

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
												20.2	22.2	No linear change	Not available [§]	No change	
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
												40.8	37.6	No linear change	Not available	No change	
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																	
												13.8	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.

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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			
QN11: Percentage of students who were ever in a physical fight														37.5	33.3	Decreased, 2017-2019	Not available [§]	No change
QN12: Percentage of students who were ever bullied on school property														36.6	33.5	No linear change	Not available	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)														15.7	13.8	No linear change	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves														17.3	14.5	No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

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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			
QN15: Percentage of students who ever made a plan about how they would kill themselves																	
												11.9	10.2		No linear change	Not available [§]	No change
QN16: Percentage of students who ever tried to kill themselves																	
												7.1	5.1		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 Middle 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			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
													1.7	1.2	No linear change	Not available [§]	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
													1.0	0.6	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)																	
													0.1	0.1	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)																	
													0.1	0.1	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 Middle 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			
QN21: Percentage of students who ever used an electronic vapor product																	
												8.7	6.0		Decreased, 2017-2019	Not available [§]	Decreased
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
												2.8	1.5		Decreased, 2017-2019	Not available	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												0.4	0.0		Not available	Not available	Not available
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												0.3	0.0		Not available	Not available	Not available

*Based on trend analyses using a logistic regression model controlling 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 Middle 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					
QN24: 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)															1.2	0.1	Decreased, 2017-2019	Not available [§]	Decreased
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)															1.3	0.3	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.

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey Trend Analysis Report

Total
Alcohol and Other Drug 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			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																	
													6.1	8.3	Increased, 2017-2019	Not available [§]	Increased
QN29: Percentage of students who tried marijuana for the first time before age 11 years																	
													1.6	0.4	Decreased, 2017-2019	Not available	Decreased
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
													2.8	5.8	Increased, 2017-2019	Not available	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
													2.9	0.3	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.

†Based on t-test analysis, p < 0.05.

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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					
QN38: Percentage of students who described themselves as slightly or very overweight															21.7	21.7	No linear change	Not available [§]	No change
QN39: Percentage of students who were trying to lose weight															35.4	38.6	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)															6.8	6.8	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															57.3	50.8	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 Middle 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			
QN41: 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)																	
													60.8	57.5	No linear change	Not available [§]	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)																	
													6.9	8.3	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)																	
													33.7	31.9	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, $p < 0.05$.

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

11.2 16.3 Increased, 2017-2019 Not available[§] Increased

QN43: 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 playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)

24.6 32.4 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.

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
													18.5	15.1		Decreased, 2017-2019	Not available [§]	Decreased
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
													66.4	67.6		No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
													88.5	88.2		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 Middle 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

QN50: Percentage of students who rode with someone who texted, called, 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)

58.9 59.2 No linear change Not available[§] No change

QN51: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)

6.0 3.5 Decreased, 2017-2019 Not available Decreased

QN55: 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)

24.6 16.1 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, $p < 0.05$.

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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					
QN57: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey)															1.1	0.2	Decreased, 2017-2019	Not available [§]	Decreased
QN58: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)															13.1	14.3	No linear change	Not available	No change
QN59: Percentage of students who ever used marijuana (one or more times during their life)															3.0	2.3	No linear change	Not available	No change
QN60: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")															1.8	0.1	Decreased, 2017-2019	Not available	Decreased

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§Not enough years of data to calculate.

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**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				
QN61: Percentage of students who have ever taken an over-the-counter drug to get high														2.3	0.8	Decreased, 2017-2019	Not available [§]	Decreased
QN62: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)														5.0	4.6	No linear change	Not available	No change
QN63: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)														6.8	5.3	No linear change	Not available	No change
QN64: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)														9.5	7.3	No linear change	Not available	No change

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[§]Not enough years of data to calculate.

