5	21.0		No linear change	Not available <sup>§</sup>	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

### Sussex County, DE High School Survey Trend Analysis Report

Male 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												Decreased, 2005-2013	Not available <sup>§</sup>	No change
							66.8	61.2	60.1	59.5	52.2			
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years												No linear change	Not available	No change
							16.1	16.3	12.7	9.9	10.7			
QN61: Percentage of students who had sexual intercourse with four or more people during their life												No linear change	Not available	No change
							28.8	24.7	22.8	26.6	23.6			
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months												No linear change	Not available	No change
							47.6	41.6	41.0	43.8	38.3			
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	Not available	No change
							21.9	29.5	27.1	27.3	27.6			

\*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

Sussex County, DE High School Survey  
Trend Analysis Report

Male 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 <sup>§</sup>	No change
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection												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

### Sussex County, DE High School Survey Trend Analysis Report

<b>Male</b>														
<b>Weight Management and Dietary Behaviors</b>														
<b>Health Risk Behavior and Percentages</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
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) <sup>§</sup>														
						16.5	16.3	21.4	16.5	13.8		No linear change	Not available <sup>¶</sup>	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) <sup>§</sup>														
						19.4	18.6	15.8	13.4	21.8		No linear change	Not available	Increased
QN66: Percentage of students who described themselves as slightly or very overweight														
						27.5	23.0	26.1	18.4	28.6		No linear change	Not available	Increased
QN67: Percentage of students who were trying to lose weight														
						31.9	31.5	34.2	29.8	37.6		No linear change	Not available	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														
						6.1	9.2	5.7	7.1	8.2		No linear change	Not available	No change

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

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

§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.

¶Not enough years of data to calculate.



**2013 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Sussex County, DE High School Survey**

**Trend Analysis Report**

<b>Male</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Weight Management and Dietary Behaviors</b>														
<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
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	4.0	1.8	4.6	5.3	No linear change	Not available <sup>§</sup>	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														
							1.7	2.7	2.5	0.4	4.9	No linear change	Not available	Increased
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days														
							80.4	82.2	73.1	73.0	71.3	Decreased, 2005-2013	Not available	No change
QN72: Percentage of students who ate fruit one or more times during the past seven days														
							84.4	80.8	80.5	82.8	89.4	No linear change	Not available	Increased
QN73: Percentage of students who ate green salad one or more times during the past seven days														
							51.9	48.6	43.9	48.8	57.9	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

Sussex County, DE 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	Not available <sup>§</sup>	Increased
						81.1	81.6	78.0	78.6	86.8				
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days												Increased, 2005-2013	Not available	No change
						27.0	29.8	28.3	33.6	37.0				
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days												No linear change	Not available	No change
						5.4	7.4	9.8	10.0	7.9				
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	Not available	Increased
						59.5	57.2	56.1	56.1	66.1				
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	Not available	No change
						20.4	20.5	19.9	20.4	25.2				

\*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

Sussex County, DE High School Survey

Trend Analysis Report

Male												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												No linear change	Not available <sup>§</sup>	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												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												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												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												Decreased, 2005-2013	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

### Sussex County, DE High School Survey Trend Analysis Report

Male												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												No linear change	Not available <sup>§</sup>	No change
						17.0	15.9	14.7	16.3	20.7				
QNMILK1: Percentage of students who drank one or more glasses per day of milk during the past seven days												No linear change	Not available	No change
						44.3	48.2	40.7	40.5	41.4				
QNMILK2: Percentage of students who drank two or more glasses per day of milk during the past seven days												No linear change	Not available	No change
						29.9	30.8	26.2	22.2	26.3				
QN79: Percentage of students who ate breakfast on all of the past seven days												No linear change	Not available	No change
								33.7	37.0	41.1				
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days												No linear change	Not available	No change
								18.6	13.9	17.9				

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

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

§Not enough years of data to calculate.

## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE 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												Decreased, 2007-2013	Not available <sup>§</sup>	Decreased
							60.8	53.5	60.3	45.1				
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
							10.0	11.4	10.2	15.4				
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	Decreased
							34.5	36.3	44.0	25.5				
QN81: Percentage of students who watched three or more hours per day of TV on an average school day												No linear change	Not available	No change
							39.7	40.0	36.0	38.4	35.0			
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
							29.8	30.2	30.6	42.9				

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE 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	Not available <sup>§</sup>	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school												No linear change	Not available	Decreased
QN84: Percentage of students who played on one or more sports teams during the past 12 months												No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

**2013 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Sussex County, DE High School Survey  
Trend Analysis Report**

<b>Male Site-Added</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
QN87: Percentage of students who would describe their grades in school as mostly A's or B's during the past 12 months														
						41.6	58.1	53.7	59.8	66.1		Increased, 2005-2013	Not available <sup>§</sup>	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	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														
									7.5	12.2		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														
									11.4	13.9		No linear change	Not available	No change
QN91: Percentage of students who have physical disabilities or long-term health problems														
									4.5	5.8		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE 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														
										6.4	7.8	No linear change	Not available <sup>§</sup>	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														
						12.0	15.1	13.3	8.9	7.8	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														
						10.3	8.3	8.6	6.9	7.0	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														
								89.0	90.0	85.2	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														
						5.5	4.1	5.0	6.5	8.1	No linear change	Not available	No change	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.



2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE 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			
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												No linear change	Not available <sup>§</sup>	No change
								10.7	11.1	14.7	11.8			
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												Decreased, 2007-2013	Not available	Decreased
								23.6	20.5	22.8	15.1			
QN103: Percentage of students who have offered, sold, or given anyone an illegal drug on school property during the past 12 months												No linear change	Not available	No change
								14.1	10.3	10.2	10.6			
QN105: Percentage of students who have been pregnant or gotten someone pregnant one or more times												No linear change	Not available	No change
								8.1	5.2	4.8	5.2	5.2		
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
								1.8	0.7	2.0	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.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE 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			
QN108: Percentage of students who describe themselves as gay or lesbian or bisexual												No linear change	Not available <sup>§</sup>	No change
							2.1	2.3	2.2	5.3				
QN109: Percentage of students who have ever given or received oral sex												Decreased, 2005-2013	Not available	No change
							58.9	64.7	54.1	57.5	49.1			
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
									32.0	27.8	28.0			
QN111: Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days												No linear change	Not available	Increased
							59.8	65.2	57.5	51.7	63.9			
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	Not available	Increased
							30.7	27.9	27.1	24.1	35.3			

\*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**

**Sussex County, DE High School Survey  
Trend Analysis Report**

<b>Male Site-Added</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
QN113: Percentage of students who had one or more caffeinated drinks yesterday												Decreased, 2009-2013	Not available <sup>§</sup>	No change
									73.9	64.4	60.0			
QN114: Percentage of students who would know where to have an HIV test if they wanted one done												No linear change	Not available	No change
									67.9	66.8	61.7	60.2		
QN116: Percentage of students who get eight or more hours of sleep on average school night												No linear change	Not available	No change
									34.5	31.5	34.1			
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
										20.2	26.4			
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
									73.0	72.9	71.6	70.7	76.6	

\*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

### Sussex County, DE 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														
						85.4	89.0	87.2	87.7	85.2		No linear change	Not available <sup>§</sup>	No change
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else														
						2.7	4.0	6.0	3.5	4.7		No linear change	Not available	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														
						28.1	28.0	28.7	23.7	22.8		No linear change	Not available	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														
						4.1	5.2	6.9	4.0	5.8		No linear change	Not available	No change
QN14: Percentage of students who carried a gun on one or more of the past 30 days														
						1.9	0.6	2.1	2.6	2.0		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

### Sussex County, DE High School Survey Trend Analysis Report

<b>Female Injury and Violence</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Health Risk Behavior and Percentages</b>														
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	Not available <sup>§</sup>	No change
						2.0	1.5	2.1	1.0	0.8				
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												Increased, 2005-2013	Not available	Increased
						4.1	3.8	8.2	2.9	11.6				
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												No linear change	Not available	No change
						3.5	2.3	4.7	5.5	5.1				
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months												Decreased, 2005-2013	Not available	No change
						23.1	26.4	19.3	19.9	13.6				
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	Not available	No change
						2.4	2.4	4.2	2.7	1.5				

\*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**

**Sussex County, DE High School Survey**

**Trend Analysis Report**

<b>Female Injury and Violence</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
QN20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months														
							10.4	6.6	7.4	4.5	4.4	Decreased, 2005-2013	Not available <sup>§</sup>	No change
QN21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to														
							11.5	12.5	20.4	12.0	13.5	No linear change	Not available	No change
QN24: Percentage of students who had ever been bullied on school property during the past 12 months														
									26.3	23.9	19.8	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														
							34.1	32.0	34.3	26.6	27.7	Decreased, 2005-2013	Not available	No change
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months														
							17.6	13.9	17.3	12.9	11.2	Decreased, 2005-2013	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

