

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Total  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																	
												14.3	14.5	No linear change	Not available <sup>§</sup>	No change	
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																	
												5.8	5.3	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Total  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																	
												5.3	2.5	Decreased, 2017-2019	Not available <sup>§</sup>	Decreased	
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																	
												4.7	7.9	Increased, 2017-2019	Not available	Increased	
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																	
												6.1	5.5	No linear change	Not available	No change	

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

†Based on t-test analysis, p < 0.05.

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## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

**Total  
Injury and Violence**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)															18.9	18.0	No linear change	Not available <sup>§</sup>	No change
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)															7.5	6.0	No linear change	Not available	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)															14.9	14.1	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.

## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

**Total  
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)														11.1	11.8	No linear change	Not available <sup>§</sup>	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)														29.5	30.4	No linear change	Not available	No change
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)														13.1	13.6	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

**Total  
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																	
													11.6	9.4	No linear change	Not available <sup>§</sup>	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)																	
													6.0	4.8	No linear change	Not available	No change
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)																	
													1.6	1.8	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.

## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

**Total  
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 †											
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)															5.6	5.5	No linear change	Not available <sup>§</sup>	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															6.0	3.9	Decreased, 2017-2019	Not available	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)															1.6	1.4	No linear change	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															1.4	1.3	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.

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## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

**Total  
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)																	
												13.0	16.1		No linear change	Not available <sup>§</sup>	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												3.1	3.4		No linear change	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												2.8	2.5		No linear change	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																	
												14.7	17.1		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Total  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years)																	
												9.8	9.2		No linear change	Not available <sup>§</sup>	No change
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												3.1	3.1		No linear change	Not available	No change
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
												5.3	3.7		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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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

Total  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																	
												15.4	18.1		No linear change	Not available <sup>§</sup>	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																	
												8.2	6.4		No linear change	Not available	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																	
												7.8	5.3		Decreased, 2017-2019	Not available	Decreased

\*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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Total Alcohol and Other Drug Use															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																	
												13.2	12.0		No linear change	Not available <sup>§</sup>	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
												26.5	24.4		No linear change	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																	
												15.7	13.2		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Total Alcohol and Other Drug Use															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN46: Percentage of students who tried marijuana for the first time before age 13 years															No linear change	Not available <sup>§</sup>	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															No linear change	Not available	No change
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)															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.

## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

Total Weight Management and Dietary Behaviors															Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>																	
												10.4	11.9		No linear change	Not available <sup>¶</sup>	No change
QNOBESE: Percentage of students who had obesity ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>																	
												7.0	7.8		No linear change	Not available	No change
QN67: Percentage of students who described themselves as slightly or very overweight																	
												23.8	25.0		No linear change	Not available	No change
QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																	
												33.0	40.8		Increased, 2017-2019	Not available	Increased

\*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. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Total Weight Management and Dietary Behaviors															Linear Change*	Quadratic Change*	Change from 2017-2019 †		
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																			
															7.4	7.1	No linear change	Not available <sup>§</sup>	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																			
															4.0	3.9	No linear change	Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																			
															68.0	64.8	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Total Weight Management and Dietary Behaviors															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
												38.5	36.0		No linear change	Not available <sup>§</sup>	No change
QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																	
												30.8	31.5		No linear change	Not available	No change
QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												39.3	38.8		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Total Weight Management and Dietary Behaviors															Linear Change*	Quadratic Change*	Change from 2017-2019 †		
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																			
															8.7	11.0	No linear change	Not available <sup>§</sup>	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																			
															5.6	5.4	No linear change	Not available	No change
QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)																			
															12.2	13.1	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

**Total**  
**Weight Management and Dietary Behaviors**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																	
												45.6	42.1	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.



## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

**Total  
Physical Activity**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															42.4	41.3	No linear change	Not available <sup>§</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															12.7	18.5	Increased, 2017-2019	Not available	Increased
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															20.3	20.5	No linear change	Not available	No change

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§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

Total  
Physical Activity

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2017-2019 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

12.5 13.9 No linear change Not available<sup>§</sup> No change

QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

34.8 38.5 No linear change Not available No change

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Total Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †		
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																			
																79.8	79.0	No linear change	Not available <sup>§</sup>	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																			
																2.3	3.5	No linear change	Not available	No change
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																			
																21.0	17.6	Decreased, 2017-2019	Not available	Decreased
	QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
																28.3	31.9	No linear change	Not available	No change

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§Not enough years of data to calculate.