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Arlington County, VA Middle 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				
QN65: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)														85.2	88.5	Increased, 2017-2019	Not available [§]	Increased
QN67: 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	1.8	Decreased, 2017-2019	Not available	Decreased
QN68: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)														2.5	0.9	Decreased, 2017-2019	Not available	Decreased
QN69: Percentage of students who strongly agree or agree that they feel good about themselves														72.7	70.9	No linear change	Not available	No change

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

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[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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					
QN70: 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)															35.5	38.2	No linear change	Not available [§]	No change
QN71: Percentage of students who have at least one adult that they can talk to if they have a problem															80.9	81.8	No linear change	Not available	No change
QN72: Percentage of students who have talked about alcohol, tobacco, or other drugs with their parents or other adults in their family (during the 12 months before the survey)															39.2	31.4	Decreased, 2017-2019	Not available	Decreased
QN73: Percentage of students who most of the time or always feel safe and secure at school															80.1	80.6	No linear change	Not available	No change

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

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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

QN74: Percentage of students who most of the time or always feel safe and secure in their neighborhood

84.4 87.1 Increased, 2017-2019 Not available‡ No change

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

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

‡Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
												23.9	23.2		No linear change	Not available [§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
												42.8	38.5		No linear change	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																	
												13.5	11.3		No linear change	Not available	No change
QN11: Percentage of students who were ever in a physical fight																	
												52.5	45.3		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.

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[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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					
QN12: Percentage of students who were ever bullied on school property															33.6	30.0	No linear change	Not available [§]	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)															13.9	11.3	No linear change	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves															13.7	10.8	No linear change	Not available	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves															9.9	7.0	No linear change	Not available	Decreased

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

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

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Arlington County, VA Middle 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			
QN16: Percentage of students who ever tried to kill themselves																	
												5.2	3.0	No linear change	Not available [§]	Decreased	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
												2.2	1.1		No linear change	Not available [§]	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
												1.0	0.6		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)																	
												0.2	0.2		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)																	
												0.2	0.2		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.

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

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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			
QN21: Percentage of students who ever used an electronic vapor product																	
												9.0	7.2		No linear change	Not available [§]	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
												3.2	1.5		No linear change	Not available	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												0.7	0.0		Not available	Not available	Not available
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												0.4	0.0		Not available	Not available	Not available

*Based on trend 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 Middle 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			
QN24: 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)																	
													1.1	0.3	No linear change	Not available [§]	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
													1.4	0.5	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.

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																	
												7.6	9.9	No linear change	Not available [§]	No change	
QN29: Percentage of students who tried marijuana for the first time before age 11 years																	
												2.7	0.4	Decreased, 2017-2019	Not available	Decreased	
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
												2.5	5.1	Increased, 2017-2019	Not available	Increased	
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
												3.0	0.0	Not available	Not available	Not available	

*Based on trend analyses using a logistic regression model controlling 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 Middle 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				
QN38: Percentage of students who described themselves as slightly or very overweight														21.1	21.9	No linear change	Not available [§]	No change
QN39: Percentage of students who were trying to lose weight														31.9	34.2	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)														6.5	5.3	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)														62.1	56.8	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 Middle 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					
QN41: 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)															65.6	60.4	No linear change	Not available [§]	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)															7.5	7.0	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)															41.8	39.6	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 Middle 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			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
												11.2	16.5	Increased, 2017-2019	Not available [§]	Increased	
QN43: 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 playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
												26.5	34.3	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 Middle 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			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
													22.0	16.7	Decreased, 2017-2019	Not available [§]	Decreased	
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
													69.8	69.7	No linear change	Not available	No change	
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
													86.3	86.8	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 Middle 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					
QN50: Percentage of students who rode with someone who texted, called, 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)															55.7	57.5	No linear change	Not available [§]	No change
QN51: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)															6.4	4.3	No linear change	Not available	No change
QN57: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey)															1.5	0.2	No linear change	Not available	Decreased

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

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

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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					
QN58: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)															14.2	15.8	No linear change	Not available [§]	No change
QN59: Percentage of students who ever used marijuana (one or more times during their life)															3.5	3.0	No linear change	Not available	No change
QN60: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")															1.6	0.1	Decreased, 2017-2019	Not available	Decreased
QN61: Percentage of students who have ever taken an over-the-counter drug to get high															2.4	0.8	No linear change	Not available	Decreased

