

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

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 2017-2019†
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)								
77.8	74.4	70.9	73.2	68.1	71.2	Decreased, 2009-2019	No quadratic change	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)								
83.8	81.0	77.6	74.9	80.0	78.9	Decreased, 2009-2019	Decreased, 2009-2015 No change, 2015-2019	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)								
11.4	11.5	10.0	6.9	4.7	5.3	Decreased, 2009-2019	No quadratic change	No change

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†Based on t-test analysis, p < 0.05.

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Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019†
2009	2011	2013	2015	2017	2019			
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)								
30.8	26.2	23.1	21.4	14.7	17.6	Decreased, 2009-2019	No quadratic change	No change
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)								
41.5	39.7	40.6	46.1	40.4	38.4	No linear change	No quadratic change	No change
QN11: Percentage of students who were ever in a physical fight								
57.4	55.0	50.4	46.4	42.3	43.2	Decreased, 2009-2019	No quadratic change	No change
QN12: Percentage of students who were ever bullied on school property								
46.6	47.8	52.1	52.4	45.4	45.7	No linear change	Increased, 2009-2015 Decreased, 2015-2019	No change

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Total Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)								
	24.9	27.3	28.8	27.0	27.8	No linear change	Not available [§]	No change
QN14: Percentage of students who ever seriously thought about killing themselves								
19.9	20.1	19.7	21.1	20.7	24.7	Increased, 2009-2019	No quadratic change	Increased
QN15: Percentage of students who ever made a plan about how they would kill themselves								
12.9	12.2	14.2	15.5	13.9	16.2	Increased, 2009-2019	No quadratic change	No change
QN16: Percentage of students who ever tried to kill themselves								
6.9	6.7	7.3	7.2	8.8	10.0	Increased, 2009-2019	No quadratic change	No change

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

West Virginia Middle School Survey 10-year Trend Analysis Report

Total Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
32.1	28.9	24.5	20.4	14.6	15.7	Decreased, 2009-2019	No quadratic change	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)								
				5.5	5.4	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)								
11.3	9.0	6.9	5.5	3.5	3.5	Decreased, 2009-2019	No quadratic change	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
3.2	2.5	1.8	1.7	0.8	0.5	Decreased, 2009-2019	No quadratic change	No change

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Total Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
2.3	1.7	1.4	1.3	0.6	0.3	Decreased, 2009-2019	No quadratic change	No change
QN21: Percentage of students who ever used an electronic vapor product								
			24.9	18.5	30.9	Increased, 2015-2019	Not available [§]	Increased
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)								
			11.0	5.9	15.3	Increased, 2015-2019	Not available	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
			1.3	0.8	2.9	Increased, 2015-2019	Not available	Increased

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Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
			1.1	0.5	1.8	No linear change	Not available [§]	Increased
QN23: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products)								
				5.1	5.2	No linear change	Not available	No change
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)								
				4.2	3.6	No linear change	Not available	No change

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**Total
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019†
2009	2011	2013	2015	2017	2019			
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)								
6.4	5.4	4.1	4.4	3.0	3.2	Decreased, 2009-2019	No quadratic change	No change

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**Total
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN26: Percentage of students who ever drank alcohol (other than a few sips)								
36.9	36.1	29.6	25.7	23.4	29.1	Decreased, 2009-2019	Decreased, 2009-2015 No change, 2015-2019	Increased
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)								
16.0	16.2	12.7	10.6	9.5	11.4	Decreased, 2009-2019	No quadratic change	No change
QN28: Percentage of students who ever used marijuana								
12.0	11.7	12.2	10.2	8.3	10.4	Decreased, 2009-2019	No quadratic change	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years								
3.6	3.1	3.1	3.4	2.3	3.3	No linear change	No quadratic change	Increased

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**Total
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019†
2009	2011	2013	2015	2017	2019			
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	6.3	Increased, 2017-2019	Not available [§]	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)								
6.2	4.0	2.8	2.7	2.2	1.9	Decreased, 2009-2019	No quadratic change	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)								
	12.8	10.1	7.0	6.6	7.5	Decreased, 2011-2019	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)								
	2.2	2.0	1.4	1.6	1.2	Decreased, 2011-2019	Not available	No change

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§Not enough years of data to calculate.

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**Total
Weight Management and Dietary Behaviors**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN38: Percentage of students who described themselves as slightly or very overweight								
26.4	28.9	27.4	25.5	28.1	30.8	No linear change	No quadratic change	No change
QN39: Percentage of students who were trying to lose weight								
47.6	48.1	50.6	45.1	47.2	48.8	No linear change	No quadratic change	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
		11.3	9.4	9.0	11.2	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)								
		42.9	48.6	48.8	41.6	No linear change	Not available	Decreased

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

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**Total
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
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)								
57.6	56.2	64.0	67.8	64.4	65.4	Increased, 2009-2019	No quadratic change	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)								
10.4	10.5	8.6	7.0	9.9	7.1	Decreased, 2009-2019	No quadratic change	Decreased
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)								
37.0	35.5	38.6	42.7	43.8	40.5	Increased, 2009-2019	No quadratic change	No change

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Total
Physical Activity

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019†
2009	2011	2013	2015	2017	2019			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)								
35.1	33.7	34.8	28.4	26.2	24.5	Decreased, 2009-2019	No quadratic change	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)								
28.0	32.3	43.1	46.6	47.8	51.2	Increased, 2009-2019	Increased, 2009-2013 Increased, 2013-2019	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)								
74.0	71.3	73.8	73.1	71.3	71.3	No linear change	No quadratic change	No change

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**Total
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
48.6	46.9	56.0	48.5	53.2	57.1	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)								
62.3	61.8	64.3	62.3	60.5	62.5	No linear change	No quadratic change	No change
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)								
				17.1	19.8	No linear change	Not available [§]	No change

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[§]Not enough years of data to calculate.

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Total Other	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
	2009	2011	2013	2015	2017	2019			
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma									
	21.2	22.9	21.1	20.7	19.9	18.2	Decreased, 2009-2019	No quadratic change	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)									
			47.1	51.0	41.7		Decreased, 2015-2019	Not available [§]	Decreased
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)									
			71.8	79.3	77.5		No linear change	Not available	No change

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