**2019 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Arlington County, VA High School Survey  
Trend Analysis Report**

Total Other	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
	QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																
													85.0	84.8	No linear change	Not available <sup>§</sup>	No change

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

Total  
Site-Added

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2017-2019 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN91: Percentage of students who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)

43.6 36.6 No linear change Not available<sup>§</sup> No change

QN92: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)

56.0 50.9 Decreased, 2017-2019 Not available No change

QN93: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, and other social media, during the 12 months before the survey)

6.5 6.4 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.

## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

**Total  
Site-Added**

Health Risk Behavior and Percentages			Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN98: Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey)															13.6	15.8	No linear change	Not available <sup>§</sup>	No change
QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)															3.7	4.0	No linear change	Not available	No change
QN103: Percentage of students who first took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it before the age of 13 years															2.9	3.2	No linear change	Not available	No change

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

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

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

## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

**Total  
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN104: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey)															2.1	1.5	No linear change	Not available <sup>§</sup>	No change
QN105: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey)															1.7	1.0	No linear change	Not available	No change
QN107: Percentage of students who currently used ecstasy (also called "MDMA," one or more times during the 30 days before the survey)															2.5	1.6	No linear change	Not available	No change

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

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

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

## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

**Total  
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN109: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)																	
												10.4	11.3		No linear change	Not available <sup>§</sup>	No change
QN111: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																	
												3.1	4.9		No linear change	Not available	Increased
QN112: Percentage of students who strongly agree or agree that they feel good about themselves																	
												71.1	61.4		Decreased, 2017-2019	Not available	Decreased
QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																	
												29.9	26.3		Decreased, 2017-2019	Not available	No change

\*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.



## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN115: Percentage of students who most of the time or always feel safe and secure at school														86.1	81.4	Decreased, 2017-2019	Not available <sup>§</sup>	Decreased
QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood														86.6	85.3	No linear change	Not available	No change
QN118: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)														2.9	3.0	No linear change	Not available	No change
QN119: Percentage of students who are most likely to attend a 4 year college or a community college after high school														87.0	84.3	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																	
												15.2	13.8		No linear change	Not available <sup>§</sup>	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																	
												7.3	5.7		No linear change	Not available	No change
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																	
												8.3	2.9		Decreased, 2017-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																	
												4.4	6.9	Increased, 2017-2019	Not available <sup>§</sup>	No change	
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																	
												8.9	6.5	No linear change	Not available	No change	
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																	
												25.9	25.2	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																	
												7.3	4.8		No linear change	Not available <sup>§</sup>	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																	
												14.6	14.0		No linear change	Not available	No change
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																	
												9.3	10.1		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
												21.1	21.2	No linear change	Not available <sup>§</sup>	No change	
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)																	
												10.0	9.0	No linear change	Not available	No change	
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																	
												9.6	7.4	No linear change	Not available	No change	
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)																	
												5.3	3.7	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)																			
															1.8	1.3	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)																	
												6.5	7.4		No linear change	Not available <sup>§</sup>	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
												7.5	5.5		No linear change	Not available	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
												2.0	1.9		No linear change	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
												1.7	1.8		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)																	
												15.1	18.3		No linear change	Not available <sup>§</sup>	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												4.5	4.1		No linear change	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												4.1	3.2		No linear change	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																	
												17.3	19.8		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.



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												4.6	4.4	No linear change	Not available <sup>§</sup>	No change	
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
												8.2	5.6	No linear change	Not available	No change	
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																	
												18.3	20.7	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																	
												10.9	9.2	No linear change	Not available <sup>§</sup>	No change	
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																	
												10.4	7.8	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male Alcohol and Other Drug Use															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																	
												16.3	12.1		No linear change	Not available <sup>§</sup>	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
												27.2	22.9		No linear change	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																	
												16.8	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.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male Alcohol and Other Drug Use														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN46: Percentage of students who tried marijuana for the first time before age 13 years																	
												4.2	4.9	No linear change	Not available <sup>§</sup>	No change	
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
												18.1	19.0	No linear change	Not available	No change	
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
												19.7	17.1	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>																	
												8.7	12.6	Increased, 2017-2019	Not available <sup>¶</sup>	Increased	
QNOBESE: Percentage of students who had obesity ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>																	
												9.1	9.2	No linear change	Not available	No change	
QN67: Percentage of students who described themselves as slightly or very overweight																	
												20.6	21.9	No linear change	Not available	No change	
QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																	
												29.2	35.0	Increased, 2017-2019	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. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