Sussex County, DE 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												No linear change	Not available <sup>§</sup>	No change
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months												No linear change	Not available	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												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

Sussex County, DE 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, 2005-2013	Not available <sup>§</sup>	No change
						62.9	53.7	58.6	51.7	40.3				
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years												Decreased, 2005-2013	Not available	Decreased
						17.8	14.7	16.7	17.5	8.8				
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days												Decreased, 2005-2013	Not available	No change
						27.7	22.7	24.5	21.3	17.2				
QNFRCIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days												Decreased, 2005-2013	Not available	No change
						13.3	8.9	9.9	9.1	5.8				
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days												Decreased, 2005-2013	Not available	Decreased
						8.2	7.4	7.5	6.7	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.

§Not enough years of data to calculate.



2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE 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			
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days												Decreased, 2005-2013	Not available <sup>§</sup>	No change
						17.1	13.2	16.7	13.7	9.9				
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days												No linear change	Not available	Increased
						5.8	3.8	4.1	1.1	4.6				
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days												No linear change	Not available	No change
						9.7	7.4	13.7	8.0	8.4				
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, 2005-2013	Not available	No change
						30.5	25.4	26.9	21.8	20.2				

\*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

### Sussex County, DE High School Survey Trend Analysis Report

<b>Female</b>														
<b>Alcohol and Other Drug Use</b>														
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			
QN41: Percentage of students who had at least one drink of alcohol on one or more days during their life												Decreased, 2005-2013	Not available <sup>§</sup>	No change
						80.4	81.5	75.4	77.2	69.3				
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years												No linear change	Not available	No change
						24.0	22.5	27.8	21.7	19.1				
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days												Decreased, 2005-2013	Not available	No change
						50.2	52.1	50.8	42.2	39.8				
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												Decreased, 2005-2013	Not available	No change
						30.0	31.1	24.8	27.5	20.6				
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
							53.6	46.3	38.3	47.5				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE High School Survey Trend Analysis Report

<b>Female</b>														
<b>Alcohol and Other Drug Use</b>														
<b>Health Risk Behavior and Percentages</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
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	Not available <sup>§</sup>	No change
						42.6	41.4	41.3	42.3	38.4				
QN48: Percentage of students who tried marijuana for the first time before age 13 years												No linear change	Not available	No change
						5.4	6.3	8.8	9.2	8.2				
QN49: Percentage of students who used marijuana one or more times during the past 30 days												No linear change	Not available	No change
						23.5	20.6	24.1	26.7	20.6				
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life												No linear change	Not available	No change
						7.2	6.7	7.5	6.4	5.0				
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, 2005-2013	Not available	No change
						18.1	13.8	12.8	11.4	6.3				

\*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

Sussex County, DE 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			
QN52: Percentage of students who used heroin one or more times during their life												No linear change	Not available <sup>§</sup>	No change
						1.3	1.5	2.4	2.8	1.5				
QN53: Percentage of students who used methamphetamines one or more times during their life												Decreased, 2005-2013	Not available	No change
						6.8	3.2	3.1	3.6	1.4				
QN54: Percentage of students who used ecstasy one or more times during their life												No linear change	Not available	No change
						6.2	4.4	7.2	7.4	5.3				
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	Not available	No change
						3.7	1.7	3.2	2.2	2.5				
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	Not available	No change
						3.0	0.8	2.8	2.8	3.0				

\*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

Sussex County, DE 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														
						19.4	16.6	15.7	16.3	11.4		Decreased, 2005-2013	Not available <sup>§</sup>	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**

**Sussex County, DE High School Survey  
Trend Analysis Report**

<b>Female Sexual Behaviors</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>	
<b>Health Risk Behavior and Percentages</b>															
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>				
QN59: Percentage of students who ever had sexual intercourse															
							58.6	58.9	60.7	56.3	49.9		Decreased, 2005-2013	Not available <sup>§</sup>	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years															
							5.0	7.4	8.0	4.6	3.3		No linear change	Not available	No change
QN61: Percentage of students who had sexual intercourse with four or more people during their life															
							17.0	17.3	15.6	18.0	11.6		No linear change	Not available	No change
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months															
							47.1	48.8	44.6	44.9	39.2		Decreased, 2005-2013	Not available	No change
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse															
							17.6	15.4	14.0	14.4	19.3		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

