

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Total
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																			
									85.7	86.0	81.6	80.4	71.3	80.4	75.4		Decreased, 2009-2021	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)																			
									86.3	89.1	83.2	85.7	75.1	82.6	77.0		Decreased, 2009-2021	No quadratic change	Decreased
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																			
									48.4	48.4	42.3	42.6	30.8	35.9	37.3		Decreased, 2009-2021	Decreased, 2009-2017 Increased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

Total Injury and Violence		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †
		1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
									25.6	22.5	19.8	17.8	13.9	16.7	16.6	Decreased, 2009-2021	Decreased, 2009-2017 Increased, 2017-2021	No change
QN10: Percentage of students who were ever in a physical fight																		
									55.2	50.3	46.9	46.7	37.2	44.4	40.9	Decreased, 2009-2021	Decreased, 2009-2017 No change, 2017-2021	No change
QN12: Percentage of students who were ever bullied on school property																		
									41.8	43.1	48.9	47.0	43.7	44.6	34.0	Decreased, 2009-2021	Increased, 2009-2015 Decreased, 2015-2021	Decreased
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																		
									21.6	24.8	24.3	23.3	25.2	27.0	Increased, 2011-2021	No quadratic change	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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Kentucky Middle School Survey Trend Analysis Report

Total Injury and Violence		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN14: Percentage of students who ever seriously thought about killing themselves																	Increased, 2009-2021	No change, 2009-2013 Increased, 2013-2021	No change
									17.4	19.1	15.0	18.4	18.2	22.4	23.7				
QN15: Percentage of students who ever made a plan about how they would kill themselves																	Increased, 2009-2021	No change, 2009-2017 Increased, 2017-2021	Increased
									11.0	11.5	9.7	13.4	10.5	13.6	18.2				
QN16: Percentage of students who ever tried to kill themselves																	Increased, 2009-2021	No quadratic change	No change
									6.5	7.1	6.7	6.9	5.8	8.8	9.8				

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
									34.1	29.3	23.7	22.5	12.1	16.5	12.8		Decreased, 2009-2021	No quadratic change	Decreased
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																			
													4.8	7.9	6.8		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)																			
									9.8	9.0	6.4	6.6	2.7	4.3	1.7		Decreased, 2009-2021	No quadratic change	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																			
									2.7	2.4	1.8	1.2	0.7	0.6	0.1		Decreased, 2009-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
									1.8	1.6	1.4	0.7	0.5	0.6	0.1	Decreased, 2009-2021	No quadratic change	Decreased
QN21: Percentage of students who ever used an electronic vapor product																		
												21.8	15.1	31.4	24.1	Increased, 2015-2021	Not available [§]	Decreased
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)																		
												12.1	3.9	17.3	11.3	Increased, 2015-2021	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)																		
												1.4	0.3	2.0	2.9	Increased, 2015-2021	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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Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																			
												0.9	0.1	1.2	2.0		Increased, 2015-2021	Not available [§]	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																			
												13.5	5.0	17.1	10.2		No linear change	Not available	Decreased
QN23: 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)																			
													2.6	3.9	2.7		No linear change	Not available	No change

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Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2019-2021 †									
Health Risk Behavior and Percentages																											
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021												
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																0.4	0.7	0.7	No linear change	Not available [§]			No change				
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																0.4	0.7	0.6	No linear change	Not available			No change				
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																6.9	5.9	4.5	5.3	2.1	3.9	1.8	Decreased, 2009-2021	No quadratic change			Decreased

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

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Total Tobacco Use																Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																		
													6.4	17.9	11.6	Increased, 2017-2021	Not available [§]	Decreased
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																		
													4.9	7.6	4.5	No linear change	Not available	Decreased
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																		
									0.7	0.5	0.7	0.5	0.3	0.6	0.2	No linear change	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																		
									0.5	0.5	0.5	0.3	0.1	0.5	0.1	No linear change	No quadratic change	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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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

**Total
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)																		
									32.1	31.9	26.4	25.2	17.1	22.9	19.3	Decreased, 2009-2021	No quadratic change	No change
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																		
									14.3	13.0	12.2	10.5	7.1	11.6	10.3	Decreased, 2009-2021	No quadratic change	No change
QN27: Percentage of students who ever used marijuana																		
									9.8	9.2	9.5	9.0	7.3	9.5	5.9	Decreased, 2009-2021	No quadratic change	Decreased
QN28: Percentage of students who tried marijuana for the first time before age 11 years																		
									3.4	2.8	2.9	2.8	2.2	2.6	1.9	Decreased, 2009-2021	No quadratic change	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Total Alcohol and Other Drug Use																Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN29: 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)																		
													4.3	9.1	8.5	Increased, 2017-2021	Not available [§]	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
								3.6	3.8	2.8	2.7	2.2	1.9	1.7		Decreased, 2009-2021	No quadratic change	No change
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)																		
										10.7	8.3	7.1	5.9	7.3	6.4	Decreased, 2011-2021	Decreased, 2011-2017 No change, 2017-2021	No change

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§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Total Sexual Behaviors		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN32: Percentage of students who ever had sexual intercourse																		
									17.2	13.8	10.2	9.7	5.5	8.3	5.8	Decreased, 2009-2021	No quadratic change	No change
QN33: Percentage of students who had sexual intercourse for the first time before age 11 years																		
									4.9	3.3	2.5	2.9	1.6	2.3	2.4	Decreased, 2009-2021	Decreased, 2009-2013 No change, 2013-2021	No change
QN34: Percentage of students who ever had sexual intercourse with three or more persons																		
									5.6	4.4	3.5	3.1	1.4	1.7	0.7	Decreased, 2009-2021	No quadratic change	No change
QN35: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)																		
									70.1	65.5	69.4	53.0	53.1	56.4	47.9	Decreased, 2009-2021	No quadratic change	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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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Total																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
Weight Management and Dietary Behaviors																			
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN36: Percentage of students who described themselves as slightly or very overweight																			
									28.1	28.1	28.0	30.3	27.0	31.5	31.8		Increased, 2009-2021	No quadratic change	No change
QN37: Percentage of students who were trying to lose weight																			
									47.4	50.0	49.7	47.8	46.7	49.4	46.9		No linear change	No quadratic change	No change
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																			
									13.4	11.4	10.7	10.5	9.7	12.5	16.4		No linear change	Decreased, 2009-2017 Increased, 2017-2021	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																			
									39.2	40.1	43.9	46.0	46.6	40.9	35.4		No linear change	Increased, 2009-2017 Decreased, 2017-2021	Decreased