¶Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																	
													10.1	8.6	No linear change	Not available <sup>§</sup>	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
													5.7	5.2	No linear change	Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
													68.0	66.9	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
												39.7	35.8		No linear change	Not available <sup>§</sup>	No change
QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																	
												34.2	34.9		No linear change	Not available	No change
QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												32.6	29.3		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												12.6	14.3		No linear change	Not available <sup>§</sup>	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												8.9	7.6		No linear change	Not available	No change
QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)																	
												13.0	14.2		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.



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																	
												51.5	43.0	Decreased, 2017-2019	Not available <sup>§</sup>	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												48.8	46.7		No linear change	Not available <sup>§</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												13.1	16.4		No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												26.3	26.1		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
												13.0	14.4	No linear change	Not available <sup>§</sup>	No change	
QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)																	
												37.5	40.1	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †		
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																			
																80.1	78.2	No linear change	Not available <sup>§</sup>	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																			
																3.4	4.4	No linear change	Not available	No change
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																			
																20.7	16.6	No linear change	Not available	No change
	QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
																34.1	34.3	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male Other	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
	QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																
													80.6	82.7	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN91: Percentage of students who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)															47.5	37.3	Decreased, 2017-2019	Not available <sup>§</sup>	Decreased
QN92: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)															52.1	45.5	No linear change	Not available	No change
QN93: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, and other social media, during the 12 months before the survey)															9.3	8.0	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)																	
													5.0	3.6	No linear change	Not available <sup>§</sup>	No change
QN103: Percentage of students who first took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it before the age of 13 years																	
													3.9	3.7	No linear change	Not available	No change
QN104: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey)																	
													3.1	1.7	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN105: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey)																	
												2.9	1.6	No linear change	Not available <sup>§</sup>	No change	
QN107: Percentage of students who currently used ecstasy (also called "MDMA," one or more times during the 30 days before the survey)																	
												3.9	2.2	No linear change	Not available	No change	
QN109: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)																	
												12.0	13.2	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.



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN111: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																	
												2.7	5.7	Increased, 2017-2019	Not available <sup>§</sup>	Increased	
QN112: Percentage of students who strongly agree or agree that they feel good about themselves																	
												80.0	73.4	Decreased, 2017-2019	Not available	Decreased	
QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																	
												29.8	25.9	No linear change	Not available	No change	
QN115: Percentage of students who most of the time or always feel safe and secure at school																	
												86.0	83.0	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

Male  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood																	
												87.7	87.0		No linear change	Not available <sup>§</sup>	No change
QN118: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																	
												4.5	3.4		No linear change	Not available	No change
QN119: Percentage of students who are most likely to attend a 4 year college or a community college after high school																	
												80.9	80.1		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																	
												13.0	15.2		No linear change	Not available <sup>§</sup>	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																	
												3.8	4.6		No linear change	Not available	No change
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																	
												2.2	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																	
												4.9	8.9		Increased, 2017-2019	Not available <sup>§</sup>	Increased
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																	
												3.3	4.6		No linear change	Not available	No change
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																	
												11.5	10.4		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																	
												7.8	7.3		No linear change	Not available <sup>§</sup>	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																	
												15.3	14.3		No linear change	Not available	No change
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																	
												13.0	13.6		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
												38.9	40.1	No linear change	Not available <sup>§</sup>	No change	
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)																	
												16.4	18.3	No linear change	Not available	No change	
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																	
												13.9	11.5	No linear change	Not available	No change	
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)																	
												6.9	5.9	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)																	
												1.4	2.2	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)																	
												4.8	3.4		No linear change	Not available <sup>§</sup>	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
												4.2	2.1		Decreased, 2017-2019	Not available	Decreased
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
												1.0	0.9		No linear change	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
												0.8	0.9		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.