Sussex County, DE High School Survey  
Trend Analysis Report

Female  
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														
						57.3	60.5	55.2	58.2	49.8		No linear change	Not available <sup>§</sup>	No change
QN65: Among students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse														
						20.8	25.7	30.4	25.2	30.5		No linear change	Not available	No change
QNOTHH: Among students who had sexual intercourse during the past three months, the percentage who used an IUD or implant or a shot, patch, or birth control ring to prevent pregnancy before last sexual intercourse														
									9.5	6.4		No linear change	Not available	No change
QNOTHHPL: Among students who had sexual intercourse during the past three months, the percentage who used birth control pills, an IUD or implant, or a shot, patch, or birth control ring to prevent pregnancy before last sexual intercourse														
									34.7	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

Sussex County, DE High School Survey  
Trend Analysis Report

Female  
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			
QNDUALBC: Among students who had sexual intercourse during the past three months, the percentage who used both a condom during last sexual intercourse and birth control pills, an IUD or implant, or a shot, patch, or birth control ring to prevent pregnancy before last sexual intercourse														
										15.2	11.8	No linear change	Not available <sup>§</sup>	No change
QNBCNONE: Among students who had sexual intercourse during the past three months, the percentage who used no method of birth control to prevent pregnancy before last sexual intercourse														
						12.1	10.8	15.1	11.1	14.4		No linear change	Not available	No change
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection														
						90.8	93.6	83.4	84.5	80.3		Decreased, 2005-2013	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

Sussex County, DE 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) <sup>§</sup>														
						18.1	19.9	16.0	20.4	13.7		No linear change	Not available <sup>¶</sup>	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) <sup>§</sup>														
						10.8	9.6	10.5	9.1	13.0		No linear change	Not available	No change
QN66: Percentage of students who described themselves as slightly or very overweight														
						44.3	29.0	34.8	33.8	35.3		No linear change	Not available	No change
QN67: Percentage of students who were trying to lose weight														
						59.3	63.2	59.8	59.5	58.8		No linear change	Not available	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														
						13.7	16.8	17.2	11.0	19.4		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.

§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.

¶Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE 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			
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														
						4.6	5.8	2.4	5.8	3.8		No linear change	Not available <sup>§</sup>	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	5.0	4.5	3.9	3.9		No linear change	Not available	No change
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days														
						74.8	79.1	77.0	73.3	75.6		No linear change	Not available	No change
QN72: Percentage of students who ate fruit one or more times during the past seven days														
						82.8	90.1	87.7	89.9	93.4		Increased, 2005-2013	Not available	No change
QN73: Percentage of students who ate green salad one or more times during the past seven days														
						62.0	67.1	63.0	55.8	69.7		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**

**Sussex County, DE High School Survey  
Trend Analysis Report**

<b>Female</b>														
<b>Weight Management and Dietary Behaviors</b>														
<b>Health Risk Behavior and Percentages</b>											<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>	
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
QN76: Percentage of students who ate other vegetables one or more times during the past seven days														
							86.9	89.8	86.1	83.4	89.9	No linear change	Not available <sup>§</sup>	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														
							24.7	24.3	27.5	30.9	32.3	Increased, 2005-2013	Not available	No change
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days														
							8.2	4.4	6.0	4.5	3.9	No linear change	Not available	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														
							49.0	58.6	59.8	61.3	64.9	Increased, 2005-2013	Not available	No change
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days														
							13.5	15.9	17.5	18.5	22.4	Increased, 2005-2013	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

Sussex County, DE 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 <sup>§</sup>	No change
								29.1	26.6	22.0	16.4			
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	No change
								24.9	19.8	20.5	28.0			
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
								20.7	20.5	14.6	10.1			
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	No change
								10.6	11.7	8.6	4.7			
QN78: Percentage of students who drank three or more glasses per day of milk during the past seven days												No linear change	Not available	No change
								5.3	6.2	5.3	7.5	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

Sussex County, DE 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												No linear change	Not available <sup>§</sup>	No change
						24.1	26.0	26.2	27.3	25.3				
QNMILK1: Percentage of students who drank one or more glasses per day of milk during the past seven days												No linear change	Not available	No change
						33.3	32.1	28.4	28.5	27.3				
QNMILK2: Percentage of students who drank two or more glasses per day of milk during the past seven days												No linear change	Not available	No change
						16.8	18.6	15.4	15.9	13.1				
QN79: Percentage of students who ate breakfast on all of the past seven days												No linear change	Not available	No change
								32.1	31.0	34.4				
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days												No linear change	Not available	Increased
								13.3	8.4	13.2				

