# West Virginia Middle School Survey 10-year Trend Analysis Report

Total Injury and Violence

nd Violence	Healt	h Risk Behavio	r and Percentag	ges	Linear Change*	Quadratic Change <sup>*</sup>	Change from 2015-2017 $^{\dagger}$	
2007	2009	2011	2013	2015	2017	•		
QN6: Percent who had ridde		who rarely or ne	ver wore a bicyc	le helmet (amor	g students			
73.7	77.8	74.4	70.9	73.2	68.1	Decreased, 2007-2017	No quadratic change	Decreased
		who rarely or ne s who used rolle			ading or			
81.5	83.8	81.0	77.6	74.9	80.0	Decreased, 2007-2017	No quadratic change	No change
QN8: Percent	age of students	who rarely or ne	ver wore a seat b	elt (when riding	g in a car)			
11.9	11.4	11.5	10.0	6.9	4.7	Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	Decreased
QN9: Percent a car)	age of students	who ever rode w	ith a driver who	had been drinki	ng alcohol (in			
32.6	30.8	26.2	23.1	21.4	14.7	Decreased, 2007-2017	Decreased, 2007-2013 Decreased, 2013-2017	Decreased

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

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

**Total Injury and Violence** 

	Healt	h Risk Behavio	r and Percentag	ges	Linear Change*	Quadratic Change*	Change from 2015-2017 <sup>†</sup>	
2007	2009	2011	2013	2015	2017	-		
QN10: Percei	ntage of students	who ever carrie	ed a weapon (suc	h as a gun, knife	e, or club)			
43.8	41.5	39.7	40.6	46.1	40.4	No linear change	No quadratic change	No change
QN11: Percei	ntage of students	who were ever	in a physical fig	ht				
57.0	57.4	55.0	50.4	46.4	42.3	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change
QN12: Percei	ntage of students	who were ever	bullied on school	l property				
	46.6	47.8	52.1	52.4	45.4	No linear change	Not available§	Decreased
	ntage of students g, Instagram, Fa		electronically bu social media)	ıllied (counting	being bullied			
		24.9	27.3	28.8	27.0	No linear change	Not available	No change
QN14: Percei	ntage of students	who ever seriou	usly thought abo	ut killing themse	elves			
17.6	19.9	20.1	19.7	21.1	20.7	No linear change	No quadratic change	No change

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

# West Virginia Middle School Survey 10-year Trend Analysis Report

**Total Injury and Violence Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2015-2017 <sup>†</sup> 2007 2009 2011 2013 2015 2017 QN15: Percentage of students who ever made a plan about how they would kill themselves 12.6 12.9 12.2 14.2 15.5 13.9 No linear change No quadratic change No change QN16: Percentage of students who ever tried to kill themselves

8.8

No linear change

No quadratic change

No change

6.9

6.7

7.3

7.2

7.7

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

## West Virginia Middle School Survey 10-year Trend Analysis Report

Total Tobacco Use

	Healt	h Risk Behavio	r and Percentag	ees	Linear Change*	Quadratic Change*	Change from 2015-2017 $^{\dagger}$	
2007	2009	2011	2013	2015	2017	-		
QN17: Perce	ntage of students	who ever tried	cigarette smokin	g (even one or tv	wo puffs)			
34.8	32.1	28.9	24.5	20.4	14.6	Decreased, 2007-2017	Decreased, 2007-2013 Decreased, 2013-2017	Decreased
QN19: Perce 30 days befor	ntage of students e the survey)	who currently s	moked cigarette	s (on at least 1 d	ay during the			
11.7	11.3	9.0	6.9	5.5	3.5	Decreased, 2007-2017	No quadratic change	Decreased
	Percentage of sturing the 30 days			rettes frequently	(on 20 or			
3.9	3.2	2.5	1.8	1.7	0.8	Decreased, 2007-2017	No quadratic change	No change
	: Percentage of s days before the s		rently smoked ci	garettes daily (o	n all 30 days			
during the 30								

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

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

**Total** Tobaco

	Healt	th Risk Behavio	r and Percenta	ges	Linear Change*	Quadratic Change*	Change from 2015-2017 †	
2007	2009	2011	2013	2015	2017			
e-cigarettes, e	e-cigars, e-pipes,	s who ever used a vape pipes, vapi Logic, Vapin Plus	ng pens, e-hook	por product (incluants, and hookah	uding pens [such as			
		-		24.9	18.5	Decreased, 2015-2017	Not available§	Decreased
					10.5	Decreased, 2013 2017	Tiot available	Booroused
e-cigarettes, e olu, NJOY, V	e-cigars, e-pipes,	vape pipes, vapi	ng pens, e-hook	ic vapor product (ahs, and hookah o], on at least 1 da	(including pens [such as	Decreased, 2010-2017	Tota vallable	2000000
e-cigarettes, e blu, NJOY, V	e-cigars, e-pipes, /use, MarkTen, I	vape pipes, vapi	ng pens, e-hook	ic vapor product (	(including pens [such as	Decreased, 2015-2017	Not available	Decreased
e-cigarettes, eblu, NJOY, V 30 days befor QN25: Perce	e-cigars, e-pipes, /use, MarkTen, I re the survey) entage of student	vape pipes, vapi Logic, Vapin Plus	ng pens, e-hook s, eGo, and Halo moked cigars (c	ic vapor product ( ahs, and hookah o], on at least 1 da	(including pens [such as ay during the			