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN39: 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)																Decreased, 2009-2021	No quadratic change	Increased
									54.5	52.3	54.8	47.9	52.7	43.8	50.5			
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)																No linear change	No change, 2009-2015 No change, 2015-2021	No change
									10.3	12.2	12.0	12.6	12.4	14.6	11.7			
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)																Decreased, 2009-2021	No quadratic change	Increased
									34.4	31.8	31.6	28.7	28.2	22.9	30.4			

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Physical Activity		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †
		1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)									44.6	45.5	47.5	50.5	36.8	38.9	40.5	No linear change	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)									34.7	30.8	25.6	25.3	19.5	28.2	21.2	Decreased, 2009-2021	No quadratic change	No change
QN42: 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)									59.9	58.7	62.3	59.1	63.3	55.3	50.3	Decreased, 2009-2021	No change, 2009-2017 Decreased, 2017-2021	No change
QN43: 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)													13.9	18.4	18.4	Increased, 2017-2021	Not available [§]	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Total Other	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 [†]		
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
													49.0	53.6	44.1	43.1	Decreased, 2015-2021	Not available [§]	No change
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																			
														2.8	2.3	3.8	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Total Site-Added																Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN47: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																Increased, 2015-2021	Not available [§]	No change
						16.9	16.0	20.0	22.5									
QN48: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)																No linear change	Not available	Decreased
						2.0	1.0	2.2	1.1									
QN49: Percentage of students who currently used an electronic vapor product on school property (on at least 1 day during the 30 days before the survey)																No linear change	Not available	No change
								7.1	5.1									
QN50: Percentage of students who had oral sex																Decreased, 2013-2021	Not available	Decreased
						10.2	10.9	10.2	10.1	7.1								

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Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN51: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													9.8	6.7	6.5	Decreased, 2017-2021	Not available [§]	No change
QN52: Percentage of students who reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their physical education teacher)																		
														21.9	34.0	Increased, 2019-2021	Not available	Increased
QN53: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																		
									22.8	22.3	20.3	20.6	18.7	20.5	16.2	Decreased, 2009-2021	No quadratic change	Decreased

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Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN54: Percentage of students who missed one or more days of school because of their asthma (during the 30 days before the survey, among students who have asthma)																			
									16.5						13.6		No linear change	Not available [§]	No change
QN55: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)																			
								74.3	72.9	73.1	73.8	73.3	68.4	66.1			Decreased, 2009-2021	No change, 2009-2017 Decreased, 2017-2021	No change
QN56: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)																			
								24.5	22.0	22.2	22.0	17.9	18.8	21.8			Decreased, 2009-2021	No quadratic change	No change
QN57: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems																			
										12.4	12.5	10.5	12.5	15.1			No linear change	Not available	No change

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Trend Analysis Report

Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN58: Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be																			
											74.1	72.8	76.8	71.1	66.0	Decreased, 2013-2021	Not available [§]	Decreased	
QN59: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem																			
														66.2	66.3	No linear change	Not available	No change	
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																			
														64.5	60.7	63.3	No linear change	Not available	No change

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§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Total Site-Added		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021							
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																						
																	57.3	53.3	56.6	No linear change	Not available [§]	No change
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																						
																	44.3	39.5	44.2	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																		
									86.7	87.6	83.5	81.5	73.9	81.4	76.5	Decreased, 2009-2021	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)																		
									89.9	88.9	84.6	83.5	77.4	80.2	74.2	Decreased, 2009-2021	No quadratic change	No change
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																		
									50.2	51.0	45.7	44.1	30.0	36.0	38.5	Decreased, 2009-2021	No quadratic change	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
									26.1	23.1	18.0	17.5	12.1	16.7	14.8	Decreased, 2009-2021	Decreased, 2009-2017 No change, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN10: Percentage of students who were ever in a physical fight									70.4	64.0	61.1	59.6	45.8	57.6	52.3	Decreased, 2009-2021	Decreased, 2009-2017 No change, 2017-2021	No change						
QN12: Percentage of students who were ever bullied on school property									38.9	38.8	41.0	39.9	37.7	35.3	27.9	Decreased, 2009-2021	No change, 2009-2015 Decreased, 2015-2021	Decreased						
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																12.1	15.4	13.9	14.2	17.5	20.4	Increased, 2011-2021	No quadratic change	No change
QN14: Percentage of students who ever seriously thought about killing themselves									14.4	13.7	10.6	11.3	11.7	15.0	17.8	No linear change	Decreased, 2009-2017 Increased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN15: Percentage of students who ever made a plan about how they would kill themselves																		
									9.7	8.5	8.5	8.9	6.4	9.4	14.8	No linear change	Decreased, 2009-2017 Increased, 2017-2021	Increased
QN16: Percentage of students who ever tried to kill themselves																		
									5.9	4.9	5.4	3.4	3.9	5.9	7.2	No linear change	Decreased, 2009-2017 Increased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Male Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
									35.8	28.9	24.0	21.8	11.0	15.8	12.8		Decreased, 2009-2021	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)																			
													4.7	8.3	7.1		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)																			
									11.0	8.4	6.3	6.0	2.1	4.2	1.7		Decreased, 2009-2021	No quadratic change	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																			
									3.3	2.4	1.6	1.1	0.7	1.2	0.1		Decreased, 2009-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																			
									2.5	1.8	1.3	0.6	0.5	1.0	0.1		Decreased, 2009-2021	No quadratic change	No change
QN21: Percentage of students who ever used an electronic vapor product																			
												22.6	14.6	29.8	21.6		No linear change	Not available [§]	Decreased
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)																			
												13.1	4.3	15.0	9.0		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)																			
												1.4	0.4	2.5	2.4		Increased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.9	0.2	1.5	1.5	No linear change	Not available [§]	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																		
												13.2	5.1	14.8	7.7	No linear change	Not available	Decreased
QN23: 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)																		
												2.8	5.1	4.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)														0.7	1.3	1.1	No linear change	Not available [§]	No change				
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)														0.7	1.3	0.9	No linear change	Not available	No change				
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)														8.1	7.1	5.3	6.6	2.3	4.6	2.5	Decreased, 2009-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																Increased, 2017-2021	Not available [§]	Decreased
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																No linear change	Not available	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																No linear change	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN25: Percentage of students who ever drank alcohol (other than a few sips)																			
									35.9	33.9	26.7	26.8	16.2	21.2	18.9		Decreased, 2009-2021	No quadratic change	No change
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																			
									16.3	16.5	12.2	12.1	7.2	13.0	11.0		Decreased, 2009-2021	No quadratic change	No change
QN27: Percentage of students who ever used marijuana																			
									11.0	10.6	10.6	9.7	6.6	9.0	4.8		Decreased, 2009-2021	No quadratic change	Decreased
QN28: Percentage of students who tried marijuana for the first time before age 11 years																			
									3.9	4.1	3.6	3.6	2.2	2.6	1.8		Decreased, 2009-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN29: 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	6.7	7.4					Increased, 2017-2021	Not available [§]	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
						4.2	3.1	2.4	2.9	2.8	1.1	1.8				Decreased, 2009-2021	No quadratic change	No change
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)																		
							9.9	8.6	6.1	5.4	6.4	5.5				Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Male Sexual Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN32: Percentage of students who ever had sexual intercourse																Decreased, 2009-2021	No quadratic change	No change
									21.4	17.1	12.6	12.1	6.3	8.9	6.9			
QN33: Percentage of students who had sexual intercourse for the first time before age 11 years																Decreased, 2009-2021	Decreased, 2009-2013 No change, 2013-2021	No change
									6.7	4.7	3.0	3.7	2.1	3.0	2.9			
QN34: Percentage of students who ever had sexual intercourse with three or more persons																Decreased, 2009-2021	No quadratic change	No change
									6.9	5.6	4.0	4.3	1.6	2.0	1.0			
QN35: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)																Decreased, 2009-2021	No quadratic change	No change
									71.0	69.0	75.4	58.8	55.4	60.8	56.7			

