

2023 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 2021-2023 † | |
|---|--|--------------------------------------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| | | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | | | | 2023 |
| QN10: Percentage of students who were ever in a physical fight | | | | | | | | | | | | | Not available | Not available [§] | No change |
| | | | 55.2 | 50.3 | 46.9 | 46.7 | 37.2 | 44.4 | 40.9 | 39.5 | | | | | |
| QN11: Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood | | | | | | | | | | | | | Not available | Not available | No change |
| | | | | | | | | | 18.5 | 19.8 | | | | | |
| QN13: Percentage of students who were ever bullied on school property | | | | | | | | | | | | | Not available | Not available | Increased |
| | | | 41.8 | 43.1 | 48.9 | 47.0 | 43.7 | 44.6 | 34.0 | 41.1 | | | | | |

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

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|--|--|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|----------------------------|
| | | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN14: 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 | 29.0 | Not available | Not available [§] | No change |
| QN15: Percentage of students who ever seriously thought about killing themselves | | | | | | | | | | | | | |
| | | | 17.4 | 19.1 | 15.0 | 18.4 | 18.2 | 22.4 | 23.7 | 25.7 | Not available | Not available | No change |
| QN16: Percentage of students who ever made a plan about how they would kill themselves | | | | | | | | | | | | | |
| | | | 11.0 | 11.5 | 9.7 | 13.4 | 10.5 | 13.6 | 18.2 | 16.0 | 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.

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|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | |
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN51: 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) | | | | | | | | | | | | | |
| | | | | | | 16.9 | 16.0 | 20.0 | 22.5 | 24.6 | 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.

2023 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 2021-2023 † |
|--|------|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN18: Percentage of students who ever smoked a cigarette (even one or two puffs) | | | | | | | | | | | | | |
| | | | 34.1 | 29.3 | 23.7 | 22.5 | 12.1 | 16.5 | 12.8 | 10.0 | Not available | Not available [§] | No change |
| QN20: 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 | 2.2 | Not available | Not available | No change |
| 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 | 0.4 | Not available | Not available | Not available |
| QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 1.8 | 1.6 | 1.4 | 0.7 | 0.5 | 0.6 | 0.1 | 0.4 | Not available | Not available | Not available |

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

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| Total Tobacco Use | | Health Risk Behavior and Percentages | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] |
|---|------|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN22: Percentage of students who ever used an electronic vapor product | | | | | | | | | | | | | |
| | | | | | | 21.8 | 15.1 | 31.4 | 24.1 | 23.2 | Not available | Not available [§] | No change |
| QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | 1.4 | 0.3 | 2.0 | 2.9 | 2.5 | Not available | Not available | Not available |
| QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | 0.9 | 0.1 | 1.2 | 2.0 | 1.8 | Not available | Not available | Not available |

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[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Trend Analysis Report

| Total Tobacco Use | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † | |
|--|------|------|------|------|------|------|------|------|------|------|-----------------------|--------------------------|--------------------------------|---------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | |
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN23: 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 | 10.6 | | Not available | Not available [§] | No change |
| QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | | 2.6 | 3.9 | 2.7 | 2.1 | | Not available | Not available | No change |
| 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 | 0.4 | | | Not available | Not available | Not available |

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§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

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| Total Tobacco Use | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|-----------------------|----------------------------|--------------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | |
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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) | | | | | | | | | | | Not available | Not available [§] | Not available |
| | | | 0.4 | 0.7 | 0.6 | 0.2 | | | | | | | |
| QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars (such as Swisher Sweets, Middleton's [including Black & Mild], or Backwoods, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | Not available | Not available | No change |
| | | 6.9 | 5.9 | 4.5 | 5.3 | 2.1 | 3.9 | 1.8 | 2.8 | | | | |
| 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) | | | | | | | | | | | Not available | Not available | Not available |
| | | 0.7 | 0.5 | 0.7 | 0.5 | 0.3 | 0.6 | 0.2 | 0.3 | | | | |

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|--|------|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 0.2 | Not available | Not available [§] | Not available |
| QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 11.4 | 10.4 | 7.7 | 8.7 | 3.4 | 6.1 | 2.7 | 3.7 | Not available | Not available | Not available |
| 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 | 4.5 | Not available | Not available | Not available |

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§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

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| Total Tobacco Use | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | |
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 11.0 | | Not available | Not available [§] | Not available |
| 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 | 10.6 | Not available | Not available | Not available |
| QN52: Percentage of students who currently used an electronic vapor product on school property (during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | | 7.1 | 5.1 | 4.9 | | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

| Total Alcohol and Other Drug Use | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023[†] |
|---|------|------|------|------|------|------|------|------|------|------|-----------------------|----------------------------|--|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | |
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN26: 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 | 22.0 | Not available | Not available [§] | No change |
| QN27: 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 | 9.3 | Not available | Not available | No change |
| QN28: Percentage of students who ever used marijuana | | | | | | | | | | | | | |
| | | | 9.8 | 9.2 | 9.5 | 9.0 | 7.3 | 9.5 | 5.9 | 6.0 | Not available | Not available | No change |
| QN29: 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 | 1.6 | Not available | Not available | No change |

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

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

| Total Alcohol and Other Drug Use | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023[†] |
|--|------|------|------|------|------|------|------|------|------|------|-----------------------|----------------------------|--|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | |
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet) | | | | | | | | | | | | | |
| | | | | | | | 4.3 | 9.1 | 8.5 | 8.5 | Not available | Not available [§] | No change |
| QN31: 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 | 1.3 | Not available | Not available | No change |
| QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high) | | | | | | | | | | | | | |
| | | | | 10.7 | 8.3 | 7.1 | 5.9 | 7.3 | 6.4 | 5.0 | 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.