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

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

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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				
QN62: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)														5.0	3.9	No linear change	Not available [§]	No change
QN63: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)														7.7	6.8	No linear change	Not available	No change
QN64: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)														11.1	8.6	No linear change	Not available	No change
QN65: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)														87.1	89.6	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 Middle 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			
QN67: 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)																	
													3.9	2.1	No linear change	Not available [§]	No change
QN68: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																	
													2.8	1.1	No linear change	Not available	Decreased
QN69: Percentage of students who strongly agree or agree that they feel good about themselves																	
													80.0	81.5	No linear change	Not available	No change
QN70: 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)																	
													35.0	38.3	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 Middle 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					
QN71: Percentage of students who have at least one adult that they can talk to if they have a problem															83.5	86.2	No linear change	Not available [§]	No change
QN72: Percentage of students who have talked about alcohol, tobacco, or other drugs with their parents or other adults in their family (during the 12 months before the survey)															41.3	34.0	Decreased, 2017-2019	Not available	Decreased
QN73: Percentage of students who most of the time or always feel safe and secure at school															80.5	82.6	No linear change	Not available	No change
QN74: Percentage of students who most of the time or always feel safe and secure in their neighborhood															84.4	89.4	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 Middle 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				
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)														16.5	21.4	Increased, 2017-2019	Not available [§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)														38.0	37.0	No linear change	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)														14.2	12.7	No linear change	Not available	No change
QN11: Percentage of students who were ever in a physical fight														21.9	21.6	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 Middle 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			
QN12: Percentage of students who were ever bullied on school property																	
												39.7	37.1	No linear change	Not available [§]	No change	
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																	
												17.5	16.0	No linear change	Not available	No change	
QN14: Percentage of students who ever seriously thought about killing themselves																	
												20.8	18.0	No linear change	Not available	No change	
QN15: Percentage of students who ever made a plan about how they would kill themselves																	
												13.9	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 Middle 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			
QN16: Percentage of students who ever tried to kill themselves																	
													8.9	7.2	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
												1.1	1.3		No linear change	Not available [§]	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
												1.0	0.6		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)																	
												0.1	0.0		Not available	Not available	Not available
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
												0.1	0.0		Not available	Not available	Not available

*Based on trend analyses using a logistic regression model controlling 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 Middle 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			
QN21: Percentage of students who ever used an electronic vapor product																	
												8.4	4.7		Decreased, 2017-2019	Not available [§]	Decreased
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
												2.5	1.4		No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												0.1	0.0		Not available	Not available	Not available
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												0.1	0.0		Not available	Not available	Not available

*Based on trend analyses using a logistic regression model controlling 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 Middle 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				
QN24: 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)														1.2	0.0	Not available	Not available [§]	Not available
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)														1.3	0.1	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 Middle School Survey
Trend Analysis Report

Female
Alcohol and Other Drug 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			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																	
													4.4	6.5	No linear change	Not available [§]	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years																	
													0.4	0.3	No linear change	Not available	No change
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
													3.1	6.5	Increased, 2017-2019	Not available	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
													2.8	0.6	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 Middle School Survey
Trend Analysis Report

Female 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					
QN38: Percentage of students who described themselves as slightly or very overweight															22.5	21.7	No linear change	Not available [§]	No change
QN39: Percentage of students who were trying to lose weight															39.3	42.8	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)															7.1	8.1	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															52.1	45.1	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 Middle 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			
QN41: 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)																	
												55.8	54.8		No linear change	Not available [§]	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)																	
												6.4	9.7		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)																	
												25.3	24.3		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 Middle 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			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
												11.3	16.1	Increased, 2017-2019	Not available [§]	Increased	
QN43: 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 playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
												22.9	30.3	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 Middle 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			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
													15.1	13.3		No linear change	Not available [§]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
													62.9	65.8		No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
													90.8	89.5		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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				
QN50: Percentage of students who rode with someone who texted, called, 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)														61.8	60.8	No linear change	Not available [§]	No change
QN51: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)														5.5	2.5	Decreased, 2017-2019	Not available	Decreased
QN55: 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)														25.5	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 Middle 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					
QN57: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey)															0.8	0.2	No linear change	Not available [§]	No change
QN58: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)															11.9	12.6	No linear change	Not available	No change
QN59: Percentage of students who ever used marijuana (one or more times during their life)															2.6	1.6	No linear change	Not available	No change
QN60: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")															1.9	0.0	Not available	Not available	Not available