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

# West Virginia Middle School Survey 10-year Trend Analysis Report

Total Alcohol and Other Drug Use

	Healt	h Risk Behavio	r and Percentag	Linear Change*	Quadratic Change*	Change from 2015-2017 †		
2007	2009	2011	2013	2015	2017	-		
QN26: Perce	ntage of students	s who ever drank	alcohol (other t	han a few sips)				
39.9	36.9	36.1	29.6	25.7	23.4	Decreased, 2007-2017	No quadratic change	No change
QN27: Perce		s who drank alco	shol for the first	time before age	11 years			
16.5	16.0	16.2	12.7	10.6	9.5	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change
QN28: Perce	ntage of students	who ever used	marijuana					
11.5	12.0	11.7	12.2	10.2	8.3	Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	No change
QN29: Perce	ntage of students	who tried marij	juana for the firs	t time before age	e 11 years			
2.9	3.6	3.1	3.1	3.4	2.3	No linear change	No quadratic change	No change
	ntage of students x, or freebase)	s who ever used	cocaine (any for	m of cocaine, inc	cluding			
poder, erder.			2.8	2.7	2.2	Decreased, 2007-2017	No quadratic change	No change

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

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

Total Alcohol and Other Drug Use

	Healt	h Risk Behavioi	and Percentag	ges	Linear Change*	Quadratic Change*	Change from 2015-2017 <sup>†</sup>	
2007	2009	2011	2013	2015	2017			
	ntage of students			d glue, breathed	the contents			
oi spiay cans,								

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

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

**Total Weight Management and Dietary Behaviors** 

	Healt	h Risk Behavio	r and Percentag	ges	Linear Change*	Quadratic Change*	Change from 2015-2017 †	
2007	2009	2011	2013	2015	2017	-		
QN38: Percei	ntage of students	who described	themselves as sli	ightly or very ov	erweight			
27.6	26.4	28.9	27.4	25.5	28.1	No linear change	No quadratic change	No change
QN39: Percei	ntage of students	who were tryin	g to lose weight					
51.3	47.6	48.1	50.6	45.1	47.2	No linear change	No quadratic change	No change
QN40: Percei survey)	ntage of students	who did not eat	breakfast (durin	ng the 7 days bef	Fore the			
			11.3	9.4	9.0	Decreased, 2013-2017	Not available§	No change
QNBK7DAY: before the sur		students who ate	breakfast on all	7 days (during	the 7 days			
			42.9	48.6	48.8	Increased, 2013-2017	Not available	No change

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

### **West Virginia Middle School Survey** 10-year Trend Analysis Report

64.4

Increased, 2007-2017

No linear change

ysical Activity	Healt	th Risk Behavio	r and Percenta	ges		Linear Change*	Quadratic (
2007	2009	2011	2013	2015	2017		

64.0

8.6

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) 8.4 10.4 10.5 7.0 9.9

56.2

**Total** 

65.1

57.6

QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day
on all 7 days (in any kind of physical activity that increased their heart rate and made them

		during the 7 day			made them		
45.0	37.0	35.5	38.6	42.7	43.8	No linear change	Decreased, 2007-2011 Increased, 2011-2017

67.8

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

34.6 35.1 33.7 34.8 28.4 26.2 Decreased, 2007-2017 No change, 2007-2013 No change Decreased, 2013-2017

Change from 2015-2017 <sup>†</sup>

No change

No change

No change

Decreased, 2007-2011

Increased, 2011-2017

No quadratic change

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

# West Virginia Middle School Survey 10-year Trend Analysis Report

	Healt	h Risk Behavio	r and Percentag	ges		Linear Change*	Quadratic Change*	Change from 2015-2017 †
2007	2009	2011	2013	2015	2017			
more hours pother tablet, a	entage of students er day (counting a smartphone, tex g that was not sch	time spent on th ting, YouTube,	ings such as Xbo Instagram, Facel	ox, PlayStation, a book, or other so	an iPad or			
25.9	28.0	32.3	43.1	46.6	47.8	Increased, 2007-2017	No quadratic change	No change
QN44: Perce	entage of students	who attended p		n (PE) classes or	n 1 or more			
	rerage week whe						37 1 2 1	NT 1
	74.0	71.3	73.8	73.1	71.3	No linear change	No quadratic change	No change
days (in an av 72.4 QNDLYPE:	C	idents who atten	ded physical edu			No linear change	No quadratic change	No change

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

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

**Total** Other

	Healt	h Risk Behavio	r and Percentag	ges	Linear Change*	Quadratic Change*	Change from 2015-2017 †	
2007	2009	2011	2013	2015	2017	-		
QN47: Percer	ntage of students	who had ever b	een told by a do	ctor or nurse tha	t they had			
20.8	21.2	22.9	21.1	20.7	19.9	No linear change	No quadratic change	No change
QN48: Percer	ntage of students	who got 8 or m	ore hours of slee	p (on an average	e school			
				47.1	51.0	No linear change	Not available <sup>§</sup>	No change
	ntage of students months before t		their grades in so	chool as mostly	A's or B's			
				71.8	79.3	Increased, 2015-2017	Not available	Increased