2023 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 2021-2023 [†] |
|--|------|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN33: Percentage of students who ever had sexual intercourse | | | | | | | | | | | | | |
| | | | 17.2 | 13.8 | 10.2 | 9.7 | 5.5 | 8.3 | 5.8 | 6.7 | Not available | Not available [§] | No change |
| QN34: 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 | 1.8 | Not available | Not available | No change |
| QN35: 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 | 1.3 | Not available | Not available | No change |
| QN36: 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 | 42.4 | Not available | Not available | No change |

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

[§]Not enough years of data to calculate.

2023 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 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN55: Percentage of students who had oral sex | | | | | | | | | | | | | |
| | | | | | 10.2 | 10.9 | 10.2 | 10.1 | 7.1 | 8.6 | Not available | Not available [§] | No change |

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§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

| Total Dietary Behaviors | | Health Risk Behavior and Percentages | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] |
|--|--|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|---------------------------------------|
| | | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN37: 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 | 28.5 | Not available | Not available [§] | No change |
| QN38: Percentage of students who were trying to lose weight | | | | | | | | | | | | | |
| | | | 47.4 | 50.0 | 49.7 | 47.8 | 46.7 | 49.4 | 46.9 | 47.6 | Not available | Not available | No change |
| QN39: 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 | 16.5 | Not available | Not available | No change |
| 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 | 33.5 | Not available | Not available | Not available |

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

[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

| Total Dietary Behaviors | | Health Risk Behavior and Percentages | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] |
|--|------|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN58: 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 | 6.0 | Not available | 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 | 45.7 | Not available | Not available | Not available |
| 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 | 66.1 | Not available | Not available | Not available |

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2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

**Total
Dietary Behaviors**

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 60.1 | Not available | Not available [§] | Not available |

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

[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

| Total Physical Activity | | Health Risk Behavior and Percentages | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † |
|---|------|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN40: 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) | | | | | | | | | | | | | |
| | | | 54.5 | 52.3 | 54.8 | 47.9 | 52.7 | 43.8 | 50.5 | 50.1 | Not available | Not available [§] | No change |
| QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 10.3 | 12.2 | 12.0 | 12.6 | 12.4 | 14.6 | 11.7 | 11.7 | Not available | Not available | Not available |
| 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) | | | | | | | | | | | | | |
| | | | | | | | | | | | 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.

2023 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 2021-2023 † |
|---|------|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 41.9 | Not available | Not available [§] | 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 | 26.7 | Not available | Not available | Not available |
| 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 | 59.0 | Not available | Not available | Increased |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

| Total Physical Activity | | Health Risk Behavior and Percentages | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † |
|--|------|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 19.0 | Not available | Not available [§] | No change |
| QN60: 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 | 26.1 | Not available | 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.

2023 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 2021-2023 † | |
|---|--------------------------------------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|----------------------------|-----------|
| | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | | | | 2023 |
| QN46: Percentage of students who got 8 or more hours of sleep (on an average school night) | | | | | | | | | | | | | | |
| | | | | | | 49.0 | 53.6 | 44.1 | 43.1 | 41.3 | Not available | Not available [§] | No change | |
| QN47: 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 | 3.4 | Not available | Not available | No change | |
| QN65: 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 | 64.0 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

| Total Mental Health | | Health Risk Behavior and Percentages | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] |
|--|--|--------------------------------------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|---------------------------------------|
| | | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | | | |
| QN17: Percentage of students who ever tried to kill themselves | | | | | | | | | | | | | | |
| | | | 6.5 | 7.1 | 6.7 | 6.9 | 5.8 | 8.8 | 9.8 | 9.9 | | Not available | Not available [§] | No change |
| QN45: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | | | | 21.9 | 25.4 | | Not available | Not available | Increased |

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

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

[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

| Total Protective Factors | | Health Risk Behavior and Percentages | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † |
|---|--|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| | | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN64: 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 | 13.5 | Not available | Not available [§] | No change |
| QN66: 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 | 64.9 | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 48.3 | Not available | Not available [§] | No change |
| QN11: Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood | | | | | | | | | | | | | |
| | | | | | | | | | 20.6 | 20.1 | Not available | Not available | No change |
| QN13: Percentage of students who were ever bullied on school property | | | | | | | | | | | | | |
| | | | 38.9 | 38.8 | 41.0 | 39.9 | 37.7 | 35.3 | 27.9 | 33.8 | Not available | Not available | Increased |
| QN14: 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 | 20.8 | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN15: Percentage of students who ever seriously thought about killing themselves | | | | | | | | | | | | | |
| | | | 14.4 | 13.7 | 10.6 | 11.3 | 11.7 | 15.0 | 17.8 | 16.0 | Not available | Not available [§] | No change |
| QN16: 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 | 9.1 | Not available | Not available | Decreased |
| QN51: 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 | 14.1 | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN18: Percentage of students who ever smoked a cigarette (even one or two puffs) | | | | | | | | | | | | | |
| | | | 35.8 | 28.9 | 24.0 | 21.8 | 11.0 | 15.8 | 12.8 | 9.1 | Not available | Not available [§] | No change |
| QN20: 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 | 2.3 | Not available | Not available | No change |
| 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 | 0.7 | Not available | Not available | Not available |
| QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 2.5 | 1.8 | 1.3 | 0.6 | 0.5 | 1.0 | 0.1 | 0.7 | 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.

2023 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 2021-2023 [†] |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN22: Percentage of students who ever used an electronic vapor product | | | | | | | | | | | Not available | Not available [§] | No change |
| | | | | | | 22.6 | 14.6 | 29.8 | 21.6 | 18.7 | | | |
| QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | Not available | Not available | Not available |
| | | | | | | 1.4 | 0.4 | 2.5 | 2.4 | 2.1 | | | |
| QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | Not available | Not available | Not available |
| | | | | | | 0.9 | 0.2 | 1.5 | 1.5 | 1.6 | | | |

*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.

2023 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 2021-2023 [†] |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN23: 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 | 8.5 | Not available | Not available [§] | No change |
| QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | | 2.8 | 5.1 | 4.1 | 2.7 | Not available | Not available | No change |
| 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 | 0.8 | | 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.