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																No linear change	No quadratic change	No change
								27.5	26.8	27.9	26.8	26.8	30.5	29.2				
QN37: Percentage of students who were trying to lose weight																No linear change	No quadratic change	No change
								40.1	41.2	41.7	38.4	40.9	41.0	42.5				
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																No linear change	Decreased, 2009-2013 Increased, 2013-2021	No change
								12.0	8.5	7.1	7.8	7.1	10.9	12.5				
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																No linear change	Increased, 2009-2015 Decreased, 2015-2021	No change
								46.6	47.3	52.9	53.8	51.7	46.9	44.3				

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Physical Activity**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN39: 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)																Decreased, 2009-2021	No quadratic change	Increased
									59.1	58.6	60.0	54.4	56.0	48.5	55.8			
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)																No linear change	No quadratic change	No change
									10.1	9.8	12.4	11.5	12.5	14.6	11.1			
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)																Decreased, 2009-2021	No quadratic change	Increased
									40.9	39.2	37.7	36.3	32.9	27.6	36.0			

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Physical Activity**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																No linear change	No quadratic change	No change
									46.1	48.8	51.1	53.1	39.8	41.9	42.8			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																Decreased, 2009-2021	No quadratic change	No change
									35.4	33.4	28.4	27.8	23.0	30.5	22.6			
QN42: 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)																Decreased, 2009-2021	No change, 2009-2017 Decreased, 2017-2021	No change
									62.0	58.9	62.7	61.6	64.5	55.3	52.0			
QN43: 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)																No linear change	Not available [§]	No change
													15.7	19.3	19.4			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

Male
Other

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												50.0	53.9	44.6	47.1	Decreased, 2015-2021	Not available [§]	No change
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
													2.9	2.9	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Male Site-Added																		
Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN47: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																		
									9.8	10.9	13.8	15.0				Increased, 2015-2021	Not available [§]	No change
QN48: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)																		
									2.2	1.0	2.5	1.3				No linear change	Not available	No change
QN49: Percentage of students who currently used an electronic vapor product on school property (on at least 1 day during the 30 days before the survey)																		
													7.3	3.8		Decreased, 2019-2021	Not available	Decreased
QN50: Percentage of students who had oral sex																		
									12.4	11.5	10.6	9.4	6.8			Decreased, 2013-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN51: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																No linear change	Not available [§]	No change
									11.1	7.9	7.8							
QN52: Percentage of students who reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their physical education teacher)																Increased, 2019-2021	Not available	Increased
										21.3	32.8							
QN53: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																Decreased, 2009-2021	No quadratic change	No change
									24.8	22.0	20.9	20.8	20.0	22.1	18.3			

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN54: Percentage of students who missed one or more days of school because of their asthma (during the 30 days before the survey, among students who have asthma)																		
														13.7	16.2	No linear change	Not available [§]	No change
QN55: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)																		
							67.5	69.0	67.0	67.2	67.8	60.8	60.3			Decreased, 2009-2021	No quadratic change	No change
QN56: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)																		
							21.6	20.2	19.4	21.5	16.6	17.0	19.3	No linear change	No quadratic change	No change	No change	No change
QN57: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems																		
											11.3	10.3	9.3	9.6	11.9	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN58: Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be																		
											67.8	68.0	71.7	66.4	62.0	No linear change	Not available [§]	No change
QN59: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem																		
													66.1	65.0	No linear change	Not available	No change	
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													61.6	60.2	62.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021										
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																54.5	52.4	56.7	No linear change			Not available [§]			No change
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																42.4	39.2	43.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																			
									84.3	84.7	79.5	79.0	68.6	79.5	74.2		Decreased, 2009-2021	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)																			
									82.4	89.1	82.1	88.0	73.1	84.6	79.1		Decreased, 2009-2021	No quadratic change	No change
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																			
									46.6	45.7	38.7	40.8	31.4	35.7	35.7		Decreased, 2009-2021	Decreased, 2009-2017 No change, 2017-2021	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																			
									25.0	22.0	21.7	18.2	15.8	16.6	18.3		Decreased, 2009-2021	Decreased, 2009-2017 No change, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN10: Percentage of students who were ever in a physical fight									38.8	36.3	31.8	32.8	27.9	30.2	28.7	Decreased, 2009-2021	No quadratic change	No change
QN12: Percentage of students who were ever bullied on school property									44.9	47.2	57.2	54.6	49.8	54.3	40.3	No linear change	Increased, 2009-2013 Decreased, 2013-2021	Decreased
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)									31.3	34.8	35.4	32.9	33.5	33.5	No linear change	No quadratic change	No change	
QN14: Percentage of students who ever seriously thought about killing themselves									20.6	24.4	19.6	26.0	24.7	30.4	29.9	Increased, 2009-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN15: Percentage of students who ever made a plan about how they would kill themselves																Increased, 2009-2021	No quadratic change	No change
									12.3	14.4	11.1	18.3	14.9	18.1	21.6			
QN16: Percentage of students who ever tried to kill themselves																Increased, 2009-2021	No quadratic change	No change
									7.2	9.3	8.1	10.7	7.6	11.9	12.6			