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

# West Virginia Middle School Survey 10-year Trend Analysis Report

Male Injury and Violence

	Healt	h Risk Behavio	r and Percentag	ges		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2015-2017 †
2007	2009	2011	2013	2015	2017	-		
QN6: Percent who had ridde	tage of students ven a bicycle)	who rarely or ne	ver wore a bicyc	ele helmet (amor	ng students			
78.3	80.4	76.0	74.6	73.9	71.5	Decreased, 2007-2017	No quadratic change	No change
	tage of students v				ading or			
82.6	84.8	81.4	79.1	74.8	80.2	No linear change	No quadratic change	No change
	84.8 tage of students v					No linear change	No quadratic change	No change
						No linear change  Decreased, 2007-2017	No quadratic change  No change, 2007-2011  Decreased, 2011-2017	No change  No change
QN8: Percent	tage of students v	who rarely or ne	ver wore a seat t	pelt (when riding 8.2	g in a car) 5.5		No change, 2007-2011	
QN8: Percent 13.9 QN9: Percent	tage of students v	who rarely or ne	ver wore a seat t	pelt (when riding 8.2	g in a car) 5.5		No change, 2007-2011	
QN8: Percent 13.9 QN9: Percent a car) 33.3	tage of students v 13.5 tage of students v	who rarely or ne 13.5 who ever rode w 26.6	ver wore a seat to 10.9 ith a driver who 21.7	belt (when riding 8.2 had been drinki 22.1	g in a car) 5.5  ng alcohol (in 14.8	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change

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

## **West Virginia Middle School Survey 10-year Trend Analysis Report**

Male **Injury and Violence** 

	Healt	h Risk Behavio	r and Percentag	ges		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2015-2017 <sup>†</sup>
2007	2009	2011	2013	2015	2017			
QN11: Perce	entage of students	s who were ever	in a physical fig	ht				
69.9	70.0	69.5	63.9	57.4	55.0	Decreased, 2007-2017	No quadratic change	No change
QN12: Perce	entage of students	s who were ever	bullied on school	ol property				
	45.9	46.5	49.4	44.4	39.5	Decreased, 2009-2017	Not available§	No change
								_
	entage of students			allied (counting	being bullied			
				ullied (counting)	being bullied	No linear change	Not available	No change
through textir		cebook, or other	r social media) 16.4	17.3	18.5	No linear change	Not available	No change
through textir	ng, İnstagram, Fa	cebook, or other	r social media) 16.4	17.3	18.5	No linear change  No linear change	Not available  No quadratic change	No change  No change
QN14: Perce	ng, İnstagram, Fa	16.3 s who ever seriou 16.8	16.4 usly thought abo	17.3 ut killing themse 14.9	18.5 elves 15.0			

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

# West Virginia Middle School Survey 10-year Trend Analysis Report

ale jury and	l Violence	Healt	th Risk Behavio	r and Percenta	ges	Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2015-2017 †	
_	2007	2009	2011	2013	2015	2017			
	QN16: Percer	ntage of students	s who ever tried	to kill themselve	es				
	4.9	5.8	6.3	4.7	3.7	6.7	No linear change	No quadratic change	Increased

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

## West Virginia Middle School Survey 10-year Trend Analysis Report

Male Tobacco Use

	Healt	h Risk Behavio	r and Percentag	Linear Change*	Quadratic Change*	Change from 2015-2017 $^{\dagger}$		
2007	2009	2011	2013	2015	2017			
QN17: Perce	ntage of students	who ever tried	cigarette smokin	g (even one or tv	wo puffs)			
34.1	32.1	29.4	24.3	19.8	16.5	Decreased, 2007-2017	No quadratic change	No change
QN19: Perce 30 days befor	entage of students re the survey)	who currently s	moked cigarette	s (on at least 1 d	ay during the			
11.4	10.5	8.0	6.8	5.3	4.1	Decreased, 2007-2017	No quadratic change	No change
	Percentage of sturing the 30 days			rettes frequently	(on 20 or			
4.0	3.0	2.6	1.9	1.2	0.9	Decreased, 2007-2017	No quadratic change	No change
4.3								
QNDAYCIG	: Percentage of s days before the		rently smoked ci	garettes daily (o	n all 30 days			

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

## West Virginia Middle School Survey 10-year Trend Analysis Report

Tobacco Use **Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2015-2017 <sup>†</sup> 2007 2009 2011 2013 2015 2017 QN21: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo]) 25.1 21.8 No linear change Not available§ No change QN22: Percentage of students who currently used an electronic vapor product (including

11.8 6.4 Decreased, 2015-2017 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) 8.8 6.2 5.1 7.8 4.6 3.9 Decreased, 2007-2017 No quadratic change No change

e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the

Male

30 days before the survey)

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

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

Not enough years of data to calculate.

## West Virginia Middle School Survey 10-year Trend Analysis Report

Male Alcohol and Other Drug Use

	Healt	h Risk Behavio	r and Percentag	ges		Linear Change*	Quadratic Change*	Change from 2015-2017 †
2007	2009	2011	2013	2015	2017	-		
QN26: Perce	ntage of students	who ever drank	alcohol (other t	han a few sips)				
43.4	39.2	36.9	30.5	28.9	24.6	Decreased, 2007-2017	No quadratic change	No change
QN27: Perce (other than a		who drank alco	bhol for the first	time before age	11 years			
19.8	17.6	19.7	15.0	13.2	10.9	Decreased, 2007-2017	No quadratic change	No change
QN28: Perce	ntage of students	who ever used	marijuana					
11.1	12.5	12.7	12.1	11.4	10.0	No linear change	No quadratic change	No change
QN29: Perce	ntage of students	who tried marij	juana for the firs	t time before age	e 11 years			
2.6	3.6	4.5	3.3	4.0	2.6	No linear change	Increased, 2007-2011 No change, 2011-2017	No change
		who ever used	cocaine (any for	m of cocaine, inc	cluding			
QN30: Perce powder, crack	t, or freebase)							