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)																	
												11.0	13.9		No linear change	Not available <sup>§</sup>	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												1.7	2.8		No linear change	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												1.5	1.8		No linear change	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																	
												11.9	14.3		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												1.4	1.9		No linear change	Not available <sup>§</sup>	No change
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
												2.1	1.8		No linear change	Not available	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																	
												12.3	15.3		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																	
												5.2	3.3	Decreased, 2017-2019	Not available <sup>§</sup>	No change	
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																	
												5.0	2.6	Decreased, 2017-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female Alcohol and Other Drug Use															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																	
												10.0	11.8		No linear change	Not available <sup>§</sup>	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
												25.9	25.7		No linear change	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																	
												14.5	12.8		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female Alcohol and Other Drug Use															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN46: Percentage of students who tried marijuana for the first time before age 13 years																	
												2.6	2.0		No linear change	Not available <sup>§</sup>	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
												13.3	10.8		No linear change	Not available	No change
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
												17.6	16.2		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.

## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

#### Female

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>																	
												12.3	11.2	No linear change	Not available <sup>¶</sup>	No change	
QNOBESE: Percentage of students who had obesity ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>																	
												4.8	6.4	No linear change	Not available	No change	
QN67: Percentage of students who described themselves as slightly or very overweight																	
												27.4	28.5	No linear change	Not available	No change	
QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																	
												36.9	46.9	Increased, 2017-2019	Not available	Increased	

\*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. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

Female														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																	
													4.4	5.4	No linear change	Not available <sup>§</sup>	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
													2.1	2.6	No linear change	Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
													68.3	62.8	Decreased, 2017-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female															Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>
Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
												37.2	36.3		No linear change	Not available <sup>§</sup>	No change
QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																	
												27.3	28.1		No linear change	Not available	No change
QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												46.2	48.5		No linear change	Not available	No change

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

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

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



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												4.7	7.5		No linear change	Not available <sup>§</sup>	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												2.2	3.0		No linear change	Not available	No change
QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)																	
												11.6	12.0		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female															Linear Change*	Quadratic Change*	Change from 2017-2019 †		
Weight Management and Dietary Behaviors																			
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																			
															39.2	41.4	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												35.6	35.5		No linear change	Not available <sup>§</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												12.4	20.7		Increased, 2017-2019	Not available	Increased
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												13.9	14.6		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
												12.1	13.2	No linear change	Not available <sup>§</sup>	No change	
QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)																	
												32.1	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Other

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																	
												79.5	79.7	No linear change	Not available <sup>§</sup>	No change	
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																	
												1.0	2.5	No linear change	Not available	No change	
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												21.5	18.7	No linear change	Not available	No change	
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												22.0	29.2	Increased, 2017-2019	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.

**2019 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Arlington County, VA High School Survey  
Trend Analysis Report**

Female Other	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019		
	QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																
													89.7	87.2	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN91: Percentage of students who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)																	
												38.9	36.2		No linear change	Not available <sup>§</sup>	No change
QN92: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)																	
												60.0	56.6		No linear change	Not available	No change
QN93: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, and other social media, during the 12 months before the survey)																	
												3.5	4.7		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)																	
												2.3	4.4	No linear change	Not available <sup>§</sup>	Increased	
QN103: Percentage of students who first took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it before the age of 13 years																	
												1.9	2.5	No linear change	Not available	No change	
QN104: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey)																	
												1.0	1.2	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.

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

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



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QN105: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey)														0.5	0.5	Decreased, 2017-2019	Not available <sup>§</sup>	No change
QN107: Percentage of students who currently used ecstasy (also called "MDMA," one or more times during the 30 days before the survey)														1.0	0.9	No linear change	Not available	No change
QN109: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)														8.8	9.4	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN111: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																	
												3.5	4.2		No linear change	Not available <sup>§</sup>	No change
QN112: Percentage of students who strongly agree or agree that they feel good about themselves																	
												62.0	49.0		Decreased, 2017-2019	Not available	Decreased
QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																	
												30.0	26.6		No linear change	Not available	No change
QN115: Percentage of students who most of the time or always feel safe and secure at school																	
												86.3	80.0		Decreased, 2017-2019	Not available	Decreased