2023 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 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 0.5 | Not available | Not available [§] | Not available |
| QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars (such as Swisher Sweets, Middleton's [including Black & Mild], or Backwoods, 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 | 3.1 | Not available | 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) | | | | | | | | | | | | | |
| | | | 0.7 | 0.8 | 0.8 | 0.4 | 0.1 | 1.0 | 0.2 | 0.4 | 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.

2023 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 2021-2023 [†] |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 0.8 | 0.5 | 0.3 | 0.1 | 0.7 | 0.2 | 0.2 | Not available | Not available [§] | Not available |
| QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 13.2 | 10.2 | 7.7 | 8.7 | 2.9 | 6.2 | 3.2 | 3.7 | Not available | Not available | Not available |
| 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) | | | | | | | | | | | | | |
| | | | | | | | 4.6 | 7.9 | 5.6 | 4.9 | 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.

2023 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 2021-2023 [†] |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 16.1 | 10.0 | 9.4 | Not available | Not available [§] | Not available |
| 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 | 8.8 | Not available | Not available | Not available |
| QN52: Percentage of students who currently used an electronic vapor product on school property (during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | | 7.3 | 3.8 | 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.

2023 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 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN26: Percentage of students who ever drank alcohol (other than a few sips) | | | | | | | | | | | Not available | Not available [§] | No change |
| | | | 35.9 | 33.9 | 26.7 | 26.8 | 16.2 | 21.2 | 18.9 | 20.3 | | | |
| QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) | | | | | | | | | | | Not available | Not available | No change |
| | | | 16.3 | 16.5 | 12.2 | 12.1 | 7.2 | 13.0 | 11.0 | 9.2 | | | |
| QN28: Percentage of students who ever used marijuana | | | | | | | | | | | Not available | Not available | No change |
| | | | 11.0 | 10.6 | 10.6 | 9.7 | 6.6 | 9.0 | 4.8 | 5.5 | | | |
| QN29: Percentage of students who tried marijuana for the first time before age 11 years | | | | | | | | | | | Not available | Not available | No change |
| | | | 3.9 | 4.1 | 3.6 | 3.6 | 2.2 | 2.6 | 1.8 | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet) | | | | | | | | | | | | | |
| | | | | | | | 3.6 | 6.7 | 7.4 | 5.8 | Not available | Not available [§] | No change |
| QN31: 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 | 1.5 | Not available | Not available | No change |
| QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high) | | | | | | | | | | | | | |
| | | | | 9.9 | 8.6 | 6.1 | 5.4 | 6.4 | 5.5 | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN33: Percentage of students who ever had sexual intercourse | | | | | | | | | | | | | |
| | | | 21.4 | 17.1 | 12.6 | 12.1 | 6.3 | 8.9 | 6.9 | 6.1 | Not available | Not available [§] | No change |
| QN34: Percentage of students who had sexual intercourse for the first time before age 11 years | | | | | | | | | | | | | |
| | | | 6.7 | 4.7 | 3.0 | 3.7 | 2.1 | 3.0 | 2.9 | 1.8 | Not available | Not available | No change |
| QN35: Percentage of students who ever had sexual intercourse with three or more persons | | | | | | | | | | | | | |
| | | | 6.9 | 5.6 | 4.0 | 4.3 | 1.6 | 2.0 | 1.0 | 1.3 | Not available | Not available | No change |
| QN36: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse) | | | | | | | | | | | | | |
| | | | 71.0 | 69.0 | 75.4 | 58.8 | 55.4 | 60.8 | 56.7 | 35.6 | 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.

2023 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 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN55: Percentage of students who had oral sex | | | | | | | | | | | Not available | Not available [§] | No change |
| | | | | | 12.4 | 11.5 | 10.6 | 9.4 | 6.8 | 8.2 | | | |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

| Male Dietary Behaviors | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023[†] |
|--|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-----------------------|----------------------------|--|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | |
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN37: Percentage of students who described themselves as slightly or very overweight | | | | | | | | | | | | | |
| | | | 27.5 | 26.8 | 27.9 | 26.8 | 26.8 | 30.5 | 29.2 | 25.7 | Not available | Not available [§] | No change |
| QN38: Percentage of students who were trying to lose weight | | | | | | | | | | | | | |
| | | | 40.1 | 41.2 | 41.7 | 38.4 | 40.9 | 41.0 | 42.5 | 38.4 | Not available | Not available | No change |
| QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 12.0 | 8.5 | 7.1 | 7.8 | 7.1 | 10.9 | 12.5 | 12.2 | Not available | Not available | No change |
| QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 46.6 | 47.3 | 52.9 | 53.8 | 51.7 | 46.9 | 44.3 | 39.1 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Dietary Behaviors**

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN58: 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) | | | | | | | | | | | | | |
| | | | | | | | 11.1 | 7.9 | 7.8 | 7.4 | Not available | 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 | 45.3 | Not available | Not available | Not available |
| 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 | 66.8 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Male
Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 61.8 | 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.

2023 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 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN40: 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) | | | | | | | | | | | | | |
| | | | 59.1 | 58.6 | 60.0 | 54.4 | 56.0 | 48.5 | 55.8 | 58.6 | Not available | Not available [§] | No change |
| QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 10.1 | 9.8 | 12.4 | 11.5 | 12.5 | 14.6 | 11.1 | 10.0 | Not available | Not available | Not available |
| 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) | | | | | | | | | | | | | |
| | | | | | | | | | | | 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.

2023 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 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|----------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school) | | | | | | | | | | | | | |
| | | | 46.1 | 48.8 | 51.1 | 53.1 | 39.8 | 41.9 | 42.8 | 45.1 | Not available | Not available [§] | 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) | | | | | | | | | | | | | |
| | | | 35.4 | 33.4 | 28.4 | 27.8 | 23.0 | 30.5 | 22.6 | 28.2 | Not available | Not available | Not available |
| 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) | | | | | | | | | | | | | |
| | | | 62.0 | 58.9 | 62.7 | 61.6 | 64.5 | 55.3 | 52.0 | 62.1 | Not available | Not available | Increased |

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

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

§Not enough years of data to calculate.