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

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

Male **Alcohol and Other Drug Use** 

	Healt	h Risk Behavioi	and Percentag	ges		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2015-2017 <sup>†</sup>
2007	2009	2011	2013	2015	2017			
	ntage of students , or inhaled any p			d glue, breathed	the contents			
or spray cans.	, or minated any p	12.2	9.7	6.5	6.5	Decreased, 2011-2017	Not available§	No change

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

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

Male Weight Ma

	Healt	h Risk Behavio	r and Percentag	ges		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2015-2017 <sup>†</sup>
2007	2009	2011	2013	2015	2017			
QN38: Percei	ntage of students	who described	themselves as sli	ghtly or very ov	erweight			
25.8	25.4	26.6	24.4	23.0	25.9	No linear change	No quadratic change	No change
QN39: Percei	ntage of students	who were tryin	g to lose weight					
40.1	38.1	40.1	41.5	35.6	40.3	No linear change	No quadratic change	No change
QN40: Percei	ntage of students	who did not eat	breakfast (durir	g the 7 days bef	ore the			
			9.4	9.0	7.4	No linear change	Not available§	No change
QNBK7DAY:	Percentage of sevey)	students who ate	breakfast on all	7 days (during t	the 7 days			
			49.3	55.5	53.8	No linear change	Not available	No change

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

# West Virginia Middle School Survey 10-year Trend Analysis Report

Male Physical Activity

Activity	Healt	h Risk Behavio	r and Percentag	res	Linear Change*	Quadratic Change*	Change from 2015-2017 †	
2007	2009	2011	2013	2015	2017			
or more days	(in any kind of p	hysical activity t	ically active at le hat increased the s before the surv	eir heart rate and	per day on 5 I made them			
68.7	63.0	63.3	67.7	70.8	68.5	No linear change	No quadratic change	No change
physical activ	ity on at least 1 o	day (in any kind	not participate in of physical activities during the 7	ity that increase	d their heart			
9.9	9.3	9.7	9.2	8.0	10.3	No linear change	No quadratic change	No change
on all 7 days (	in any kind of pl	hysical activity t	re physically acti hat increased the s before the surv	ir heart rate and	inutes per day made them			
50.7	44.4	43.4	45.9	47.5	50.1	No linear change	Decreased, 2007-2011 Increased, 2011-2017	No change
QN42: Perceraverage school		who watched te	elevision 3 or mo	re hours per day	(on an			
36.5	37.0	34.0	34.2	26.8	23.5	Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	No change

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

## West Virginia Middle School Survey 10-year Trend Analysis Report

Male **Physical Activity Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2015-2017 2007 2009 2011 2013 2015 2017 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 Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day) 29.5 31.2 34.9 43.0 46.5 47.1 Increased, 2007-2017 No quadratic change No change QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school) 70.9 75.1 73.5 73.2 73.6 70.8 No linear change No quadratic change No change ONDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school) 49.7 47.8 49.2 57.9 48.8 52.6 No linear change No quadratic change No change QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey) 63.9 64.7 64.4 59.9 65.7 60.7 No linear change No quadratic change No change

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

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

Male Other

	Healt	h Risk Behavio	r and Percentag	ges		Linear Change*	Quadratic Change*	Change from 2015-2017 $^{\dagger}$
2007	2009	2011	2013	2015	2017	-		
QN47: Percer	ntage of students	who had ever b	een told by a do	ctor or nurse tha	t they had			
22.9	22.1	22.6	21.3	19.8	20.5	No linear change	No quadratic change	No change
QN48: Percer	ntage of students	who got 8 or m	ore hours of slee	p (on an average	e school			
				52.3	55.0	No linear change	Not available§	No change
	ntage of students months before t		their grades in so	chool as mostly	A's or B's			
				67.8	75.8	Increased, 2015-2017	Not available	Increased

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

# West Virginia Middle School Survey 10-year Trend Analysis Report

Female Injury and Violence

	Healt	h Risk Behavio	r and Percentag	jes		Linear Change*	Quadratic Change*	Change from 2015-2017 $^\dagger$
2007	2009	2011	2013	2015	2017			
QN6: Percent who had ridde	age of students v	who rarely or ne	ver wore a bicyc	le helmet (amon	ig students			
68.5	74.7	72.6	66.9	72.1	64.6	No linear change	No change, 2007-2011 Decreased, 2011-2017	Decreased
	age of students v				ading or			
80.1	82.5	80.6	76.1	75.8	79.9	No linear change	No quadratic change	No change
QN8: Percen	age of students v	who rarely or ne	ver wore a seat b	elt (when riding	g in a car)			
	0.0		0.0	<i>5</i> 2	2.0			
9.7	8.9	9.4	9.0	5.2	3.8	Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	No change
QN9: Percen	age of students v					Decreased, 2007-2017		No change
						Decreased, 2007-2017  Decreased, 2007-2017		No change  Decreased
QN9: Percent a car) 31.8	age of students v	who ever rode w	ith a driver who	had been drinkii 20.1	ng alcohol (in		Decreased, 2013-2017  Decreased, 2007-2013	