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Female Tobacco Use																Linear Change*	Quadratic Change*	Change from 2019-2021[†]	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																			
									32.2	29.5	23.3	23.3	13.1	17.1	12.5		Decreased, 2009-2021	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)																			
													5.0	7.4	6.2		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)																			
									8.4	9.7	6.2	7.2	3.3	4.4	1.6		Decreased, 2009-2021	No quadratic change	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																			
									2.1	2.3	1.9	1.2	0.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Female Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																Not available	Not available [§]	Not available
								1.1	1.5	1.4	0.7	0.5	0.1	0.0				
QN21: Percentage of students who ever used an electronic vapor product																Increased, 2015-2021	Not available	No change
											20.9	15.8	33.1	26.6				
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)																Increased, 2015-2021	Not available	No change
											11.0	3.5	19.6	13.8				
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																Increased, 2015-2021	Not available	Increased
											1.4	0.2	1.4	3.6				

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Female
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.9	0.0	0.9	2.6	Not available	Not available [§]	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																		
												13.6	4.9	19.4	12.8	No linear change	Not available	No change
QN23: 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)																		
													2.3	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Female
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021												
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																0.1	0.1	0.3	No linear change	Not available [§]			No change				
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																0.1	0.1	0.3	No linear change	Not available			No change				
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																5.4	4.5	3.5	4.0	1.9	3.1	1.2	Decreased, 2009-2021	No quadratic change			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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Female Tobacco Use																Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																Increased, 2017-2021	Not available [§]	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																No linear change	Not available	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																No linear change	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Female
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)																Decreased, 2009-2021	No quadratic change	No change
								28.0	29.9	26.0	23.6	18.0	24.7	19.6				
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																No linear change	No quadratic change	No change
								12.3	9.5	12.1	9.0	6.9	10.1	9.3				
QN27: Percentage of students who ever used marijuana																No linear change	No quadratic change	No change
								8.5	7.6	8.2	8.2	8.2	10.1	7.0				
QN28: Percentage of students who tried marijuana for the first time before age 11 years																No linear change	No quadratic change	No change
								2.7	1.5	2.1	1.8	2.2	2.5	2.1				

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Female
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN29: 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)																		
									4.9	11.5	9.8					Increased, 2017-2021	Not available [§]	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
							2.9	4.3	3.1	2.4	1.7	2.9	1.6			Decreased, 2009-2021	No quadratic change	No change
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)																		
							11.6	7.9	8.2	6.5	8.2	7.2				Decreased, 2011-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Female Sexual Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN32: Percentage of students who ever had sexual intercourse																Decreased, 2009-2021	No quadratic change	No change
								12.8	10.6	7.6	7.3	4.8	7.5	4.5				
QN33: Percentage of students who had sexual intercourse for the first time before age 11 years																No linear change	No quadratic change	No change
								3.2	2.0	2.0	2.1	1.1	1.5	1.7				
QN34: Percentage of students who ever had sexual intercourse with three or more persons																Decreased, 2009-2021	No quadratic change	No change
								4.1	3.2	2.7	1.9	1.1	1.4	0.4				

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																Increased, 2009-2021	No quadratic change	No change
									28.8	29.4	28.2	33.9	27.4	32.6	34.8			
QN37: Percentage of students who were trying to lose weight																No linear change	No quadratic change	Decreased
									55.4	58.8	58.2	57.6	52.6	58.2	51.2			
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																No linear change	No change, 2009-2017 Increased, 2017-2021	Increased
									15.0	14.1	14.5	13.2	12.5	14.1	20.0			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																No linear change	Increased, 2009-2017 Decreased, 2017-2021	Decreased
									31.3	32.8	34.4	38.0	41.1	34.7	27.0			

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN39: 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)																Decreased, 2009-2021	No quadratic change	No change
						49.2	46.2	49.5	41.1	49.3	38.9	45.3						
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)																No linear change	No quadratic change	No change
						10.7	14.5	11.7	13.9	12.3	14.4	12.3						
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)																Decreased, 2009-2021	No quadratic change	Increased
						27.3	24.6	25.2	20.9	23.2	17.9	24.4						

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																		
								42.9	42.1	43.7	47.5	33.7	35.7	38.4		No linear change	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																		
								33.8	28.4	22.7	22.4	15.9	25.9	19.7		Decreased, 2009-2021	No quadratic change	No change
QN42: 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)																		
								57.6	58.4	61.9	56.5	62.0	55.4	49.2		Decreased, 2009-2021	No change, 2009-2017 Decreased, 2017-2021	Decreased
QN43: 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)																		
													12.2	17.3	17.4	Increased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Female Other		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												48.1	53.2	43.6	39.7	Decreased, 2015-2021	Not available [§]	No change
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
													2.7	1.6	2.2	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Female Site-Added																								
Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021									
QN47: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																24.4	21.1	26.7	30.7	Increased, 2015-2021		Not available [§]	No change	
QN48: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)																1.6	1.0	2.0	0.9	No linear change		Not available	No change	
QN49: Percentage of students who currently used an electronic vapor product on school property (on at least 1 day during the 30 days before the survey)																		6.9	6.5	No linear change		Not available	No change	
QN50: Percentage of students who had oral sex																7.7	10.3	9.9	10.7	7.3	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Female Site-Added																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
Health Risk Behavior and Percentages																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN51: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																			
													8.6	5.4	5.2		Decreased, 2017-2021	Not available [§]	No change
QN52: Percentage of students who reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their physical education teacher)																			
														22.6	35.4		Increased, 2019-2021	Not available	Increased
QN53: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																			
									20.6	22.2	19.6	20.5	17.3	18.9	14.3		Decreased, 2009-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN54: Percentage of students who missed one or more days of school because of their asthma (during the 30 days before the survey, among students who have asthma)																		
									19.2	10.4	No linear change		Not available [§]			Decreased		
QN55: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)																		
						81.6	77.0	79.8	80.8	79.2	76.7	72.8		Decreased, 2009-2021		No quadratic change		No change
QN56: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)																		
						27.7	23.8	25.3	22.6	19.3	20.8	23.8		Decreased, 2009-2021		No quadratic change*		No change
QN57: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems																		
								13.5	14.9	11.9	15.5	18.2		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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN58: Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be																		
											80.9	77.8	82.1	76.2	70.4	Decreased, 2013-2021	Not available [§]	Decreased
QN59: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem																		
													66.3	67.9	No linear change	Not available	No change	
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
												67.3	61.1	64.4	No linear change	Not available	No change	