*Based on trend analyses using a logistic regression model controlling 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 Middle 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			
QN61: Percentage of students who have ever taken an over-the-counter drug to get high																	
												2.2	0.9		No linear change	Not available [§]	Decreased
QN62: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
												5.1	5.4		No linear change	Not available	No change
QN63: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)																	
												5.9	3.9		Decreased, 2017-2019	Not available	Decreased
QN64: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)																	
												7.9	6.0		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 Middle 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					
QN65: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)															83.0	87.5	Increased, 2017-2019	Not available [§]	Increased
QN67: 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)															3.6	1.6	Decreased, 2017-2019	Not available	Decreased
QN68: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)															2.2	0.7	No linear change	Not available	Decreased
QN69: Percentage of students who strongly agree or agree that they feel good about themselves															64.8	60.6	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 Middle 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					
QN70: 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)															35.9	38.3	No linear change	Not available [§]	No change
QN71: Percentage of students who have at least one adult that they can talk to if they have a problem															78.2	77.7	No linear change	Not available	No change
QN72: Percentage of students who have talked about alcohol, tobacco, or other drugs with their parents or other adults in their family (during the 12 months before the survey)															37.0	28.4	Decreased, 2017-2019	Not available	Decreased
QN73: Percentage of students who most of the time or always feel safe and secure at school															79.7	78.7	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 Middle 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

QN74: Percentage of students who most of the time or always feel safe and secure in their neighborhood

84.3 85.0 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 Middle 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			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
												7.2	8.4	No linear change	Not available [¶]	No change	
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
												27.2	26.8	No linear change	Not available	No change	
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																	
												16.3	14.3	No linear change	Not available	No change	
QN11: Percentage of students who were ever in a physical fight																	
												33.2	27.3	Decreased, 2017-2019	Not available	Decreased	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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			
QN12: Percentage of students who were ever bullied on school property																	
												37.0	33.6		No linear change	Not available [¶]	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																	
												14.7	15.3		No linear change	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves																	
												12.6	13.0		No linear change	Not available	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves																	
												8.7	9.6		No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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

QN16: Percentage of students who ever tried to kill themselves															4.3	3.3	No linear change	Not available [¶]	No change
--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	-----	-----	------------------	----------------------------	-----------

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

White*
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			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
													0.6	0.8	No linear change	Not available [¶]	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
													0.8	0.0	Not available	Not available	Not available
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
													0.2	0.0	Not available	Not available	Not available
QNDAYDIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
													0.2	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

White*
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			
QN21: Percentage of students who ever used an electronic vapor product																	
												6.3	3.9	Decreased, 2017-2019	Not available [¶]	No change	
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
												2.3	0.9	Decreased, 2017-2019	Not available	Decreased	
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												0.6	0.0	Not available	Not available	Not available	
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												0.3	0.0	Not available	Not available	Not available	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

White*
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			
QN24: 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)																	
													0.5	0.3	No linear change	Not available [¶]	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
													1.0	0.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

White*

Alcohol and Other Drug 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			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																	
													4.7	6.6	No linear change	Not available [¶]	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years																	
													0.8	0.3	No linear change	Not available	No change
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
													1.3	4.7	Increased, 2017-2019	Not available	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
													1.9	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

White*

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				
QN38: Percentage of students who described themselves as slightly or very overweight														17.5	14.1	No linear change	Not available [¶]	No change
QN39: Percentage of students who were trying to lose weight														28.0	31.2	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)														3.7	4.3	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)														61.7	56.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey Trend Analysis Report