2023 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 2021-2023 † | |
|--|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| 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) | | | | | | | | | | | | | | |
| | | | | | | | 15.7 | 19.3 | 19.4 | 21.4 | | Not available | Not available [§] | No change |
| QN60: 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) | | | | | | | | | | | | | | |
| | | | | | | | 21.3 | 32.8 | 27.5 | | | 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.

2023 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 2021-2023 [†] | |
|---|--------------------------------------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|---------------------------------------|-----------|
| | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | | | | 2023 |
| QN46: Percentage of students who got 8 or more hours of sleep (on an average school night) | | | | | | | | | | | | | | |
| | | | | | | 50.0 | 53.9 | 44.6 | 47.1 | 45.6 | Not available | Not available [§] | No change | |
| QN47: 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 | 4.1 | Not available | Not available | No change | |
| QN65: 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 | 57.4 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

Male
Mental Health

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] | |
|--|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|-----------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN17: Percentage of students who ever tried to kill themselves | | | | | | | | | | | | | | |
| | | | 5.9 | 4.9 | 5.4 | 3.4 | 3.9 | 5.9 | 7.2 | 5.8 | | Not available | Not available [§] | No change |
| QN45: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | | | | 12.1 | 13.0 | | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Protective Factors**

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN64: 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 | 10.3 | Not available | Not available [§] | No change |
| QN66: 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 | 65.9 | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 30.2 | Not available | Not available [§] | No change |
| QN11: Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood | | | | | | | | | | | | | |
| | | | | | | | | | 15.8 | 18.9 | Not available | Not available | No change |
| QN13: Percentage of students who were ever bullied on school property | | | | | | | | | | | | | |
| | | | 44.9 | 47.2 | 57.2 | 54.6 | 49.8 | 54.3 | 40.3 | 48.2 | Not available | Not available | Increased |
| QN14: 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 | 37.4 | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN15: Percentage of students who ever seriously thought about killing themselves | | | | | | | | | | | | | |
| | | | 20.6 | 24.4 | 19.6 | 26.0 | 24.7 | 30.4 | 29.9 | 35.3 | Not available | Not available [§] | Increased |
| QN16: Percentage of students who ever made a plan about how they would kill themselves | | | | | | | | | | | | | |
| | | | 12.3 | 14.4 | 11.1 | 18.3 | 14.9 | 18.1 | 21.6 | 23.0 | Not available | Not available | No change |
| QN51: 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 | 34.9 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

| Female Tobacco Use | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | |
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN18: Percentage of students who ever smoked a cigarette (even one or two puffs) | | | | | | | | | | | | | |
| | | | 32.2 | 29.5 | 23.3 | 23.3 | 13.1 | 17.1 | 12.5 | 10.9 | Not available | Not available [§] | No change |
| QN20: 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 | 2.2 | Not available | Not available | No change |
| 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 | 0.0 | Not available | Not available | Not available |
| QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 1.1 | 1.5 | 1.4 | 0.7 | 0.5 | 0.1 | 0.0 | 0.0 | Not available | Not available | Not available |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 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 2021-2023 † | |
|---|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|---------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN22: Percentage of students who ever used an electronic vapor product | | | | | | | | | | | | | | |
| | | | | | | 20.9 | 15.8 | 33.1 | 26.6 | 27.9 | | Not available | Not available [§] | No change |
| QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | 1.4 | 0.2 | 1.4 | 3.6 | 3.1 | | Not available | Not available | Not available |
| QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | 0.9 | 0.0 | 0.9 | 2.6 | 2.1 | | 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.

2023 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 2021-2023 † | |
|--|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|---------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN23: 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) | | | | | | | | | | | | | | |
| | | | | | | 11.0 | 3.5 | 19.6 | 13.8 | 12.8 | | Not available | Not available [§] | No change |
| QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | | 2.3 | 2.5 | 1.3 | 1.5 | | Not available | Not available | No change |
| 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 | 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.

2023 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 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 0.0 | Not available | Not available [§] | Not available |
| QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars (such as Swisher Sweets, Middleton's [including Black & Mild], or Backwoods, 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 | 2.6 | Not available | 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) | | | | | | | | | | | | | |
| | | | 0.7 | 0.2 | 0.6 | 0.6 | 0.5 | 0.2 | 0.2 | 0.1 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

| Female Tobacco Use | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | |
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 0.1 | 0.5 | 0.3 | 0.1 | 0.2 | 0.0 | 0.1 | Not available | Not available [§] | Not available |
| QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 9.4 | 10.6 | 7.5 | 8.7 | 3.8 | 6.0 | 2.2 | 3.8 | Not available | Not available | Not available |
| 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 | 7.1 | 3.3 | 4.2 | 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.

2023 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 2021-2023 † | |
|---|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|---------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| 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) | | | | | | | | | | | | | | |
| | | | | | | | 6.3 | 19.6 | 13.2 | 12.6 | | Not available | Not available [§] | Not available |
| 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 | 12.4 | | Not available | Not available | Not available |
| QN52: Percentage of students who currently used an electronic vapor product on school property (during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | | | 6.9 | 6.5 | 5.8 | | 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.