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													60.0	54.3	57.0	No linear change	Not available [§]	No change
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													46.4	39.7	44.9	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																		
									85.1	85.5	80.9	80.3	69.5	79.3	74.5	Decreased, 2009-2021	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)																		
									87.1	89.1	82.3	86.7	73.4	82.8	76.8	Decreased, 2009-2021	No quadratic change	Decreased
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																		
									46.9	45.7	40.6	40.8	28.5	32.0	35.8	Decreased, 2009-2021	Decreased, 2009-2017 Increased, 2017-2021	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																		
									25.0	22.8	18.7	17.2	14.3	16.2	16.9	Decreased, 2009-2021	Decreased, 2009-2017 No change, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN10: Percentage of students who were ever in a physical fight																Decreased, 2009-2021	Decreased, 2009-2017 Increased, 2017-2021	No change
									53.5	47.8	43.8	42.1	33.1	40.0	38.3			
QN12: Percentage of students who were ever bullied on school property																Decreased, 2009-2021	Increased, 2009-2013 Decreased, 2013-2021	Decreased
									43.2	44.2	49.6	48.5	43.4	46.1	36.5			
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																Increased, 2011-2021	No quadratic change	No change
									22.4	25.3	27.2	23.3	26.1	29.1				
QN14: Percentage of students who ever seriously thought about killing themselves																Increased, 2009-2021	No change, 2009-2013 Increased, 2013-2021	No change
									16.8	18.5	13.4	17.6	17.9	22.0	22.7			

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*

Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN15: Percentage of students who ever made a plan about how they would kill themselves																			
									10.8	11.2	9.3	12.9	10.5	13.2	17.3		Increased, 2009-2021	No change, 2009-2017 Increased, 2017-2021	Increased
QN16: Percentage of students who ever tried to kill themselves																			
									5.7	6.6	6.0	6.3	5.4	8.5	8.5		Increased, 2009-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White* Tobacco Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																Decreased, 2009-2021	No quadratic change	No change
									33.9	29.9	22.9	22.0	12.2	16.3	13.0			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																No linear change	Not available [¶]	No change
													4.6	7.6	5.9			
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																Decreased, 2009-2021	No quadratic change	Decreased
									10.5	9.6	6.2	6.6	2.9	4.6	1.6			
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																Decreased, 2009-2021	No quadratic change	No change
									3.0	2.6	1.6	0.8	0.8	0.7	0.1			

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*																Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[§]
Tobacco Use																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
								1.8	1.7	1.2	0.7	0.7	0.7	0.1		Decreased, 2009-2021	No quadratic change	No change
QN21: Percentage of students who ever used an electronic vapor product																		
											20.9	15.1	32.5	24.5		Increased, 2015-2021	Not available [¶]	Decreased
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)																		
											11.6	3.9	17.5	11.4		Increased, 2015-2021	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)																		
								1.5	0.4	1.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												1.0	0.2	0.9	1.7	No linear change	Not available [¶]	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																		
												13.6	5.3	17.7	10.3	No linear change	Not available	Decreased
QN23: 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)																		
													2.7	3.8	1.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021											
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																0.4	0.7	0.3	No linear change	Not available [¶]			No change			
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																0.4	0.7	0.2	No linear change	Not available			No change			
QN24: 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	3.7	4.6	1.9	3.3	1.5	Decreased, 2009-2021	No quadratic change		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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021										
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																6.6	18.5	11.6	Increased, 2017-2021	Not available [¶]	Decreased				
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																5.2	7.3	3.9	No linear change	Not available	Decreased				
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																0.5	0.6	0.5	0.5	0.4	0.5	0.2	No linear change	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																0.4	0.6	0.3	0.3	0.2	0.3	0.1	No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)																Decreased, 2009-2021	No quadratic change	No change
								31.4	32.1	24.7	25.4	17.3	21.7	19.9				
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																Decreased, 2009-2021	No quadratic change	No change
								13.3	12.7	11.4	9.9	7.0	11.0	10.8				
QN27: Percentage of students who ever used marijuana																Decreased, 2009-2021	No quadratic change	Decreased
								9.2	8.1	7.8	8.4	6.9	8.1	5.2				
QN28: Percentage of students who tried marijuana for the first time before age 11 years																Decreased, 2009-2021	No quadratic change	No change
								3.1	2.3	2.4	2.4	1.9	2.3	1.4				

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN29: 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)																		
													4.1	8.4	7.2	Increased, 2017-2021	Not available [‡]	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
								3.8	3.2	2.5	2.5	2.1	1.9	1.1		Decreased, 2009-2021	No quadratic change	No change
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)																		
										10.9	7.8	6.9	5.7	7.2	6.0	Decreased, 2011-2021	Decreased, 2011-2015 No change, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN32: Percentage of students who ever had sexual intercourse																Decreased, 2009-2021	No quadratic change	No change
									16.2	13.0	8.9	8.7	5.1	6.6	4.4			
QN33: Percentage of students who had sexual intercourse for the first time before age 11 years																Decreased, 2009-2021	No quadratic change	No change
									3.9	2.6	2.1	2.3	1.6	1.2	1.5			
QN34: Percentage of students who ever had sexual intercourse with three or more persons																Decreased, 2009-2021	No quadratic change	Decreased
									4.6	3.9	2.5	2.5	1.3	1.7	0.4			
QN35: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)																Decreased, 2009-2021	No quadratic change	No change
									70.3	65.4	71.0	52.7	51.7	62.6	55.7			

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN36: Percentage of students who described themselves as slightly or very overweight																			
									28.3	29.1	28.9	30.4	27.6	32.5	33.8		Increased, 2009-2021	No quadratic change	No change
QN37: Percentage of students who were trying to lose weight																			
									47.8	50.9	49.8	47.1	45.9	49.4	47.1		No linear change	No quadratic change	No change
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																			
									12.7	10.9	9.9	10.9	8.4	12.5	16.7		No linear change	Decreased, 2009-2017 Increased, 2017-2021	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																			
									39.1	40.1	43.8	44.1	46.2	41.4	35.2		No linear change	Increased, 2009-2017 Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN39: 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)																Decreased, 2009-2021	No quadratic change	Increased
									55.3	53.0	55.1	47.5	54.4	44.2	52.3			
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)																Increased, 2009-2021	No quadratic change	No change
									8.6	11.2	10.8	12.1	10.7	13.5	10.6			
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 breathe hard some of the time during the 7 days before the survey)																Decreased, 2009-2021	Decreased, 2009-2017 No change, 2017-2021	Increased
									34.2	32.0	31.5	27.4	28.3	22.8	30.5			