White*
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					
QN41: 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)															69.4	69.5	No linear change	Not available [¶]	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)															3.8	4.0	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)															38.0	39.9	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 Middle School Survey
Trend Analysis Report

White*
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

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

7.0 13.3 Increased, 2017-2019 Not available[¶] Increased

QN43: 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 playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)

19.9 26.1 Increased, 2017-2019 Not available Increased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

White* 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			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
													16.9	14.7		No linear change	Not available [¶]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
													69.6	71.8		No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
													95.2	95.8		No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey Trend Analysis Report

**White*
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					
QN50: Percentage of students who rode with someone who texted, called, 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)															62.4	66.7	No linear change	Not available [¶]	No change
QN51: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)															4.5	2.7	Decreased, 2017-2019	Not available	No change
QN57: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey)															0.5	0.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey Trend Analysis Report

White* 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			
QN58: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)														13.7	17.0	No linear change	Not available [¶]	No change
QN59: Percentage of students who ever used marijuana (one or more times during their life)														1.8	1.4	No linear change	Not available	No change
QN60: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")														1.0	0.2	No linear change	Not available	Decreased
QN61: Percentage of students who have ever taken an over-the-counter drug to get high														1.5	0.3	No linear change	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

White*
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			
QN62: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
													4.5	3.5	No linear change	Not available [¶]	No change
QN63: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)																	
													3.1	3.5	No linear change	Not available	No change
QN64: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)																	
													5.6	4.0	No linear change	Not available	No change
QN65: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)																	
													90.9	93.0	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

White*
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			
QN67: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)																	
												2.1	1.0		No linear change	Not available [¶]	No change
QN68: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																	
												1.2	0.4		No linear change	Not available	No change
QN69: Percentage of students who strongly agree or agree that they feel good about themselves																	
												75.0	74.9		No linear change	Not available	No change
QN70: 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)																	
												44.4	43.8		No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

White*
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					
QN71: Percentage of students who have at least one adult that they can talk to if they have a problem																			
															86.3	89.2	No linear change	Not available [¶]	No change
QN72: Percentage of students who have talked about alcohol, tobacco, or other drugs with their parents or other adults in their family (during the 12 months before the survey)																			
															43.9	38.3	Decreased, 2017-2019	Not available	No change
QN73: Percentage of students who most of the time or always feel safe and secure at school																			
															86.3	83.4	No linear change	Not available	No change
QN74: Percentage of students who most of the time or always feel safe and secure in their neighborhood																			
															92.7	94.4	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey Trend Analysis Report

**Black*
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 ever rode with a driver who had been drinking alcohol (in a car)																	
													12.0	7.1	No linear change	Not available [¶]	No change
QN11: Percentage of students who were ever in a physical fight																	
													55.6	47.9	No linear change	Not available	No change
QN12: Percentage of students who were ever bullied on school property																	
													36.9	29.5	No linear change	Not available	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																	
													14.8	11.1	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 Middle School Survey
Trend Analysis Report

Black*
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				
QN14: Percentage of students who ever seriously thought about killing themselves														19.5	11.6	No linear change	Not available [¶]	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves														11.9	9.4	No linear change	Not available	No change
QN16: Percentage of students who ever tried to kill themselves														10.9	8.6	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

Black*
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			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
													1.9	2.4	No linear change	Not available [¶]	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
													2.1	0.6	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)																	
													0.0	0.0	Not available	Not available	Not available
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
													0.0	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

Black*
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			
QN21: Percentage of students who ever used an electronic vapor product																	
												10.7	9.4		No linear change	Not available [¶]	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
												1.6	1.2		No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												0.0	0.0		Not available	Not available	Not available
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												0.0	0.0		Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

Black*
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			
QN24: 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)																	
												0.8	0.0		Not available	Not available [¶]	Not available
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
												1.5	1.4		No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

Black*
Alcohol and Other Drug 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			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																	
													4.9	8.9	No linear change	Not available [¶]	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years																	
													1.9	0.0	Not available	Not available	Not available
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
													6.7	3.6	No linear change	Not available	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
													3.6	1.8	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