2023 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 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN26: Percentage of students who ever drank alcohol (other than a few sips) | | | | | | | | | | | | | |
| | | | 28.0 | 29.9 | 26.0 | 23.6 | 18.0 | 24.7 | 19.6 | 23.3 | Not available | Not available [§] | No change |
| QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) | | | | | | | | | | | | | |
| | | | 12.3 | 9.5 | 12.1 | 9.0 | 6.9 | 10.1 | 9.3 | 9.3 | Not available | Not available | No change |
| QN28: Percentage of students who ever used marijuana | | | | | | | | | | | | | |
| | | | 8.5 | 7.6 | 8.2 | 8.2 | 8.2 | 10.1 | 7.0 | 6.5 | Not available | Not available | No change |
| QN29: Percentage of students who tried marijuana for the first time before age 11 years | | | | | | | | | | | | | |
| | | | 2.7 | 1.5 | 2.1 | 1.8 | 2.2 | 2.5 | 2.1 | 1.4 | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|----------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet) | | | | | | | | | | | | | |
| | | | | | | | 4.9 | 11.5 | 9.8 | 11.1 | Not available | Not available [§] | No change |
| QN31: 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 | 1.2 | Not available | Not available | No change |
| QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high) | | | | | | | | | | | | | |
| | | | | 11.6 | 7.9 | 8.2 | 6.5 | 8.2 | 7.2 | 6.0 | 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.

2023 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 2021-2023 † | |
|--|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN33: Percentage of students who ever had sexual intercourse | | | | | | | | | | | | | | |
| | | | 12.8 | 10.6 | 7.6 | 7.3 | 4.8 | 7.5 | 4.5 | 7.2 | | Not available | Not available [§] | No change |
| QN34: Percentage of students who had sexual intercourse for the first time before age 11 years | | | | | | | | | | | | | | |
| | | | 3.2 | 2.0 | 2.0 | 2.1 | 1.1 | 1.5 | 1.7 | 1.9 | | Not available | Not available | No change |
| QN35: Percentage of students who ever had sexual intercourse with three or more persons | | | | | | | | | | | | | | |
| | | | 4.1 | 3.2 | 2.7 | 1.9 | 1.1 | 1.4 | 0.4 | 1.3 | | Not available | Not available | No change |
| QN55: Percentage of students who had oral sex | | | | | | | | | | | | | | |
| | | | | | 7.7 | 10.3 | 9.9 | 10.7 | 7.3 | 9.0 | | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

| Female Dietary Behaviors | | Health Risk Behavior and Percentages | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] |
|--|--|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|---------------------------------------|
| | | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN37: Percentage of students who described themselves as slightly or very overweight | | | | | | | | | | | | | |
| | | | 28.8 | 29.4 | 28.2 | 33.9 | 27.4 | 32.6 | 34.8 | 31.3 | Not available | Not available [§] | No change |
| QN38: Percentage of students who were trying to lose weight | | | | | | | | | | | | | |
| | | | 55.4 | 58.8 | 58.2 | 57.6 | 52.6 | 58.2 | 51.2 | 57.2 | Not available | Not available | No change |
| QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 15.0 | 14.1 | 14.5 | 13.2 | 12.5 | 14.1 | 20.0 | 20.6 | Not available | Not available | No change |
| QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 31.3 | 32.8 | 34.4 | 38.0 | 41.1 | 34.7 | 27.0 | 27.6 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

Female
Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † | |
|--|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|---------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN58: 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 | 4.3 | | Not available | 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 | 45.8 | | Not available | Not available | Not available |
| 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 | 65.3 | | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Female
Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 58.3 | 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.

2023 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 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|----------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN40: 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) | | | | | | | | | | | | | |
| | | | 49.2 | 46.2 | 49.5 | 41.1 | 49.3 | 38.9 | 45.3 | 41.5 | Not available | Not available [§] | No change |
| QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 10.7 | 14.5 | 11.7 | 13.9 | 12.3 | 14.4 | 12.3 | 13.3 | Not available | Not available | Not available |
| 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) | | | | | | | | | | | | | |
| | | | | | | | | | | | 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.

2023 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 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 38.5 | Not available | Not available [§] | 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 | 25.1 | Not available | Not available | Not available |
| 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 | 56.7 | Not available | Not available | Increased |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 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 2021-2023 † | |
|--|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| 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 | 16.3 | | Not available | Not available [§] | No change |
| QN60: 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 | 24.8 | | | Not available | 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.

2023 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 2021-2023 [†] |
|---|------|--------------------------------------|------|------|------|------|------|------|------|------|---------------|----------------------------|-------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN46: Percentage of students who got 8 or more hours of sleep (on an average school night) | | | | | | | | | | | | | | |
| | | | | | | 48.1 | 53.2 | 43.6 | 39.7 | 37.1 | Not available | Not available [§] | No change | |
| QN47: 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 | 2.6 | Not available | Not available | No change | |
| QN65: 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 | 71.5 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Female
Mental Health

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † | |
|--|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN17: Percentage of students who ever tried to kill themselves | | | | | | | | | | | | | | |
| | | | 7.2 | 9.3 | 8.1 | 10.7 | 7.6 | 11.9 | 12.6 | 13.7 | | Not available | Not available [§] | No change |
| QN45: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | | | | 31.7 | 38.0 | | Not available | Not available | Increased |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Female
Protective Factors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN64: 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 | 16.5 | Not available | Not available [§] | No change |
| QN66: 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 | 64.7 | 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.

2023 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 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN10: Percentage of students who were ever in a physical fight | | | | | | | | | | | | | |
| | | | 53.5 | 47.8 | 43.8 | 42.1 | 33.1 | 40.0 | 38.3 | 36.9 | Not available | Not available [¶] | No change |
| QN11: Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood | | | | | | | | | | | | | |
| | | | | | | | | | 16.4 | 18.2 | Not available | Not available | No change |
| QN13: Percentage of students who were ever bullied on school property | | | | | | | | | | | | | |
| | | | 43.2 | 44.2 | 49.6 | 48.5 | 43.4 | 46.1 | 36.5 | 42.1 | Not available | Not available | Increased |
| QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media) | | | | | | | | | | | | | |
| | | | | 22.4 | 25.3 | 27.2 | 23.3 | 26.1 | 29.1 | 30.4 | Not available | 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.