\*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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood																	
												85.8	83.6		No linear change	Not available <sup>§</sup>	No change
QN118: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																	
												1.3	2.6		No linear change	Not available	No change
QN119: Percentage of students who are most likely to attend a 4 year college or a community college after high school																	
												94.0	88.7		Decreased, 2017-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																	
												13.5	16.0		No linear change	Not available <sup>¶</sup>	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																	
												4.0	4.8		No linear change	Not available	No change
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																	
												3.3	3.0		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																	
													2.8	4.5	No linear change	Not available <sup>¶</sup>	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																	
													5.7	4.6	No linear change	Not available	No change
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																	
													17.3	18.4	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																	
													6.1	2.8	No linear change	Not available <sup>¶</sup>	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																	
													16.7	14.1	No linear change	Not available	No change
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																	
													13.3	10.9	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
												22.8	26.0		No linear change	Not available <sup>¶</sup>	No change
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)																	
												11.9	12.3		No linear change	Not available	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																	
												9.4	7.2		No linear change	Not available	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)																	
												3.5	2.9		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages

Linear Change†

Quadratic Change†

Change from 2017-2019 §

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)

1.1 0.9 No linear change Not available¶ No change

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



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)																	
													3.2	3.7	No linear change	Not available <sup>¶</sup>	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
													5.9	3.2	No linear change	Not available	No change
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
													1.8	0.9	No linear change	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
													1.7	0.9	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)																	
												16.3	19.1		No linear change	Not available <sup>¶</sup>	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												4.6	3.4		No linear change	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												3.9	1.8		No linear change	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																	
												17.0	19.9		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.

## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

**White\***  
**Tobacco Use**

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)														2.5	3.3	No linear change	Not available <sup>¶</sup>	No change
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)														6.8	3.0	Decreased, 2017-2019	Not available	Decreased
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)														17.7	20.7	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																	
												8.8	5.8	No linear change	Not available <sup>¶</sup>	No change	
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																	
												8.5	4.3	Decreased, 2017-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA 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 2017-2019 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																	
												11.3	10.8		No linear change	Not available <sup>¶</sup>	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
												32.1	31.8		No linear change	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																	
												19.6	17.3		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA 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 2017-2019 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QN46: Percentage of students who tried marijuana for the first time before age 13 years														1.6	2.1	No linear change	Not available <sup>¶</sup>	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)														18.2	17.1	No linear change	Not available	No change
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)														21.4	16.3	Decreased, 2017-2019	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.

## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA 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 2017-2019 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>†</sup>														7.3	9.7	No linear change	Not available	No change
QNOBESE: Percentage of students who had obesity ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>†</sup>														4.2	3.7	No linear change	Not available	No change
QN67: Percentage of students who described themselves as slightly or very overweight														19.1	21.1	No linear change	Not available	No change
QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)														35.5	45.8	Increased, 2017-2019	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,  $p < 0.05$ .

\*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. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA 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  
2017-2019<sup>§</sup>

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

4.7 3.9 No linear change Not available<sup>¶</sup> No change

QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

2.6 2.3 No linear change Not available No change

QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

75.4 73.0 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.



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA 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  
2017-2019<sup>§</sup>

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

47.6 43.2 No linear change Not available<sup>¶</sup> No change

QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

23.3 27.8 No linear change Not available No change

QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

46.0 43.2 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA 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  
2017-2019<sup>§</sup>

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

4.9 8.5 Increased, 2017-2019 Not available<sup>¶</sup> Increased

QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

2.4 3.5 No linear change Not available No change

QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)

8.9 8.8 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA 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  
2017-2019<sup>§</sup>

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

54.0 50.2 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

White\*  
Physical Activity

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												51.8	52.2		No linear change	Not available <sup>¶</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												7.7	12.8		Increased, 2017-2019	Not available	Increased
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												25.6	25.0		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Physical Activity

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2017-2019<sup>§</sup>

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

11.6 10.7 No linear change Not available<sup>¶</sup> No change

QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

31.1 34.0 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White* Other	Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																	
													90.5	89.0	No linear change	Not available <sup>¶</sup>	No change	
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																	
													0.5	0.7	No linear change	Not available	No change	
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
													19.1	16.2	No linear change	Not available	No change	
	QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
													29.7	35.7	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Other

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from 2017-2019<sup>§</sup>

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

93.4 93.2 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN91: Percentage of students who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)																	
												45.1	42.3		No linear change	Not available <sup>¶</sup>	No change
QN92: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)																	
												63.2	56.8		Decreased, 2017-2019	Not available	Decreased
QN93: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, and other social media, during the 12 months before the survey)																	
												6.2	4.6		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.