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

## **West Virginia Middle School Survey 10-year Trend Analysis Report**

**Female Injury and Violence** 

	Healt	h Risk Behavio	r and Percentag	res		Linear Change*	Quadratic Change*	Change from 2015-2017 †
2007	2009	2011	2013	2015	2017			
QN11: Perce	ntage of students	who were ever	in a physical fig	nt				
43.3	44.2	39.9	36.4	34.5	28.8	Decreased, 2007-2017	No quadratic change	No change
QN12: Perce	ntage of students	who were ever	bullied on school	l property				
	47.3	49.1	54.9	60.9	51.5	Increased, 2009-2017	Not available§	Decreased
	ntage of students ag, Instagram, Fa			llied (counting l	being bullied			
unough textil		eeccon, or ourer						
unough texti		33.9	38.7	41.0	36.2	No linear change	Not available	No change
	ntage of students	33.9				No linear change	Not available	No change
	ntage of students	33.9				No linear change  No linear change	Not available  No quadratic change	No change
QN14: Perce 23.3	_	33.9 s who ever seriou 23.6	usly thought about 26.5	ut killing themse 27.9	elves 26.4			

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

## West Virginia Middle School Survey 10-year Trend Analysis Report

nale ury and Violence	Healt	th Risk Behavio	or and Percenta	Linear Change*	Quadratic Change*	Change from 2015-2017 <sup>†</sup>		
2007	2009	2011	2013	2015	2017			
QN16: Percer	ntage of student	s who ever tried	to kill themselve					
10.7	8.1	7.2	10.0	10.9	10.7	No linear change	No quadratic change	No change

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

# West Virginia Middle School Survey 10-year Trend Analysis Report

Female Tobacco Use

Use	Healt	h Risk Behavio	and Percentag	ees		Linear Change*	Quadratic Change*	Change from 2015-2017 †
2007	2009	2011	2013	2015	2017	-		
QN17: Percei	ntage of students	s who ever tried o	cigarette smokin	g (even one or tv	wo puffs)			
35.6	32.0	28.5	24.6	21.1	12.3	Decreased, 2007-2017	Decreased, 2007-2013 Decreased, 2013-2017	Decreased
QN19: Percer 30 days before		s who currently s	moked cigarette	s (on at least 1 d	ay during the			
12.0	12.1	9.9	7.1	5.6	2.6	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	Decreased
		dents who currer before the surve		rettes frequently	(on 20 or			
3.5	3.3	2.4	1.6	2.1	0.5	Decreased, 2007-2017	No quadratic change	Decreased
	Percentage of s days before the	students who cur survey)	rently smoked ci	garettes daily (o	n all 30 days			
1.8	2.1	2.1	1.0	1.8	0.4	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	Decreased

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

# West Virginia Middle School Survey 10-year Trend Analysis Report

2007 2009 2011 2013 2015 2017

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)

5.7 4.6 4.5 3.5 3.5 1.9 Decreased, 2007-2017 No quadratic change No change

5.2

Decreased, 2015-2017

Not available

Decreased

10.4

QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the

**Female** 

30 days before the survey)

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

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

Not enough years of data to calculate.

# West Virginia Middle School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use

	Healt	h Risk Behavio	r and Percentag	ges		Linear Change*	Quadratic Change*	Change from 2015-2017 <sup>†</sup>
2007	2009	2011	2013	2015	2017	-		
QN26: Perce	ntage of students	s who ever drank	alcohol (other t	han a few sips)				
36.3	34.5	35.4	28.7	22.4	21.9	Decreased, 2007-2017	No quadratic change	No change
QN27: Perce (other than a f		s who drank alco	bhol for the first	time before age	11 years			
13.0	13.9	12.3	10.4	7.8	7.5	Decreased, 2007-2017	No quadratic change	No change
QN28: Perce	ntage of students	s who ever used	marijuana					
12.0	11.3	10.7	12.4	8.7	6.2	Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	Decreased
QN29: Perce	ntage of students	s who tried marij	juana for the firs	t time before age	11 years			
3.2	3.5	1.6	2.8	2.7	1.9	No linear change	No quadratic change	No change
QN30: Perce powder, crack		s who ever used	cocaine (any for	m of cocaine, inc	cluding			
	5.5	3.6	3.0	2.6	2.1	Decreased, 2007-2017	No quadratic change	No change

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

## West Virginia Middle School Survey 10-year Trend Analysis Report

**Female** Alcohol and Other Drug Use Linear Change\* Change from **Health Risk Behavior and Percentages** Quadratic Change\* 2015-2017 <sup>†</sup> 2007 2009 2011 2015 2013 2017 QN31: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high) 13.4 7.3 Not available§ 10.5 6.6 Decreased, 2011-2017 No change QN32: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)

1.2

No linear change

Not available

No change

1.8

2.1

1.8

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

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

Not enough years of data to calculate.

## West Virginia Middle School Survey 10-year Trend Analysis Report

**Female Weight Management and Dietary Behaviors Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2015-2017 <sup>†</sup> 2007 2009 2011 2013 2015 2017 QN38: Percentage of students who described themselves as slightly or very overweight 29.5 27.5 31.4 30.6 27.8 30.5 No linear change No quadratic change No change QN39: Percentage of students who were trying to lose weight 63.1 57.6 56.5 60.2 55.5 54.6 Decreased, 2007-2017 No quadratic change No change QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey) 13.3 9.7 10.5 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) Increased, 2013-2017 36.3 41.0 43.6 Not available No change

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

 $<sup>^{\</sup>dagger}$ Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

### **West Virginia Middle School Survey** 10-year Trend Analysis Report

**Physical Activity Health Risk Behavior and Percentages** Linear Change\* Quadratic Change\* Change from 2015-2017 <sup>†</sup> 2007 2009 2011 2013 2015 2017 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) 61.4 52.1 60.1 48.8 65.0 60.3 Increased, 2007-2017 Decreased, 2007-2011 No change Increased, 2011-2017