2023 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 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN15: Percentage of students who ever seriously thought about killing themselves | | | | | | | | | | | | | |
| | | | 16.8 | 18.5 | 13.4 | 17.6 | 17.9 | 22.0 | 22.7 | 24.5 | Not available | Not available [¶] | No change |
| QN16: 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 | 16.5 | Not available | Not available | No change |
| QN51: 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) | | | | | | | | | | | | | |
| | | | | | | 17.2 | 16.3 | 19.6 | 22.5 | 24.0 | Not available | 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.

2023 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 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN18: Percentage of students who ever smoked a cigarette (even one or two puffs) | | | | | | | | | | | | | |
| | | | 33.9 | 29.9 | 22.9 | 22.0 | 12.2 | 16.3 | 13.0 | 9.9 | Not available | Not available [¶] | No change |
| QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 10.5 | 9.6 | 6.2 | 6.6 | 2.9 | 4.6 | 1.6 | 2.3 | Not available | Not available | No change |
| QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 3.0 | 2.6 | 1.6 | 0.8 | 0.8 | 0.7 | 0.1 | 0.4 | Not available | Not available | Not available |
| QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 1.8 | 1.7 | 1.2 | 0.7 | 0.7 | 0.7 | 0.1 | 0.4 | 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.

2023 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 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN22: Percentage of students who ever used an electronic vapor product | | | | | | | | | | | | | |
| | | | | | | 20.9 | 15.1 | 32.5 | 24.5 | 21.5 | Not available | Not available [¶] | No change |
| QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | 1.5 | 0.4 | 1.6 | 2.6 | 2.5 | Not available | Not available | Not available |
| QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | 1.0 | 0.2 | 0.9 | 1.7 | 2.0 | 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.

2023 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 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN23: 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 | 10.3 | Not available | Not available [¶] | No change |
| QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | | 2.7 | 3.8 | 1.8 | 1.9 | Not available | Not available | No change |
| 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 | 0.6 | | 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.

2023 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 2021-2023 [§] | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|-----|---------------|----------------------------|---------------|-----|---------------|---------------|---------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | | | | | | | | |
| 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 | 0.4 | Not available | Not available [¶] | Not available | | | | |
| QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars (such as Swisher Sweets, Middleton's [including Black & Mild], or Backwoods, 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 | 2.5 | Not available | 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) | | | | | | | | | | | 0.5 | 0.6 | 0.5 | 0.5 | 0.4 | 0.5 | 0.2 | 0.4 | 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.

2023 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 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 0.3 | Not available | Not available [¶] | Not available |
| QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 11.9 | 10.5 | 7.3 | 8.5 | 3.5 | 5.8 | 2.5 | 3.4 | Not available | Not available | Not available |
| 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 | 4.3 | 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.

2023 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 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 10.4 | Not available | Not available [¶] | Not available |
| 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 | 10.0 | Not available | Not available | Not available |
| QN52: Percentage of students who currently used an electronic vapor product on school property (during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | | 6.1 | 4.6 | 4.9 | | Not available | 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.

2023 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 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN26: Percentage of students who ever drank alcohol (other than a few sips) | | | | | | | | | | | | | |
| | | | 31.4 | 32.1 | 24.7 | 25.4 | 17.3 | 21.7 | 19.9 | 23.5 | Not available | Not available [¶] | No change |
| QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) | | | | | | | | | | | | | |
| | | | 13.3 | 12.7 | 11.4 | 9.9 | 7.0 | 11.0 | 10.8 | 9.9 | Not available | Not available | No change |
| QN28: Percentage of students who ever used marijuana | | | | | | | | | | | | | |
| | | | 9.2 | 8.1 | 7.8 | 8.4 | 6.9 | 8.1 | 5.2 | 6.5 | Not available | Not available | No change |
| QN29: Percentage of students who tried marijuana for the first time before age 11 years | | | | | | | | | | | | | |
| | | | 3.1 | 2.3 | 2.4 | 2.4 | 1.9 | 2.3 | 1.4 | 1.4 | Not available | 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.

2023 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 2021-2023 [§] | | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|-----|---------------|----------------------------|-----------|---------------|---------------|---------------|-----------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | | | | | | | | |
| QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet) | | | | | | | | | | | 4.1 | 8.4 | 7.2 | 7.5 | Not available | Not available [¶] | No change | | | | |
| QN31: 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 | 1.2 | Not available | Not available | No change |
| QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high) | | | | | | | | | | | 10.9 | 7.8 | 6.9 | 5.7 | 7.2 | 6.0 | 4.8 | Not available | 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.

2023 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 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN33: Percentage of students who ever had sexual intercourse | | | | | | | | | | | | | |
| | | | 16.2 | 13.0 | 8.9 | 8.7 | 5.1 | 6.6 | 4.4 | 6.0 | Not available | Not available [¶] | No change |
| QN34: Percentage of students who had sexual intercourse for the first time before age 11 years | | | | | | | | | | | | | |
| | | | 3.9 | 2.6 | 2.1 | 2.3 | 1.6 | 1.2 | 1.5 | 1.4 | Not available | Not available | No change |
| QN35: Percentage of students who ever had sexual intercourse with three or more persons | | | | | | | | | | | | | |
| | | | 4.6 | 3.9 | 2.5 | 2.5 | 1.3 | 1.7 | 0.4 | 1.2 | Not available | Not available | No change |
| QN36: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse) | | | | | | | | | | | | | |
| | | | 70.3 | 65.4 | 71.0 | 52.7 | 51.7 | 62.6 | 55.7 | 43.7 | Not available | 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.