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																No linear change	No quadratic change	No change
									44.8	45.9	47.5	50.8	36.4	40.3	40.0			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																Decreased, 2009-2021	No quadratic change	Decreased
									35.2	31.8	25.6	24.3	18.5	29.3	19.9			
QN42: 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)																Decreased, 2009-2021	No change, 2009-2017 Decreased, 2017-2021	No change
									59.5	59.0	62.6	59.1	64.3	54.9	51.4			
QN43: 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)																Increased, 2017-2021	Not available [¶]	No change
													12.1	17.9	15.1			

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*
Other

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												49.6	53.7	45.8	41.3	Decreased, 2015-2021	Not available [¶]	No change
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
													2.5	1.9	2.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021					
QN47: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																Increased, 2015-2021	Not available [¶]	No change		
																17.2	16.3	19.6	22.5	
QN48: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)																No linear change	Not available	Decreased		
																1.9	1.0	2.4	1.0	
QN49: Percentage of students who currently used an electronic vapor product on school property (on at least 1 day during the 30 days before the survey)																No linear change	Not available	No change		
																		6.1	4.6	
QN50: Percentage of students who had oral sex																Decreased, 2013-2021	Not available	Decreased		
																9.0	10.3	9.8	8.6	5.9

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN51: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													8.2	6.1	5.5	Decreased, 2017-2021	Not available [¶]	No change
QN52: Percentage of students who reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their physical education teacher)																		
														22.2	32.4	Increased, 2019-2021	Not available	Increased
QN53: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																		
									23.1	21.7	18.9	19.7	17.7	19.3	15.4	Decreased, 2009-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN54: Percentage of students who missed one or more days of school because of their asthma (during the 30 days before the survey, among students who have asthma)																		
									15.9	13.5	No linear change		Not available [¶]			No change		
QN55: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)																		
						73.9	71.5	72.5	72.8	71.8	67.8	65.2	Decreased, 2009-2021	No change, 2009-2017 Decreased, 2017-2021		No change		
QN56: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)																		
						23.1	20.7	21.3	20.1	17.3	18.3	20.7	Decreased, 2009-2021	No quadratic change		No change		
QN57: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems																		
									11.6	13.2	9.0	11.2	15.3	No linear change		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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]														
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021																	
QN58: Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be																			75.4	74.7	78.3	71.5	68.5	Decreased, 2013-2021			Not available [¶]			No change		
QN59: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem																			67.8	66.4	No linear change			Not available			No change					
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																			66.2	61.4	64.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													58.8	53.9	57.5	No linear change	Not available [¶]	No change
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													45.7	38.8	43.9	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																Decreased, 2009-2021	No quadratic change	Decreased
						93.3	92.7	90.5	88.5	86.2	96.7	81.0						
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																No linear change	No quadratic change	No change
						89.0	91.2	90.2	87.1	85.4	90.1	82.7						
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																Decreased, 2009-2021	No quadratic change	No change
						56.3	65.1	56.0	53.6	45.0	53.1	44.2						
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																Decreased, 2009-2021	No quadratic change	No change
						34.1	21.2	22.3	19.4	12.1	21.9	17.5						

*Non-Hispanic.

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN10: Percentage of students who were ever in a physical fight																Decreased, 2009-2021	No quadratic change	No change
									73.1	64.7	67.1	72.9	60.8	67.4	57.3			
QN12: Percentage of students who were ever bullied on school property																No linear change	No change, 2009-2017 Decreased, 2017-2021	No change
									31.5	34.6	38.1	32.7	42.3	31.3	21.7			
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																No linear change	No quadratic change	No change
										15.6	18.3	11.6	20.4	21.8	19.8			
QN14: Percentage of students who ever seriously thought about killing themselves																No linear change	No quadratic change	No change
									19.1	21.2	15.5	21.8	17.1	21.8	23.4			

*Non-Hispanic.

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN15: Percentage of students who ever made a plan about how they would kill themselves																Increased, 2009-2021	No quadratic change	No change
									10.3	9.7	6.7	17.7	9.6	13.8	18.4			
QN16: Percentage of students who ever tried to kill themselves																No linear change	No quadratic change	No change
									11.4	8.7	6.9	9.5	5.7	8.3	10.8			

*Non-Hispanic.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																		
									36.7	23.3	28.8	28.7	9.4	14.5	13.1	Decreased, 2009-2021	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)																		
													2.9	7.5	10.5	Increased, 2017-2021	Not available [¶]	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
									5.3	4.6	5.3	6.7	1.8	3.0	1.3	Decreased, 2009-2021	No quadratic change	No change
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
									1.7	0.9	0.9	2.7	0.0	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																Not available	Not available [¶]	Not available
							1.7	0.9	0.5	0.0	0.0	0.0	0.0					
QN21: Percentage of students who ever used an electronic vapor product																No linear change	Not available	No change
											29.0	13.2	24.5	23.8				
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)																No linear change	Not available	No change
											14.3	2.6	12.0	11.2				
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																No linear change	Not available	No change
											0.0	0.0	2.5	3.8				

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
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	1.7	3.8	Not available	Not available [¶]	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																		
												14.1	3.6	9.8	11.5	No linear change	Not available	No change
QN23: 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)																		
													0.7	1.8	7.0	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)																		
													0.0	0.0	3.5	Not available	Not available [¶]	Not available
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)																		
													0.0	0.0	3.5	Not available	Not available	Not available
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																		
								8.7	8.7	9.5	8.5	3.7	6.9	2.6	Decreased, 2009-2021	No quadratic change	No change	