11.6	11.2	8.0	5.8	9.5	No linear change	No quadratic change	Increased
in any kind of pl	hysical activity th	hat increased the	ir heart rate and				
29.3	27.3	31.1	37.7	37.2	No linear change	Decreased, 2007-2011 Increased, 2011-2017	No change
ntage of students l day)	who watched te	levision 3 or mo	re hours per day	(on an			
33.1	33.5	35.5	30.1	29.1	No linear change	No change, 2007-2013 Decreased, 2013-2017	No change
	Percentage of sin any kind of plome of the time 29.3  ntage of students 1 day)	Percentage of students who wer in any kind of physical activity thome of the time during the 7 day 29.3 27.3 tage of students who watched tell day)	Percentage of students who were physically action any kind of physical activity that increased the ome of the time during the 7 days before the survey 29.3 27.3 31.1 attage of students who watched television 3 or moll day)	Percentage of students who were physically active at least 60 m in any kind of physical activity that increased their heart rate and ome of the time during the 7 days before the survey)  29.3 27.3 31.1 37.7  Intage of students who watched television 3 or more hours per day 1 day)	Percentage of students who were physically active at least 60 minutes per day in any kind of physical activity that increased their heart rate and made them ome of the time during the 7 days before the survey)  29.3 27.3 31.1 37.7 37.2  Intage of students who watched television 3 or more hours per day (on an I day)	Percentage of students who were physically active at least 60 minutes per day in any kind of physical activity that increased their heart rate and made them ome of the time during the 7 days before the survey)  29.3 27.3 31.1 37.7 37.2 No linear change intage of students who watched television 3 or more hours per day (on an I day)	Percentage of students who were physically active at least 60 minutes per day in any kind of physical activity that increased their heart rate and made them ome of the time during the 7 days before the survey)  29.3 27.3 31.1 37.7 37.2 No linear change Decreased, 2007-2011 Increased, 2011-2017  Intage of students who watched television 3 or more hours per day (on an 1 day)  33.1 33.5 35.5 30.1 29.1 No linear change No change, 2007-2013

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)

**Female** 

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

## West Virginia Middle School Survey 10-year Trend Analysis Report

**Female Physical Activity Health Risk Behavior and Percentages** Linear Change\* **Quadratic Change**\* Change from 2015-2017 2007 2009 2011 2013 2015 2017 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 Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day) 22.2 24.7 29.6 43.1 47.0 48.6 Increased, 2007-2017 No quadratic change No change QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school) 74.1 73.0 69.0 74.3 72.3 72.2 No linear change No quadratic change No change ONDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school) 49.4 54.0 47.7 55.6 44.6 54.1 No linear change No quadratic change No change QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey) 62.5 60.4 58.9 64.2 64.9 60.6 No linear change No quadratic change No change

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

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

**Female** Other

	Healt	h Risk Behavio	r and Percenta	ges		Linear Change*	Quadratic Change*	Change from 2015-2017 $^{\dagger}$
2007	2009	2011	2013	2015	2017	-		
QN47: Percer asthma	tage of students	who had ever b	een told by a do	ctor or nurse tha	t they had			
18.5	20.3	23.2	20.9	21.8	19.1	No linear change	Increased, 2007-2011 No change, 2011-2017	No change
QN48: Percer	tage of students	who got 8 or m	ore hours of slee	ep (on an average	e school			
				41.8	46.7	No linear change	Not available§	No change
	ntage of students months before t		their grades in se	chool as mostly	A's or B's			
				76.3	83.3	Increased, 2015-2017	Not available	Increased

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

## **West Virginia Middle School Survey 10-year Trend Analysis Report**

White\* **Injury and Violence** 

	Healt	h Risk Behavio	r and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2015-2017 §
2007	2009	2011	2013	2015	2017			
QN6: Percent who had ridde	tage of students ven a bicycle)	who rarely or ne	ver wore a bicyc	ele helmet (amon	g students			
72.9	76.8	74.2	70.4	73.2	68.2	Decreased, 2007-2017	No quadratic change	No change
	tage of students v		rblades or rode a		iding or			
81.4	83.8	81.5	77.4	74.0	80.1	Decreased, 2007-2017	No quadratic change	No change
81.4	_	81.5	77.4	74.0		Decreased, 2007-2017  Decreased, 2007-2017	No quadratic change  No change, 2007-2011  Decreased, 2011-2017	No change
81.4 QN8: Percent 10.8	83.8 tage of students v	81.5 who rarely or ne 11.4	77.4 ver wore a seat b 9.5	74.0 belt (when riding 5.9	g in a car) 4.2		No change, 2007-2011	
81.4  QN8: Percent 10.8  QN9: Percent	83.8 tage of students v	81.5 who rarely or ne 11.4	77.4 ver wore a seat b 9.5	74.0 belt (when riding 5.9	g in a car) 4.2		No change, 2007-2011	
81.4  QN8: Percent 10.8  QN9: Percent a car) 31.8	tage of students v 10.3	who rarely or ne 11.4 who ever rode w 26.8	ver wore a seat by 9.5 with a driver who 23.5	74.0  Delt (when riding 5.9  had been drinking 21.1	g in a car) 4.2  Ing alcohol (in 15.0	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change

<sup>\*</sup>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.