2023 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 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN55: Percentage of students who had oral sex | | | | | | | | | | | | | |
| | | | | | 9.0 | 10.3 | 9.8 | 8.6 | 5.9 | 8.1 | Not available | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*

Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN37: 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 | 29.6 | Not available | Not available [¶] | No change |
| QN38: Percentage of students who were trying to lose weight | | | | | | | | | | | | | |
| | | | 47.8 | 50.9 | 49.8 | 47.1 | 45.9 | 49.4 | 47.1 | 46.5 | Not available | Not available | No change |
| QN39: 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 | 14.6 | Not available | Not available | No change |
| 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 | 34.2 | Not available | Not available | Not available |

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*

Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change [†] | Quadratic Change [‡] | Change from 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN58: 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 | 5.0 | Not available | 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 | 47.0 | Not available | Not available | Not available |
| 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 | 68.3 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*

Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 61.4 | 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.

2023 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 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN40: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 55.3 | 53.0 | 55.1 | 47.5 | 54.4 | 44.2 | 52.3 | 53.0 | Not available | Not available [‡] | No change |
| QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 8.6 | 11.2 | 10.8 | 12.1 | 10.7 | 13.5 | 10.6 | 9.8 | Not available | Not available | Not available |
| 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) | | | | | | | | | | | | | |
| | | | | | | | | | | | 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.

2023 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 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school) | | | | | | | | | | | | | |
| | | | 44.8 | 45.9 | 47.5 | 50.8 | 36.4 | 40.3 | 40.0 | 41.3 | Not available | Not available [¶] | 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) | | | | | | | | | | | | | |
| | | | 35.2 | 31.8 | 25.6 | 24.3 | 18.5 | 29.3 | 19.9 | 26.2 | Not available | Not available | Not available |
| 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) | | | | | | | | | | | | | |
| | | | 59.5 | 59.0 | 62.6 | 59.1 | 64.3 | 54.9 | 51.4 | 60.6 | Not available | 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.

2023 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 2021-2023 [§] | |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|-----------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| 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) | | | | | | | | | | | | | | |
| | | | | | | | 12.1 | 17.9 | 15.1 | 16.4 | | Not available | Not available [¶] | No change |
| QN60: 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 | 25.7 | | | Not available | 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.

2023 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 2021-2023 [§] | |
|-----------------|---|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|-----------|
| | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | | | | 2023 |
| | QN46: Percentage of students who got 8 or more hours of sleep (on an average school night) | | | | | | | | | | | | | |
| | | | | | | 49.6 | 53.7 | 45.8 | 41.3 | 41.0 | Not available | Not available [¶] | No change | |
| | QN47: 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 | 2.2 | Not available | Not available | No change | |
| | QN65: 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 | 63.8 | Not available | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**White*
Mental Health**

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN17: Percentage of students who ever tried to kill themselves | | | | | | | | | | | | | |
| | | | 5.7 | 6.6 | 6.0 | 6.3 | 5.4 | 8.5 | 8.5 | 7.9 | Not available | Not available [¶] | No change |
| QN45: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | | | | 24.1 | 26.2 | Not available | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*

Protective Factors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN64: 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 | 12.7 | Not available | Not available [‡] | No change |
| QN66: 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 | 65.6 | Not available | 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.

2023 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 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN10: Percentage of students who were ever in a physical fight | | | | | | | | | | | | | |
| | | | 73.1 | 64.7 | 67.1 | 72.9 | 60.8 | 67.4 | 57.3 | 52.2 | Not available | Not available [¶] | No change |
| QN11: Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood | | | | | | | | | | | | | |
| | | | | | | | | | 27.6 | 25.4 | Not available | Not available | No change |
| QN13: Percentage of students who were ever bullied on school property | | | | | | | | | | | | | |
| | | | 31.5 | 34.6 | 38.1 | 32.7 | 42.3 | 31.3 | 21.7 | 29.3 | Not available | Not available | No change |
| QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media) | | | | | | | | | | | | | |
| | | | | 15.6 | 18.3 | 11.6 | 20.4 | 21.8 | 19.8 | 24.4 | Not available | 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.

2023 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 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN15: Percentage of students who ever seriously thought about killing themselves | | | | | | | | | | | | | |
| | | | 19.1 | 21.2 | 15.5 | 21.8 | 17.1 | 21.8 | 23.4 | 34.2 | Not available | Not available [¶] | No change |
| QN16: Percentage of students who ever made a plan about how they would kill themselves | | | | | | | | | | | | | |
| | | | 10.3 | 9.7 | 6.7 | 17.7 | 9.6 | 13.8 | 18.4 | 13.8 | Not available | Not available | No change |
| QN51: 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 | 25.7 | Not available | 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.

2023 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 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN18: Percentage of students who ever smoked a cigarette (even one or two puffs) | | | | | | | | | | | | | |
| | | | 36.7 | 23.3 | 28.8 | 28.7 | 9.4 | 14.5 | 13.1 | 9.5 | Not available | Not available [¶] | No change |
| QN20: 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 | 1.2 | Not available | Not available | No change |
| QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 1.7 | 0.9 | 0.9 | 2.7 | 0.0 | 0.0 | 0.0 | 0.0 | Not available | Not available | Not available |
| QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 1.7 | 0.9 | 0.5 | 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.

2023 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 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN22: Percentage of students who ever used an electronic vapor product | | | | | | | | | | | | | |
| | | | | | | 29.0 | 13.2 | 24.5 | 23.8 | 34.9 | Not available | Not available [¶] | Increased |
| QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | 0.0 | 0.0 | 2.5 | 3.8 | 3.0 | Not available | Not available | Not available |
| QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | 0.0 | 0.0 | 1.7 | 3.8 | 2.2 | 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.

2023 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 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN23: 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) | | | | | | | | | | | | | |
| | | | | | | 14.3 | 2.6 | 12.0 | 11.2 | 16.4 | Not available | Not available [¶] | No change |
| QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | | 0.7 | 1.8 | 7.0 | 1.4 | Not available | Not available | No change |
| 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 | 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.

2023 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 2021-2023 [§] | | | | | | | | |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|-----|---------------|----------------------------|---------------|-----|---------------|---------------|---------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | | | | | | | | |
| 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 | 0.0 | Not available | Not available [¶] | Not available | | | | |
| QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars (such as Swisher Sweets, Middleton's [including Black & Mild], or Backwoods, 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 | 5.7 | Not available | 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 |

*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.