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)																	
												3.5	3.1		No linear change	Not available <sup>¶</sup>	No change
QN103: Percentage of students who first took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it before the age of 13 years																	
												2.3	2.9		No linear change	Not available	No change
QN104: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey)																	
												2.2	1.3		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN105: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey)																	
													1.7	0.8	No linear change	Not available <sup>¶</sup>	No change
QN107: Percentage of students who currently used ecstasy (also called "MDMA," one or more times during the 30 days before the survey)																	
													2.2	1.2	No linear change	Not available	No change
QN109: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)																	
													8.8	8.8	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN111: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																	
													3.1	1.8	No linear change	Not available <sup>¶</sup>	No change
QN112: Percentage of students who strongly agree or agree that they feel good about themselves																	
													73.4	62.7	Decreased, 2017-2019	Not available	Decreased
QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																	
													37.0	31.1	No linear change	Not available	No change
QN115: Percentage of students who most of the time or always feel safe and secure at school																	
													90.0	88.8	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood																	
												93.7	93.7		No linear change	Not available <sup>¶</sup>	No change
QN118: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																	
												1.3	1.8		No linear change	Not available	No change
QN119: Percentage of students who are most likely to attend a 4 year college or a community college after high school																	
												91.8	91.3		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																	
												19.4	8.9	Decreased, 2017-2019	Not available <sup>¶</sup>	Decreased	
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																	
												6.9	2.1	No linear change	Not available	No change	
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																	
												3.3	12.7	Increased, 2017-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																	
													4.8	6.5	No linear change	Not available <sup>¶</sup>	No change
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																	
													21.0	22.1	No linear change	Not available	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																	
													11.1	12.2	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																	
												4.6	10.9	No linear change	Not available <sup>¶</sup>	No change	
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
												28.0	29.8	No linear change	Not available	No change	
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)																	
												7.1	14.5	Increased, 2017-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																	
												8.8	8.1	No linear change	Not available <sup>¶</sup>	No change	
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)																	
												1.4	5.5	No linear change	Not available	No change	
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)																	
												0.0	2.8	Not available	Not available	Not available	

\*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.



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)																	
													5.0	6.9	No linear change	Not available <sup>¶</sup>	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
													2.0	0.7	Decreased, 2017-2019	Not available	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
													0.0	0.7	Not available	Not available	Not available
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
													0.0	0.7	Not available	Not available	Not available

\*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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												0.6	2.1		No linear change	Not available <sup>¶</sup>	No change
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
												0.6	2.8		No linear change	Not available	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																	
												2.7	3.6		No linear change	Not available	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																	
												2.7	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																	
													12.2	9.0	No linear change	Not available <sup>¶</sup>	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																	
													17.7	9.0	Decreased, 2017-2019	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																	
													8.7	5.1	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN46: Percentage of students who tried marijuana for the first time before age 13 years																	
												3.4	2.5	No linear change	Not available <sup>¶</sup>	No change	
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
												12.6	9.9	No linear change	Not available	No change	
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
												12.4	15.6	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.

## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Arlington County, VA High School Survey Trend Analysis Report

**Black\***

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>†</sup>														11.6	11.7	No linear change	Not available	No change
QNOBESE: Percentage of students who had obesity ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>†</sup>														4.2	10.0	No linear change	Not available	No change
QN67: Percentage of students who described themselves as slightly or very overweight														13.6	20.6	No linear change	Not available	No change
QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)														29.2	34.9	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,  $p < 0.05$ .