\*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**

**Sussex County, DE High School Survey  
Trend Analysis Report**

<b>Female</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Physical Activity</b>														
<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
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 <sup>§</sup>	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, 2005-2013	Not available	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	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

Sussex County, DE 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	Not available <sup>§</sup>	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school												No linear change	Not available	Decreased
QN84: Percentage of students who played on one or more sports teams during the past 12 months												No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE 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														
						61.6	72.1	69.0	69.8	76.1		Increased, 2005-2013	Not available <sup>§</sup>	No change
QN88: Percentage of students who typically sleep at home, or home of friend or relative, with their parent(s) or guardian(s)														
									95.0	97.3		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														
									12.1	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														
									16.5	17.9		No linear change	Not available	No change
QN91: Percentage of students who have physical disabilities or long-term health problems														
									11.7	9.6		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**

**Sussex County, DE High School Survey**

**Trend Analysis Report**

<b>Female Site-Added</b>												<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2011-2013 †</b>
<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
QN92: Percentage of students who have long-term emotional problems or learning disabilities														
										10.4	12.0	No linear change	Not available <sup>§</sup>	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														
						6.1	8.0	12.7	7.4	9.8		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														
						19.2	15.6	23.5	14.2	12.7		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														
								93.8	93.0	93.3		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

### Sussex County, DE 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				
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															
									58.0	67.7	51.0		No linear change	Not available <sup>§</sup>	Decreased
QN100: Percentage of students who used marijuana on school property one or more times during the past 30 days															
						5.3	3.4	2.4	3.7	2.1			No linear change	Not available	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															
							4.7	10.7	8.4	6.4			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															
							18.5	27.3	17.8	14.7			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															
							5.1	4.9	4.4	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

Sussex County, DE 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												No linear change	Not available <sup>§</sup>	No change
							7.0	5.4	8.1	11.3	5.5			
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
								2.6	4.0	2.6	1.4			
QN108: Percentage of students who describe themselves as gay or lesbian or bisexual												No linear change	Not available	No change
								6.0	8.4	7.9	9.7			
QN109: Percentage of students who have ever given or received oral sex												No linear change	Not available	No change
							51.3	57.2	55.9	55.0	46.5			
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
									19.6	25.5	24.5			

\*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

### Sussex County, DE 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	Not available <sup>§</sup>	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												No linear change	Not available	No change
QN113: Percentage of students who had one or more caffeinated drinks yesterday												Decreased, 2009-2013	Not available	No change
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
QN116: Percentage of students who get eight or more hours of sleep on average school night												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

Sussex County, DE 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 <sup>§</sup>	No change
							69.3	73.4	68.6	63.8	69.1	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**

**Sussex County, DE High School Survey**

**Trend Analysis Report**

<b>White*</b>												<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>‡</sup></b>	<b>Change from 2011-2013<sup>§</sup></b>					
<b>Injury and Violence</b>																			
<b>Health Risk Behavior and Percentages</b>																			
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>								
QN8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet												85.2	89.0	87.7	90.7	89.1	No linear change	Not available <sup>¶</sup>	No change
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else												5.7	5.7	5.0	4.8	4.3	No linear change	Not available	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												30.5	33.3	30.9	26.6	24.8	Decreased, 2005-2013	Not available	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												18.9	19.2	20.7	16.2	19.5	No linear change	Not available	No change
QN14: Percentage of students who carried a gun on one or more of the past 30 days												8.1	6.4	7.6	6.4	6.4	No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

**2013 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Sussex County, DE High School Survey  
Trend Analysis Report**

<b>White*</b>												<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>‡</sup></b>	<b>Change from 2011-2013<sup>§</sup></b>
<b>Injury and Violence</b>														
<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
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														
							3.4	2.9	2.2	6.0	3.6	No linear change	Not available <sup>¶</sup>	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														
							4.4	2.7	5.6	1.9	8.9	Increased, 2005-2013	Not available	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														
							5.2	3.8	4.3	4.8	6.1	No linear change	Not available	No change
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months														
							27.8	27.3	27.6	21.6	20.4	Decreased, 2005-2013	Not available	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														
							3.0	3.0	3.8	3.5	2.8	No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE High School Survey Trend Analysis Report