Black*

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				
QN38: Percentage of students who described themselves as slightly or very overweight														27.8	27.9	No linear change	Not available [¶]	No change
QN39: Percentage of students who were trying to lose weight														49.7	46.4	No linear change	Not available	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)														10.6	11.3	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)														38.7	31.8	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey

Trend Analysis Report

Black*
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					
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															50.0	48.3	No linear change	Not available [¶]	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)															13.9	10.6	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	24.9	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 Middle School Survey

Trend Analysis Report

Black*
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

QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)

21.0 28.5 No linear change Not available[¶] No change

QN43: 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 playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)

36.9 41.2 No linear change Not available No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

Black* 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			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
													19.8	13.3		No linear change	Not available [¶]	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
													56.0	55.8		No linear change	Not available	No change
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
													81.7	86.5		No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

Black*
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			
QN50: Percentage of students who rode with someone who texted, called, 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)																	
												51.6	60.2	No linear change	Not available [¶]	No change	
QN51: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)																	
												5.1	2.4	No linear change	Not available	No change	
QN57: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey)																	
												0.6	0.0	Not available	Not available	Not available	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey Trend Analysis Report

**Black*
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					
QN58: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)															11.4	14.2	No linear change	Not available [¶]	No change
QN59: Percentage of students who ever used marijuana (one or more times during their life)															4.7	3.2	No linear change	Not available	No change
QN60: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")															2.7	0.0	Not available	Not available	Not available
QN61: Percentage of students who have ever taken an over-the-counter drug to get high															3.5	2.6	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

Black*
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			
QN62: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
												5.8	7.4		No linear change	Not available [¶]	No change
QN63: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)																	
												21.1	7.5		Decreased, 2017-2019	Not available	Decreased
QN64: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)																	
												17.6	14.7		No linear change	Not available	No change
QN65: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)																	
												67.4	75.6		No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

Black*
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			
QN67: 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)																	
												6.9	1.2	Decreased, 2017-2019	Not available [¶]	Decreased	
QN68: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																	
												6.8	3.3	No linear change	Not available	No change	
QN69: Percentage of students who strongly agree or agree that they feel good about themselves																	
												74.2	68.9	No linear change	Not available	No change	
QN71: Percentage of students who have at least one adult that they can talk to if they have a problem																	
												75.0	81.5	No linear change	Not available	No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey Trend Analysis Report

**Black*
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				
QN72: Percentage of students who have talked about alcohol, tobacco, or other drugs with their parents or other adults in their family (during the 12 months before the survey)														24.1	17.1	No linear change	Not available [¶]	No change
QN73: Percentage of students who most of the time or always feel safe and secure at school														66.2	77.1	No linear change	Not available	Increased
QN74: Percentage of students who most of the time or always feel safe and secure in their neighborhood														71.0	83.0	Increased, 2017-2019	Not available	Increased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
												37.1	44.9		No linear change	Not available [§]	No change
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
												52.7	50.2		No linear change	Not available	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																	
												12.2	11.1		No linear change	Not available	No change
QN11: Percentage of students who were ever in a physical fight																	
												38.8	36.8		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 Middle 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			
QN12: Percentage of students who were ever bullied on school property														No linear change	Not available [§]	No change	
												34.4	34.0				
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)														No linear change	Not available	No change	
												16.4	15.4				
QN14: Percentage of students who ever seriously thought about killing themselves														No linear change	Not available	No change	
												20.7	16.5				
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	Not available	No change	
												14.4	12.2				

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

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

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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			
QN16: Percentage of students who ever tried to kill themselves																	
													9.9	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 Middle 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			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																	
												2.9	1.3		No linear change	Not available [§]	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
												1.4	1.9		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)																	
												0.3	0.4		Increased, 2017-2019	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
												0.3	0.4		Increased, 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.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle 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			
QN21: Percentage of students who ever used an electronic vapor product																	
												10.6	9.3		No linear change	Not available [§]	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
												3.6	3.0		No linear change	Not available	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
												0.5	0.0		Not available	Not available	Not available
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												0.5	0.0		Not available	Not available	Not available