\*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. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																	
												12.8	16.3		No linear change	Not available <sup>¶</sup>	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
												5.7	10.0		No linear change	Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
												58.3	51.9		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2017-2019<sup>§</sup>

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

29.2 23.7 No linear change Not available<sup>¶</sup> No change

QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

47.0 42.5 No linear change Not available No change

QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

37.5 36.4 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2017-2019<sup>§</sup>

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

10.9 10.1 No linear change Not available<sup>¶</sup> No change

QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

5.0 4.2 No linear change Not available No change

QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)

10.6 13.9 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.



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2017-2019<sup>§</sup>

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

32.0 31.5 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*  
Physical Activity

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
													40.8	32.8	No linear change	Not available <sup>¶</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
													14.9	17.5	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
													15.8	15.2	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*  
Physical Activity

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2017-2019<sup>§</sup>

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

18.7 19.5 No linear change Not available<sup>¶</sup> No change

QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

37.2 47.9 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																	
													74.0	67.9	No linear change	Not available <sup>¶</sup>	No change	
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																	
													3.9	5.3	No linear change	Not available	No change	
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
													26.1	16.2	No linear change	Not available	No change	
	QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
													23.4	26.7	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.

**2019 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Arlington County, VA High School Survey  
Trend Analysis Report**

Black* Other	Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
	QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
													83.2	74.1	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN92: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)															48.2	48.7	No linear change	Not available <sup>¶</sup>	No change
QN93: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, and other social media, during the 12 months before the survey)															2.4	7.7	No linear change	Not available	Increased
QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)															1.9	5.5	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN103: Percentage of students who first took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it before the age of 13 years															0.8	4.4	No linear change	Not available <sup>¶</sup>	Increased
QN104: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey)															0.0	1.2	Not available	Not available	Not available
QN105: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey)															0.0	1.2	Not available	Not available	Not available
QN107: Percentage of students who currently used ecstasy (also called "MDMA," one or more times during the 30 days before the survey)															0.8	1.2	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages															Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN109: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)																	
												12.5	16.1		No linear change	Not available <sup>¶</sup>	No change
QN111: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																	
												1.3	6.6		No linear change	Not available	Increased
QN112: Percentage of students who strongly agree or agree that they feel good about themselves																	
												76.5	59.6		Decreased, 2017-2019	Not available	Decreased
QN115: Percentage of students who most of the time or always feel safe and secure at school																	
												86.5	68.6		Decreased, 2017-2019	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.



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Black\*  
Site-Added

Health Risk Behavior and Percentages														Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2017-2019 <sup>§</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood														89.7	73.8	Decreased, 2017-2019	Not available <sup>¶</sup>	Decreased
QN118: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)														1.0	5.8	No linear change	Not available	No change
QN119: Percentage of students who are most likely to attend a 4 year college or a community college after high school														93.2	84.1	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)																	
												14.3	14.7		No linear change	Not available <sup>§</sup>	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)																	
												7.1	6.2		No linear change	Not available	No change
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																	
												5.9	2.2		Decreased, 2017-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)														6.8	11.0	Increased, 2017-2019	Not available <sup>§</sup>	Increased
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)														6.2	6.0	No linear change	Not available	No change
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)														20.0	16.7	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																	
												8.2	8.0	No linear change	Not available <sup>§</sup>	No change	
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																	
												12.9	12.7	No linear change	Not available	No change	
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																	
												9.6	12.7	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																	
												36.9	34.8		No linear change	Not available <sup>§</sup>	No change
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)																	
												15.4	13.2		No linear change	Not available	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																	
												14.2	9.5		No linear change	Not available	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)																	
												11.0	6.3		Decreased, 2017-2019	Not available	No change

\*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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)																	
													2.9	2.2	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)																	
												8.1	7.1		No linear change	Not available <sup>§</sup>	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
												6.6	5.5		No linear change	Not available	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
												1.2	2.3		No linear change	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
												0.9	2.2		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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)																	
												10.8	17.3		Increased, 2017-2019	Not available <sup>§</sup>	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												1.6	3.9		No linear change	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												1.6	3.5		No linear change	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																	
												14.3	18.9		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.