<b>White*</b>														
<b>Injury and Violence</b>														
<b>Health Risk Behavior and Percentages</b>												<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>‡</sup></b>	<b>Change from 2011-2013<sup>§</sup></b>
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												Decreased, 2005-2013	Not available <sup>¶</sup>	No change
						10.3	10.1	8.4	7.0	5.7				
QN21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to												No linear change	Not available	No change
						9.5	7.1	9.5	8.4	6.9				
QN24: Percentage of students who had ever been bullied on school property during the past 12 months												No linear change	Not available	No change
								22.1	26.8	20.1				
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, 2005-2013	Not available	No change
						29.8	23.7	24.7	19.9	19.9				
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months												No linear change	Not available	No change
						14.3	11.8	10.7	12.1	11.4				

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.



2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White*														
Injury and Violence														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
QN28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months														
						11.0	9.5	8.0	10.3	7.2		No linear change	Not available <sup>¶</sup>	No change
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months														
						8.1	6.4	6.2	5.9	5.4		No linear change	Not available	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														
						1.8	1.9	1.9	1.7	2.2		No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White*														
Tobacco Use														
Health Risk Behavior and Percentages														
Linear Change <sup>†</sup>														
Quadratic Change <sup>‡</sup>														
Change from 2011-2013 <sup>§</sup>														
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														
						62.3	58.9	53.7	54.0	44.8		Decreased, 2005-2013	Not available <sup>¶</sup>	No change
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years														
						22.1	17.1	16.9	16.7	12.0		Decreased, 2005-2013	Not available	No change
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days														
						29.2	30.2	24.4	25.0	21.3		Decreased, 2005-2013	Not available	No change
QN34: Percentage of students who smoked cigarettes on 20 or more of the past 30 days														
						14.5	12.8	10.9	12.3	8.4		Decreased, 2005-2013	Not available	No change
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days														
						10.3	10.9	7.3	7.1	5.9		Decreased, 2005-2013	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White* Tobacco Use												Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
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												No linear change	Not available <sup>¶</sup>	No change
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days												No linear change	Not available	No change
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days												No linear change	Not available	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												No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE High School Survey Trend Analysis Report

<b>White*</b>														
<b>Alcohol and Other Drug Use</b>														
Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>	
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														
						80.4	85.2	77.0	77.9	72.9		Decreased, 2005-2013	Not available <sup>¶</sup>	No change
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years														
						30.9	26.0	25.8	24.3	22.2		No linear change	Not available	No change
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days														
						56.9	62.0	49.9	46.6	44.6		Decreased, 2005-2013	Not available	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														
						36.0	41.1	28.4	30.5	27.0		Decreased, 2005-2013	Not available	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														
							44.3	36.5	41.1	44.4		No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

**2013 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Sussex County, DE High School Survey**

**Trend Analysis Report**

<b>White*</b>												<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>‡</sup></b>	<b>Change from 2011-2013<sup>§</sup></b>
<b>Alcohol and Other Drug Use</b>														
<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
QN47: Percentage of students who used marijuana one or more times during their life														
							47.6	47.4	43.9	48.6	42.6	No linear change	Not available <sup>¶</sup>	No change
QN48: Percentage of students who tried marijuana for the first time before age 13 years														
							9.6	10.1	11.6	11.8	10.1	No linear change	Not available	No change
QN49: Percentage of students who used marijuana one or more times during the past 30 days														
							28.0	25.8	22.3	28.4	24.9	No linear change	Not available	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	8.4	8.7	8.4	6.7	No linear change	Not available	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														
							18.6	15.6	12.8	12.0	7.0	Decreased, 2005-2013	Not available	Decreased

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White*														
Alcohol and Other Drug Use														
Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>	
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	Not available <sup>¶</sup>	No change
						2.9	1.9	1.2	3.5	4.0				
QN53: Percentage of students who used methamphetamines one or more times during their life												Decreased, 2005-2013	Not available	No change
						7.5	3.7	2.6	4.2	3.1				
QN54: Percentage of students who used ecstasy one or more times during their life												No linear change	Not available	No change
						8.4	7.0	6.3	8.9	7.2				
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	Not available	No change
						4.3	3.4	2.5	3.3	2.8				
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	Not available	No change
						3.3	1.8	1.3	3.0	2.9				