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

White\* Injury and Violence

	Healt	h Risk Behavio	r and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2015-2017 §
2007	2009	2011	2013	2015	2017			
QN11: Perce	ntage of students	who were ever	in a physical fig	ht				
55.3	56.6	53.6	49.8	45.1	42.1	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change
QN12: Perce	ntage of students	who were ever	bullied on school	ol property				
	47.4	48.3	53.2	53.1	45.8	No linear change	Not available¶	Decreased
	ntage of students			ıllied (counting	being bullied			
		25.3	28.3	30.1	27.7	No linear change	Not available	No change
QN14: Perce	ntage of students	who ever serio	usly thought abo	ut killing themse	elves			
16.9	19.4	20.5	20.2	21.0	20.0	No linear change	No quadratic change	No change
ON15: Perce	ntage of students	who ever made	a plan about ho	w they would ki	ll themselves			
QIVID. I CICC			15.0	15.7	13.2	No linear change	No quadratic change	No change

<sup>\*</sup>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.

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

Vhite* njury and Violence	Healt	th Risk Behavio	or and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2015-2017 §
2007	2009	2011	2013	2015	2017	•		
QN16: Perce	ntage of student	s who ever tried	to kill themselve	es				
7.1	6.6	6.8	7.4	7.2	8.3	No linear change	No quadratic change	No change

<sup>\*</sup>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.

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

White\* Tobac

	Healt	h Risk Behavio	r and Percentag	es		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2015-2017 §
2007	2009	2011	2013	2015	2017	•		
QN17: Perce	ntage of students	who ever tried	cigarette smokin	g (even one or tv	wo puffs)			
34.4	31.4	29.4	24.5	20.4	14.7	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	Decreased
QN19: Perce 30 days befor	ntage of students e the survey)	who currently s	moked cigarette	s (on at least 1 d	ay during the			
11.9	11.0	9.2	7.1	5.4	3.6	Decreased, 2007-2017	No quadratic change	Decreased
	Percentage of sturing the 30 days			rettes frequently	(on 20 or			
4.0	3.1	2.6	1.6	1.7	0.7	Decreased, 2007-2017	No quadratic change	No change
ONDAVCIG	Percentage of s		rently smoked ci	garettes daily (o	n all 30 days			
during the 30	days before the s							

<sup>\*</sup>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.

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

White\* Tobac

	Healt	h Risk Behavio	r and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2015-2017 §
2007	2009	2011	2013	2015	2017			
e-cigarettes, e		vape pipes, vapi	ing pens, e-hook	por product (incluants, and hookah				
				24.6	17.9	Decreased, 2015-2017	Not available¶	Decreased
e-cigarettes, e blu, NJOY, V	-cigars, e-pipes, use, MarkTen, I	vape pipes, vapi	ing pens, e-hook	c vapor product (ahs, and hookah), on at least 1 da	(including pens [such as	Decreased, 2015-2017	Not available <sup>¶</sup>	Decreased
e-cigarettes, e	-cigars, e-pipes, use, MarkTen, I	vape pipes, vapi	ing pens, e-hook	c vapor product (	(including pens [such as	Decreased, 2015-2017  Decreased, 2015-2017	Not available¶	Decreased
e-cigarettes, e blu, NJOY, V 30 days befor QN25: Perce	e-cigars, e-pipes, fuse, MarkTen, I e the survey)	vape pipes, vapi Logic, Vapin Plu s who currently s	ing pens, e-hook s, eGo, and Halo smoked cigars (c	c vapor product ( ahs, and hookah ], on at least 1 da	(including pens [such as ay during the			

<sup>\*</sup>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.

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

White\* **Alcohol and Other Drug Use** 

	Healt	h Risk Behavio	r and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2015-2017 §
2007	2009	2011	2013	2015	2017	-		
QN26: Perce	ntage of students	s who ever drank	alcohol (other t	han a few sips)				
39.1	36.3	36.8	30.0	26.0	23.2	Decreased, 2007-2017	No quadratic change	No change
QN27: Perce (other than a f		s who drank alco	bhol for the first	time before age	11 years			
15.8	15.4	16.3	12.9	10.3	9.0	Decreased, 2007-2017	No change, 2007-2011 Decreased, 2011-2017	No change
QN28: Perce	ntage of students	who ever used	marijuana					
11.0	11.1	12.0	11.9	9.4	7.7	Decreased, 2007-2017	No change, 2007-2013 Decreased, 2013-2017	No change
QN29: Perce	ntage of students	who tried marij	juana for the firs	t time before age	e 11 years			
2.4	3.1	3.0	3.0	3.1	1.8	No linear change	No change, 2007-2013 No change, 2013-2017	No change
		s who ever used	cocaine (any for	m of cocaine, in	cluding			
QN30: Perce powder, crack	i, or freebase)							

<sup>\*</sup>Non-Hispanic.  $^{\dagger}$ Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  $^{\$}$ Based on t-test analysis, p < 0.05.

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

	Healt	h Risk Behavio	r and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2015-2017 §
2007	2009	2011	2013	2015	2017	-		
ON31: Perce	ntage of students	s who ever used i	inhalants (sniffe	d glue, breathed	the contents			
		oaints or sprays t						

<sup>\*</sup>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.

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

	Healt	h Risk Behavio	r and Percentag	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2015-2017 §		
2007	2009	2011	2013	2015	2017	-		
QN38: Perce	ntage of students	s who described	themselves as sl	ightly or very ov	erweight			
27.8	26.7	29.7	28.0	25.9	28.2	No linear change	No quadratic change	No change
QN39: Perce	ntage of students	s who were tryin	g to lose weight					
51.6	47.8	48.1	51.3	45.4	48.0	No linear change	No quadratic change	No change
QN40: Perce survey)	ntage of students	s who did not ear	t breakfast (durir	ng the 7 days bet	Fore the			
			11.3	8.7	9.0	Decreased, 2013-2017	Not available¶	No change

<sup>\*</sup>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.