*Based on trend analyses using a logistic regression model controlling 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 Middle 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			
QN24: 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)																	
													2.1	0.0	Not available	Not available [§]	Not available
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
													1.7	0.2	No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Arlington County, VA Middle School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug 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			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																	
													9.1	12.5	No linear change	Not available [§]	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years																	
													2.5	0.7	No linear change	Not available	Decreased
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
													3.6	8.3	Increased, 2017-2019	Not available	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
													3.9	0.4	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 Middle 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			
QN38: Percentage of students who described themselves as slightly or very overweight																	
												25.1	29.5	No linear change	Not available [§]	No change	
QN39: Percentage of students who were trying to lose weight																	
												44.4	50.9	No linear change	Not available	No change	
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																	
												11.6	11.4	No linear change	Not available	No change	
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																	
												53.8	44.6	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 Middle 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			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
												50.7	39.5		Decreased, 2017-2019	Not available [§]	Decreased
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)																	
												11.7	14.8		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)																	
												30.0	21.5		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 Middle 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			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
												16.8	19.2	No linear change	Not available [§]	No change	
QN43: 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 playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
												29.9	42.5	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 Middle 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

QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma

22.9 16.5 No linear change Not available[§] No change

QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)

66.6 62.8 No linear change Not available No change

QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

79.1 74.1 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 Middle 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			
QN50: Percentage of students who rode with someone who texted, called, 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)																	
												55.6	48.1		No linear change	Not available [§]	No change
QN51: Percentage of students who electronically bullied someone (counting bullying through texting, Instagram, Facebook, or other social media, during the 12 months before the survey)																	
												7.7	5.0		No linear change	Not available	No change
QN57: Percentage of students who currently used a waterpipe to smoke tobacco (also called a hookah, shisha, or narghile, on at least 1 day during the 30 days before the survey)																	
												2.1	0.4		No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Hispanic
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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			
QN58: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)																	
												11.9	12.5		No linear change	Not available [§]	No change
QN59: Percentage of students who ever used marijuana (one or more times during their life)																	
												4.0	4.0		No linear change	Not available	No change
QN60: Percentage of students who have ever used heroin (also called "smack," "junk," or "China White")																	
												2.9	0.0		Not available	Not available	Not available
QN61: Percentage of students who have ever taken an over-the-counter drug to get high																	
												2.5	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.

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Hispanic
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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			
QN62: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																	
												4.9	5.3	No linear change	Not available [§]	No change	
QN63: Percentage of students who did not eat fruit (not counting fruit juice, one or more times during the 7 days before the survey)																	
												9.5	8.3	No linear change	Not available	No change	
QN64: Percentage of students who did not eat vegetables (one or more times during the 7 days before the survey)																	
												15.7	12.1	No linear change	Not available	No change	
QN65: Percentage of students who ate dinner at home with at least one of their parents or guardians on four or more days (during the 7 days before the survey)																	
												80.9	85.3	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.

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Trend Analysis Report

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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			
QN67: 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)																	
												6.1	3.3		No linear change	Not available [§]	No change
QN68: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																	
												3.5	1.2		No linear change	Not available	Decreased
QN69: Percentage of students who strongly agree or agree that they feel good about themselves																	
												69.9	66.6		No linear change	Not available	No change
QN70: Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious)																	
												31.2	27.5		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.

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Trend Analysis Report

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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				
QN71: Percentage of students who have at least one adult that they can talk to if they have a problem																		
														75.4	71.2	No linear change	Not available [§]	No change
QN72: Percentage of students who have talked about alcohol, tobacco, or other drugs with their parents or other adults in their family (during the 12 months before the survey)																		
														35.6	27.2	Decreased, 2017-2019	Not available	Decreased
QN73: Percentage of students who most of the time or always feel safe and secure at school																		
														75.0	75.2	No linear change	Not available	No change
QN74: Percentage of students who most of the time or always feel safe and secure in their neighborhood																		
														75.0	76.2	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.