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White*												Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
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														
						22.4	21.2	22.1	20.0	17.1		No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey

Trend Analysis Report

White*														
Sexual Behaviors														
Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN59: Percentage of students who ever had sexual intercourse														
							57.5	55.7	56.2	56.3	50.4	Decreased, 2005-2013	Not available <sup>¶</sup>	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years														
							8.6	6.7	6.5	6.0	4.8	No linear change	Not available	No change
QN61: Percentage of students who had sexual intercourse with four or more people during their life														
							18.6	17.6	17.0	21.5	15.4	No linear change	Not available	No change
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months														
							43.6	42.3	41.6	45.8	39.4	No linear change	Not available	No change
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse														
							24.9	28.8	22.0	20.1	23.1	No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.



2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White*														
Sexual Behaviors														
Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>	
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														
						65.3	66.0	70.5	59.8	55.9		Decreased, 2005-2013	Not available <sup>¶</sup>	No change
QN65: Among students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse														
						20.5	27.2	27.0	30.7	36.6		Increased, 2005-2013	Not available	No change
QNOTHH: Among students who had sexual intercourse during the past three months, the percentage who used an IUD or implant or a shot, patch, or birth control ring to prevent pregnancy before last sexual intercourse														
									6.6	4.9		No linear change	Not available	No change
QNOTHHPL: Among students who had sexual intercourse during the past three months, the percentage who used birth control pills, an IUD or implant, or a shot, patch, or birth control ring to prevent pregnancy before last sexual intercourse														
									37.3	41.5		No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White*														
Sexual Behaviors														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
QNDUALBC: Among students who had sexual intercourse during the past three months, the percentage who used both a condom during last sexual intercourse and birth control pills, an IUD or implant, or a shot, patch, or birth control ring to prevent pregnancy before last sexual intercourse														
										18.3	16.2	No linear change	Not available <sup>¶</sup>	No change
QNBCNONE: Among students who had sexual intercourse during the past three months, the percentage who used no method of birth control to prevent pregnancy before last sexual intercourse														
						8.4	5.5	4.8	9.6	6.9		No linear change	Not available	No change
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection														
						90.1	90.9	86.6	86.4	85.1		Decreased, 2005-2013	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

**2013 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Sussex County, DE High School Survey  
Trend Analysis Report**

<b>White*</b>												<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>‡</sup></b>	<b>Change from 2011-2013<sup>§</sup></b>
<b>Weight Management and Dietary Behaviors</b>														
<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
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) <sup>¶</sup>														
							18.2	14.7	16.4	18.5	13.2	No linear change	Not available**	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) <sup>¶</sup>														
							12.0	12.0	11.8	9.4	15.5	No linear change	Not available	Increased
QN66: Percentage of students who described themselves as slightly or very overweight														
							37.0	24.1	29.9	28.0	32.3	No linear change	Not available	No change
QN67: Percentage of students who were trying to lose weight														
							45.4	47.1	47.4	49.5	49.4	No linear change	Not available	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														
							9.4	13.0	9.4	8.9	14.1	No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>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.

\*\*Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White*															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
													Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
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	Not available <sup>¶</sup>	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												No linear change	Not available	No change	
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days												Decreased, 2005-2013	Not available	No change	
QN72: Percentage of students who ate fruit one or more times during the past seven days												No linear change	Not available	Increased	
QN73: Percentage of students who ate green salad one or more times during the past seven days												No linear change	Not available	Increased	

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

**2013 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Sussex County, DE High School Survey  
Trend Analysis Report**

<b>White*</b>												<b>Linear Change<sup>†</sup></b>	<b>Quadratic Change<sup>‡</sup></b>	<b>Change from 2011-2013<sup>§</sup></b>
<b>Weight Management and Dietary Behaviors</b>														
<b>Health Risk Behavior and Percentages</b>														
<b>1991</b>	<b>1993</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>	<b>2005</b>	<b>2007</b>	<b>2009</b>	<b>2011</b>	<b>2013</b>			
QN76: Percentage of students who ate other vegetables one or more times during the past seven days												No linear change	Not available <sup>¶</sup>	No change
						86.9	87.2	87.0	85.0	90.7				
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days												Increased, 2005-2013	Not available	No change
						23.8	25.2	26.3	27.1	29.7				
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days												No linear change	Not available	No change
						6.1	5.4	8.6	8.4	5.9				
QNFR1: Percentage of students who ate fruits or drank 100% fruit juices one or more times per day during the past seven days												Increased, 2005-2013	Not available	No change
						53.3	55.6	58.0	55.3	62.2				
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	Not available	No change
						15.6	16.5	15.9	16.1	19.5				