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[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]										
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021													
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																6.0	10.6	14.5	No linear change	Not available [¶]			No change					
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																4.2	6.9	8.6	No linear change	Not available			No change					
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																1.1	0.0	1.4	0.6	0.0	0.0	0.0	0.0	Not available	Not available			Not available
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																0.5	0.0	1.4	0.0	0.0	0.0	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN25: Percentage of students who ever drank alcohol (other than a few sips)																			
									39.7	27.7	34.1	27.6	14.8	30.9	14.3		Decreased, 2009-2021	No quadratic change	No change
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																			
									21.6	11.5	16.6	13.9	5.3	12.4	4.4		Decreased, 2009-2021	No quadratic change	No change
QN27: Percentage of students who ever used marijuana																			
									14.4	13.4	18.0	11.1	9.6	15.0	8.1		No linear change	No quadratic change	No change
QN28: Percentage of students who tried marijuana for the first time before age 11 years																			
									5.6	3.8	6.0	4.0	1.8	3.1	5.3		No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN29: 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)																		
													4.6	14.3	17.1	Increased, 2017-2021	Not available [¶]	No change
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																		
								1.0	5.5	3.6	1.9	3.6	1.6	2.5		No linear change	No quadratic change	No change
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)																		
										11.3	10.4	6.7	6.8	7.2	6.2	No linear change	No quadratic change	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Sexual Behaviors**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN32: Percentage of students who ever had sexual intercourse																Decreased, 2009-2021	No quadratic change	No change
								27.7	21.0	16.9	16.3	9.2	18.1	12.3				
QN33: Percentage of students who had sexual intercourse for the first time before age 11 years																No linear change	No quadratic change	No change
								11.6	7.9	3.4	6.8	1.7	6.8	4.8				
QN34: Percentage of students who ever had sexual intercourse with three or more persons																Decreased, 2009-2021	No quadratic change	No change
								12.2	8.1	8.1	8.1	1.8	0.9	2.8				

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																		
									24.2	25.4	19.0	27.3	21.2	24.5	21.4	No linear change	No quadratic change	No change
QN37: Percentage of students who were trying to lose weight																		
									43.1	40.1	47.5	51.6	45.0	42.3	41.5	No linear change	No quadratic change	No change
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																		
									19.0	12.4	14.3	6.0	16.8	11.0	18.7	No linear change	Decreased, 2009-2015 Increased, 2015-2021	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																		
									37.4	35.6	43.1	52.5	44.7	33.5	34.0	No linear change	Increased, 2009-2015 Decreased, 2015-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Black*																Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[§]
Physical Activity																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN39: 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)																		
									53.7	45.0	56.6	47.4	48.0	39.0	44.1	Decreased, 2009-2021	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)																		
									18.1	18.2	16.6	15.7	18.2	20.4	17.5	No linear change	No quadratic change	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)																		
									36.6	29.4	37.5	34.6	28.6	20.0	30.5	Decreased, 2009-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Physical Activity**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																		
									49.0	47.2	46.5	49.7	42.0	35.6	48.1	No linear change	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																		
									34.3	30.8	25.6	34.0	25.9	26.6	30.6	No linear change	No quadratic change	No change
QN42: 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)																		
									64.2	60.4	63.7	62.5	66.4	68.5	49.6	No linear change	No quadratic change	Decreased
QN43: 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)																		
													24.2	13.8	28.2	No linear change	Not available [¶]	Increased

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*
Other

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												43.5	54.0	28.4	49.3	No linear change	Not available [¶]	Increased
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																		
													5.0	2.5	9.1	No linear change	Not available	No change

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021																				
QN47: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																																			
																	13.0	12.0	17.1	17.1	No linear change	Not available [¶]	No change												
QN48: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)																																			
																	1.6	0.0	1.1	0.0	Not available	Not available	Not available												
QN49: Percentage of students who currently used an electronic vapor product on school property (on at least 1 day during the 30 days before the survey)																																			
																								7.0	8.9	No linear change	Not available	No change							
QN50: Percentage of students who had oral sex																																			
																												14.7	16.3	10.3	19.4	10.9	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Black* Site-Added																		
Health Risk Behavior and Percentages																Linear Change[†]	Quadratic Change[‡]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN51: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													18.8	7.0	10.0	Decreased, 2017-2021	Not available [¶]	No change
QN52: Percentage of students who reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their physical education teacher)																		
													19.6	34.6		Increased, 2019-2021	Not available	Increased
QN53: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																		
								27.6	27.3	26.3	30.1	27.9	24.9	15.6		No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN55: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)																		
								79.7	81.0	82.2	81.1	84.0	69.3	66.9		Decreased, 2009-2021	No change, 2009-2017 Decreased, 2017-2021	No change
QN56: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)																		
								30.2	25.2	28.8	31.4	24.5	17.5	24.1		No linear change	No quadratic change	No change
QN57: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems																		
										15.6	7.6	15.3	16.0	15.4		No linear change	Not available [¶]	No change
QN58: Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be																		
										68.7	65.3	79.2	76.1	59.9		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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages																Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN59: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem																			
														59.6	65.1	No linear change	Not available [¶]	No change	
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																			
														55.9	59.3	59.0	No linear change	Not available	No change
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																			
														49.9	51.5	53.0	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													41.1	41.0	44.0	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																			
									84.7	85.8	81.6	83.1	85.4	79.9	74.0		No linear change	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)																			
									80.0	90.3	85.9	80.6	82.9	79.9	75.9		No linear change	No quadratic change	No change
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)																			
									61.6	56.6	45.6	45.7	38.8	42.2	38.5		Decreased, 2009-2021	No quadratic change	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																			
									24.5	27.1	30.6	22.3	13.2	16.8	16.4		Decreased, 2009-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN10: Percentage of students who were ever in a physical fight																Decreased, 2009-2021	No quadratic change	Decreased
									55.3	51.8	60.3	52.9	42.4	54.1	39.9			
QN12: Percentage of students who were ever bullied on school property																Decreased, 2009-2021	Increased, 2009-2013 Decreased, 2013-2021	Decreased
									43.8	35.8	61.8	45.1	44.6	42.3	26.1			
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																No linear change	Increased, 2011-2017 No change, 2017-2021	No change
										14.3	26.9	18.3	31.9	25.2	18.5			
QN14: Percentage of students who ever seriously thought about killing themselves																No linear change	No quadratic change	No change
									26.1	19.1	35.5	21.7	26.7	28.1	24.1			

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN15: Percentage of students who ever made a plan about how they would kill themselves																No linear change	No quadratic change	No change
									21.3	15.5	20.8	16.7	15.3	20.1	19.6			
QN16: Percentage of students who ever tried to kill themselves																No linear change	No quadratic change	No change
									14.9	9.5	16.8	9.0	10.4	12.5	11.5			

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)																Decreased, 2009-2021	No quadratic change	Decreased
									39.4	30.5	29.7	25.7	14.0	20.7	10.5			
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)																No linear change	Not available [§]	No change
													7.9	11.7	7.8			
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																Decreased, 2009-2021	No quadratic change	No change
									14.8	10.1	11.9	7.6	3.3	5.1	3.1			
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																Not available	Not available [§]	Not available
									0.0	3.9	4.3	2.8	1.0	0.7	0.0			