# West Virginia Middle School Survey 10-year Trend Analysis Report

	Healt	h Risk Behavio	r and Percentag	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2015-2017 §		
2007	2009	2011	2013	2015	2017			
or more days	entage of students (in any kind of p some of the time	hysical activity	that increased th	eir heart rate and				
or more days	(in any kind of p	hysical activity	that increased th	eir heart rate and		Increased, 2007-2017	Decreased, 2007-2011 Increased, 2011-2017	No change
or more days breathe hard s 65.1 QNPA0DAY physical activ	(in any kind of posome of the time	hysical activity during the 7 day 55.6 students who did day (in any kind	that increased the survey of t	eir heart rate and vey) 68.5 n at least 60 min vity that increase	64.0  nutes of ed their heart	Increased, 2007-2017		No change

43.2

25.9

No linear change

Decreased, 2007-2017

Decreased, 2007-2011

Increased, 2011-2017

No change, 2007-2013 Decreased, 2013-2017 No change

No change

#### \*Non-Hispanic.

44.9

33.6

average school day)

breathe hard some of the time during the 7 days before the survey)

34.9

34.0

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

38.5

34.4

42.9

27.7

36.6

34.5

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

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

Healti	h Risk Behavio	and Percentag	Linear Change <sup>†</sup>	Ouadratic Change <sup>†</sup>	Change from		
1104101	a mon Dena viol	und I of contag	,es	zmour change	Quadratic Change	2015-2017 §	
2009	2011	2013	2015	2017			
r day (counting t smartphone, text	time spent on thi ting, YouTube, I	ngs such as Xbonstagram, Facel	ox, PlayStation, a book, or other so	an iPad or			
28.1	32.6	43.9	47.0	48.9	Increased, 2007-2017	No quadratic change	No change
			n (PE) classes or	1 or more	,		
74.1	70.7	73.4	72.6	70.5	No linear change	No quadratic change	No change
Organização of str	idents who atten	ded physical edu	ıcation (PE) clas	ses on all 5			
	n they were in so		, ,				
1	tage of students of day (counting smartphone, text that was not sch 28.1 tage of students erage week when 74.1	tage of students who played vider day (counting time spent on this smartphone, texting, YouTube, I that was not school work, on an 28.1 32.6 tage of students who attended playerage week when they were in sc 74.1 70.7	2009 2011 2013  Itage of students who played video or computer of day (counting time spent on things such as Xbot smartphone, texting, YouTube, Instagram, Facel that was not school work, on an average school 28.1 32.6 43.9  Itage of students who attended physical education berage week when they were in school)  74.1 70.7 73.4	tage of students who played video or computer games or used a r day (counting time spent on things such as Xbox, PlayStation, a smartphone, texting, YouTube, Instagram, Facebook, or other so that was not school work, on an average school day)  28.1 32.6 43.9 47.0  tage of students who attended physical education (PE) classes or trage week when they were in school)  74.1 70.7 73.4 72.6	2009 2011 2013 2015 2017  Itage of students who played video or computer games or used a computer 3 or day (counting time spent on things such as Xbox, PlayStation, an iPad or smartphone, texting, YouTube, Instagram, Facebook, or other social media, that was not school work, on an average school day)  28.1 32.6 43.9 47.0 48.9  Itage of students who attended physical education (PE) classes on 1 or more erage week when they were in school)  74.1 70.7 73.4 72.6 70.5	2009 2011 2013 2015 2017  Itage of students who played video or computer games or used a computer 3 or day (counting time spent on things such as Xbox, PlayStation, an iPad or smartphone, texting, YouTube, Instagram, Facebook, or other social media, that was not school work, on an average school day)  28.1 32.6 43.9 47.0 48.9 Increased, 2007-2017  Itage of students who attended physical education (PE) classes on 1 or more erage week when they were in school)  74.1 70.7 73.4 72.6 70.5 No linear change	2009 2011 2013 2015 2017  tage of students who played video or computer games or used a computer 3 or day (counting time spent on things such as Xbox, PlayStation, an iPad or smartphone, texting, YouTube, Instagram, Facebook, or other social media, that was not school work, on an average school day)  28.1 32.6 43.9 47.0 48.9 Increased, 2007-2017 No quadratic change stage of students who attended physical education (PE) classes on 1 or more trage week when they were in school)  74.1 70.7 73.4 72.6 70.5 No linear change No quadratic change

<sup>\*</sup>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.

## **West Virginia Middle School Survey** 10-year Trend Analysis Report

White\* Other

	Healt	h Risk Behavio	r and Percentag	ges	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2015-2017 §	
2007	2009	2011	2013	2015	2017	-		
QN47: Percer	ntage of students	who had ever b	een told by a do	ctor or nurse tha	t they had			
20.7	20.2	23.4	20.7	20.2	19.5	No linear change	No quadratic change	No change
QN48: Percer	ntage of students	who got 8 or m	ore hours of slee	ep (on an average	e school			
				46.8	50.4	No linear change	Not available¶	No change
	ntage of students months before t		their grades in so	chool as mostly	A's or B's			
				73.3	81.0	Increased, 2015-2017	Not available	Increased

<sup>\*</sup>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.