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
												3.4	3.8		No linear change	Not available <sup>§</sup>	No change
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
												4.7	4.9		No linear change	Not available	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																	
												14.9	19.8		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

Hispanic  
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																	
												8.2	8.2	No linear change	Not available <sup>§</sup>	No change	
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																	
												8.2	7.1	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																		
														16.7	13.6	No linear change	Not available <sup>§</sup>	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)																		
														24.8	22.2	No linear change	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																		
														14.0	11.6	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN46: Percentage of students who tried marijuana for the first time before age 13 years																	
												4.8	5.8	No linear change	Not available <sup>§</sup>	No change	
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																	
												14.7	16.5	No linear change	Not available	No change	
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
												16.0	18.0	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNOWT: Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>																	
												14.9	14.7		No linear change	Not available <sup>¶</sup>	No change
QNOBESE: Percentage of students who had obesity ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) <sup>§</sup>																	
												11.8	14.5		No linear change	Not available	No change
QN67: Percentage of students who described themselves as slightly or very overweight																	
												33.3	30.1		No linear change	Not available	No change
QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																	
												28.0	33.6		No linear change	Not available	No change

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

<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. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																	
													10.0	8.4	No linear change	Not available <sup>§</sup>	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
													5.4	3.9	No linear change	Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
													63.1	59.0	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
												30.8	30.8	No linear change	Not available <sup>§</sup>	No change	
QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																	
												32.6	32.1	No linear change	Not available	No change	
QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												29.0	28.7	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												13.0	15.0		No linear change	Not available <sup>§</sup>	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
												9.6	7.6		No linear change	Not available	No change
QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)																	
												16.0	17.9		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.



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																	
													41.0	34.4	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey

Trend Analysis Report

Hispanic  
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												34.1	29.2		No linear change	Not available <sup>§</sup>	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												16.5	27.3		Increased, 2017-2019	Not available	Increased
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												15.2	15.3		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Physical Activity

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
													13.4	17.9	No linear change	Not available <sup>§</sup>	No change
QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)																	
													35.9	42.4	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Other

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)																	
												71.4	68.2		No linear change	Not available <sup>§</sup>	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																	
												2.5	7.0		Increased, 2017-2019	Not available	Increased
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
												20.5	19.3		No linear change	Not available	No change
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												28.4	30.3		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Other

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2017-2019 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

71.7 73.8 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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN91: Percentage of students who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)																	
												41.0	35.0		No linear change	Not available <sup>§</sup>	No change
QN92: Percentage of students who rode with someone who texted, called, e-mailed, or used the Internet or apps on a handheld cell phone while driving a car or other vehicle (such as YouTube, Instagram, or Facebook, on at least 1 day during the 30 days before the survey)																	
												50.2	46.7		No linear change	Not available	No change
QN93: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, and other social media, during the 12 months before the survey)																	
												7.9	8.3		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN101: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)																	
													3.3	4.9	No linear change	Not available <sup>§</sup>	No change
QN103: Percentage of students who first took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it before the age of 13 years																	
													2.8	3.5	No linear change	Not available	No change
QN104: Percentage of students who currently used any form of cocaine (including powder, crack, or freebase, one or more times during the 30 days before the survey)																	
													1.9	1.5	No linear change	Not available	No change

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

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN105: Percentage of students who currently used heroin (also called "smack," "junk," or "China White," one or more times during the 30 days before the survey)																	
												1.3	0.7	No linear change	Not available <sup>§</sup>	No change	
QN107: Percentage of students who currently used ecstasy (also called "MDMA," one or more times during the 30 days before the survey)																	
												2.2	2.0	No linear change	Not available	No change	
QN109: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)																	
												13.3	13.8	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.



2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 <sup>†</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN111: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																	
												3.7	7.8	No linear change	Not available <sup>§</sup>	Increased	
QN112: Percentage of students who strongly agree or agree that they feel good about themselves																	
												70.8	60.5	Decreased, 2017-2019	Not available	Decreased	
QN113: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																	
												22.7	21.9	No linear change	Not available	No change	
QN115: Percentage of students who most of the time or always feel safe and secure at school																	
												81.2	74.9	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.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA High School Survey  
Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN116: Percentage of students who most of the time or always feel safe and secure in their neighborhood																	
												77.4	77.7		No linear change	Not available <sup>§</sup>	No change
QN118: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																	
												4.4	4.2		No linear change	Not available	No change
QN119: Percentage of students who are most likely to attend a 4 year college or a community college after high school																	
												77.4	72.5		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.