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																		
								0.0	3.3	3.3	2.0	0.0	0.7	0.0		Not available	Not available [§]	Not available
QN21: Percentage of students who ever used an electronic vapor product																		
											28.6	18.9	35.2	19.0		No linear change	Not available	Decreased
QN22: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)																		
											17.4	4.0	24.7	10.8		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)																		
											1.6	0.0	5.9	4.1		Not available	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																		
												0.7	0.0	5.3	3.4	Not available	Not available [§]	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																		
												16.9	4.9	23.1	10.3	No linear change	Not available	Decreased
QN23: 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)																		
												4.3	6.6	2.9	No linear change	Not available	No change	

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 †							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021								
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)														0.6	2.7	0.0	Not available	Not available [§]	Not available				
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)														0.6	2.7	0.0	Not available	Not available	Not available				
QN24: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)														13.2	8.2	8.5	9.5	3.9	5.5	2.2	Decreased, 2009-2021	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)																		
													7.2	24.1	11.8	No linear change	Not available [§]	Decreased
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)																		
													6.3	10.0	4.5	No linear change	Not available	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)																		
									3.1	0.6	2.3	1.1	0.0	2.6	0.0	Not available	Not available	Not available
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)																		
									2.0	0.6	1.6	1.1	0.0	2.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Alcohol and Other Drug Use

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN25: Percentage of students who ever drank alcohol (other than a few sips)																Decreased, 2009-2021	No quadratic change	No change
								34.1	42.6	38.7	26.4	18.0	28.2	21.8				
QN26: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																No linear change	No quadratic change	No change
								21.0	21.1	19.3	14.2	9.9	14.0	11.2				
QN27: Percentage of students who ever used marijuana																No linear change	No quadratic change	Decreased
								12.9	13.4	19.2	15.6	7.6	18.7	7.0				
QN28: Percentage of students who tried marijuana for the first time before age 11 years																No linear change	Increased, 2009-2013 Decreased, 2013-2021	No change
								0.9	4.2	8.0	5.5	4.4	3.6	0.8				

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Hispanic
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN29: 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)																			
													7.8	10.0	8.8	No linear change	Not available [§]	No change	
QN30: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																			
						4.7	8.7	6.1	6.2	3.5	3.6	4.8	No linear change	No quadratic change	No change				
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)																			
								15.4	13.6	12.7	7.5	10.0	7.6	No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Sexual Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN32: Percentage of students who ever had sexual intercourse																Decreased, 2009-2021	No quadratic change	No change
									16.5	10.7	22.3	13.7	4.8	14.5	7.9			
QN33: Percentage of students who had sexual intercourse for the first time before age 11 years																Not available	Not available [§]	No change
									9.0	4.5	7.9	5.2	0.0	4.8	4.7			
QN34: Percentage of students who ever had sexual intercourse with three or more persons																Decreased, 2009-2021	No quadratic change	No change
									6.8	4.8	9.2	3.5	1.8	3.3	1.8			

*Based on trend 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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN36: Percentage of students who described themselves as slightly or very overweight																No linear change	No quadratic change	No change
								23.0	26.1	34.1	29.3	36.3	33.2	32.8				
QN37: Percentage of students who were trying to lose weight																No linear change	No quadratic change	No change
								43.6	53.5	60.2	49.9	61.8	57.7	51.7				
QN38: Percentage of students who did not eat breakfast (during the 7 days before the survey)																No linear change	No quadratic change	No change
								13.5	18.7	15.9	14.0	16.8	14.2	15.6				
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																No linear change	Increased, 2009-2015 Decreased, 2015-2021	No change
								33.4	41.0	37.7	54.2	52.6	38.5	35.5				

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Hispanic
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021 [†]		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN39: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																		
								51.1	49.3	41.9	53.7	46.9	49.3	48.6		No linear change	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)																		
								16.7	15.3	18.0	14.5	18.2	11.7	12.3		No linear change	No quadratic change	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)																		
								34.7	30.5	25.0	36.9	24.0	31.7	30.3		No linear change	No quadratic change	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Physical Activity

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																No linear change	No quadratic change	No change
						42.3	39.9	39.8	44.6	34.3	33.7	36.4						
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																Decreased, 2009-2021	No quadratic change	No change
						31.3	24.6	24.3	18.9	17.8	21.7	13.4						
QN42: 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)																Decreased, 2009-2021	No quadratic change	No change
						52.1	52.3	58.2	54.4	55.1	42.8	46.0						
QN43: 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)																No linear change	Not available [§]	No change
										17.0	24.8	27.4						

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic Other		Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2019-2021†				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021							
QN45: Percentage of students who got 8 or more hours of sleep (on an average school night)																						
																53.6	53.8	42.5	46.1	No linear change	Not available [§]	No change
QN46: Percentage of students who usually did not sleep in their parent's or guardian's home (during the 30 days before the survey)																						
																	2.6	4.7	6.5	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021												
QN47: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																19.7	19.0	29.3	25.2	No linear change				Not available [§]		No change	
QN48: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)																4.2	2.5	2.2	2.4	No linear change				Not available		No change	
QN49: Percentage of students who currently used an electronic vapor product on school property (on at least 1 day during the 30 days before the survey)																		13.7	3.0	Decreased, 2019-2021				Not available		Decreased	
QN50: Percentage of students who had oral sex																19.8	12.0	16.1	16.9	10.0	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN51: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													17.0	11.0	12.7	No linear change	Not available [§]	No change
QN52: Percentage of students who reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their physical education teacher)																		
														21.5	42.1	Increased, 2019-2021	Not available	Increased
QN53: Percentage of students who have ever been told by a doctor or a nurse that they have asthma																		
									22.3	18.8	28.5	21.6	16.5	26.3	17.6	No linear change	No quadratic change	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN55: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)																		
								67.5	78.7	69.6	70.0	75.5	72.8	74.4		No linear change	No quadratic change	No change
QN56: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)																		
								19.5	28.8	22.1	25.4	16.6	25.8	25.2		No linear change	No quadratic change	No change
QN57: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems																		
											14.7	18.2	19.5	15.5	16.4	No linear change	Not available [§]	No change
QN58: Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be																		
											70.6	74.5	67.9	70.6	58.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				
QN59: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem																			
														59.4	61.7	No linear change	Not available [§]	No change	
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																			
														59.0	62.1	60.9	No linear change	Not available	No change
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																			
														53.6	56.5	60.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages																Linear Change*	Quadratic Change*	Change from 2019-2021 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													41.5	45.7	50.5	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.