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White*															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>	
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															
								35.5	29.5	29.3	24.0	Decreased, 2007-2013	Not available <sup>¶</sup>	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															
								19.4	16.7	19.4	23.0	No linear change	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															
								28.2	22.1	22.5	14.6	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															
								15.4	13.7	12.9	8.0	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															
								14.0	14.1	9.0	12.1	10.2	No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White*														
Weight Management and Dietary Behaviors														
Health Risk Behavior and Percentages											Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>	
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												No linear change	Not available <sup>¶</sup>	No change
						17.1	16.5	17.0	18.0	16.4				
QNMILK1: Percentage of students who drank one or more glasses per day of milk during the past seven days												Decreased, 2005-2013	Not available	No change
						43.6	46.1	38.3	36.3	38.1				
QNMILK2: Percentage of students who drank two or more glasses per day of milk during the past seven days												Decreased, 2005-2013	Not available	No change
						26.5	28.9	22.9	21.8	21.1				
QN79: Percentage of students who ate breakfast on all of the past seven days												No linear change	Not available	No change
									35.0	33.3	37.8			
QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days												No linear change	Not available	No change
									16.0	8.8	12.9			

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey

Trend Analysis Report

White*														
Physical Activity														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
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 <sup>¶</sup>	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	Decreased
QN81: Percentage of students who watched three or more hours per day of TV on an average school day												No linear change	Not available	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	Increased

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.



2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White*														
Physical Activity														
Health Risk Behavior and Percentages														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
QN83: Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school														
						46.9	45.5	52.4	48.3	45.3		No linear change	Not available <sup>¶</sup>	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school														
						20.1	22.7	38.4	25.0	14.2		No linear change	Not available	No change
QN84: Percentage of students who played on one or more sports teams during the past 12 months														
						52.2	61.4	54.9	55.1	56.6		No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White* Site-Added												Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
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														
						57.4	68.1	66.3	66.6	73.6		Increased, 2005-2013	Not available <sup>¶</sup>	No change
QN88: Percentage of students who typically sleep at home, or home of friend or relative, with their parent(s) or guardian(s)														
									97.7	97.3		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														
									9.5	14.0		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														
									13.4	13.2		No linear change	Not available	No change
QN91: Percentage of students who have physical disabilities or long-term health problems														
									8.2	8.1		No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White* Site-Added												Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
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 <sup>¶</sup>	No change
										9.7	10.6			
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
						9.4	11.0	11.8	7.0	8.0				
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
						17.7	13.4	14.9	12.9	10.0				
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	No change
										91.8	92.0	93.5		

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE High School Survey Trend Analysis Report

White* Site-Added												Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
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														
								54.5	54.6	51.3		No linear change	Not available <sup>¶</sup>	No change
QN100: Percentage of students who used marijuana on school property one or more times during the past 30 days														
						6.1	4.0	3.9	5.4	5.5		No linear change	Not available	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														
							9.0	12.5	14.9	10.5		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														
							25.4	23.9	24.3	15.0		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														
							9.5	9.2	7.8	6.8		No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White* Site-Added												Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
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	Not available <sup>¶</sup>	Decreased
						6.3	3.7	5.4	8.8	3.6				
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
						1.6	0.5	1.7	1.1					
QN108: Percentage of students who describe themselves as gay or lesbian or bisexual												No linear change	Not available	Increased
						4.6	5.2	3.2	7.5					
QN109: Percentage of students who have ever given or received oral sex												No linear change	Not available	No change
						54.9	61.3	56.7	59.6	50.2				
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
								28.4	30.4	24.5				

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Sussex County, DE High School Survey Trend Analysis Report

White* Site-Added												Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
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	Not available <sup>¶</sup>	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												No linear change	Not available	No change
QN113: Percentage of students who had one or more caffeinated drinks yesterday												Decreased, 2009-2013	Not available	No change
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
QN116: Percentage of students who get eight or more hours of sleep on average school night												No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

Sussex County, DE High School Survey  
Trend Analysis Report

White* Site-Added												Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2011-2013 <sup>§</sup>
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 <sup>¶</sup>	No change
							76.6	77.5	76.8	74.8	75.3	No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.