2023 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 2021-2023 [§] | |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|---------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| 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 |
| QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | 8.0 | 8.3 | 8.3 | 9.5 | 3.4 | 6.9 | 2.7 | 5.0 | | Not available | Not available | Not available |
| 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 | 5.0 | | 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.

2023 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 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 16.2 | Not available | Not available [¶] | Not available |
| 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 | 15.8 | Not available | Not available | Not available |
| QN52: Percentage of students who currently used an electronic vapor product on school property (during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | | 7.0 | 8.9 | 5.8 | | Not available | 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.

2023 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 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN26: 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 | 17.8 | Not available | Not available [¶] | No change |
| QN27: 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 | 6.6 | Not available | Not available | No change |
| QN28: Percentage of students who ever used marijuana | | | | | | | | | | | | | |
| | | | 14.4 | 13.4 | 18.0 | 11.1 | 9.6 | 15.0 | 8.1 | 6.3 | Not available | Not available | No change |
| QN29: 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 | 1.8 | Not available | 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.

2023 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 2021-2023 [§] | | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|------|---------------|----------------------------|-----------|---------------|---------------|---------------|---------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | | | | | | | | |
| QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet) | | | | | | | | | | | 4.6 | 14.3 | 17.1 | 13.8 | Not available | Not available [¶] | No change | | | | |
| QN31: 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 | 0.0 | Not available | Not available | Not available |
| QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high) | | | | | | | | | | | 11.3 | 10.4 | 6.7 | 6.8 | 7.2 | 6.2 | 5.5 | Not available | 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.

2023 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 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN33: Percentage of students who ever had sexual intercourse | | | | | | | | | | | | | |
| | | | 27.7 | 21.0 | 16.9 | 16.3 | 9.2 | 18.1 | 12.3 | 7.9 | Not available | Not available [¶] | No change |
| QN34: Percentage of students who had sexual intercourse for the first time before age 11 years | | | | | | | | | | | | | |
| | | | 11.6 | 7.9 | 3.4 | 6.8 | 1.7 | 6.8 | 4.8 | 4.1 | Not available | Not available | No change |
| QN35: Percentage of students who ever had sexual intercourse with three or more persons | | | | | | | | | | | | | |
| | | | 12.2 | 8.1 | 8.1 | 8.1 | 1.8 | 0.9 | 2.8 | 2.1 | Not available | Not available | No change |
| QN55: Percentage of students who had oral sex | | | | | | | | | | | | | |
| | | | | | 14.7 | 16.3 | 10.3 | 19.4 | 10.9 | 9.5 | Not available | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Dietary Behaviors**

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN37: 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 | 33.8 | Not available | Not available [¶] | Increased |
| QN38: Percentage of students who were trying to lose weight | | | | | | | | | | | | | |
| | | | 43.1 | 40.1 | 47.5 | 51.6 | 45.0 | 42.3 | 41.5 | 61.7 | Not available | Not available | Increased |
| QN39: 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 | 17.9 | Not available | Not available | 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 | 30.3 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Black*

Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN58: 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 | 6.7 | Not available | 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) | | | | | | | | | | | | | |
| | | | | | | | 41.1 | 41.0 | 44.0 | 45.4 | Not available | Not available | Not available |
| 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 | 62.5 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*

Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 60.2 | Not available | Not available [¶] | Not available |

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2023 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 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN40: 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 | 41.6 | Not available | Not available [‡] | No change |
| QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 18.1 | 18.2 | 16.6 | 15.7 | 18.2 | 20.4 | 17.5 | 14.8 | Not available | Not available | Not available |
| 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) | | | | | | | | | | | | | |
| | | | | | | | | | | | 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.

2023 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 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 43.0 | Not available | Not available [‡] | 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 | 25.0 | Not available | Not available | Not available |
| 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 | 68.0 | Not available | 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.

2023 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 2021-2023 [§] |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 25.7 | Not available | Not available [¶] | No change |
| QN60: 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 | 22.3 | | Not available | 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.

2023 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 2021-2023 [§] | |
|-----------------|---|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|---------------------------------------|-----------|
| | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | | | | 2023 |
| | QN46: Percentage of students who got 8 or more hours of sleep (on an average school night) | | | | | | | | | | | | | |
| | | | | | | 43.5 | 54.0 | 28.4 | 49.3 | 37.9 | Not available | Not available [¶] | No change | |
| | QN47: 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 | 8.2 | Not available | Not available | No change | |
| | QN65: 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 | 74.7 | Not available | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*
Mental Health

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2021-2023 [§] | |
|--|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|-----------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN17: Percentage of students who ever tried to kill themselves | | | | | | | | | | | | | | |
| | | | 11.4 | 8.7 | 6.9 | 9.5 | 5.7 | 8.3 | 10.8 | 18.0 | | Not available | Not available [¶] | No change |
| QN45: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | | | | 10.5 | 23.0 | | Not available | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*

Protective Factors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change [†] | Quadratic Change [†] | Change from 2021-2023 [§] |
|---|------|------|------|------|------|------|------|------|------|------|----------------------------|-------------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN64: 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 | 15.2 | Not available | Not available [¶] | No change |
| QN66: 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 | 60.2 | Not available | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN10: Percentage of students who were ever in a physical fight | | | | | | | | | | | | | |
| | | | 55.3 | 51.8 | 60.3 | 52.9 | 42.4 | 54.1 | 39.9 | 41.8 | Not available | Not available [§] | No change |
| QN11: Percentage of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood | | | | | | | | | | | | | |
| | | | | | | | | | 25.4 | 21.5 | Not available | Not available | No change |
| QN13: Percentage of students who were ever bullied on school property | | | | | | | | | | | | | |
| | | | 43.8 | 35.8 | 61.8 | 45.1 | 44.6 | 42.3 | 26.1 | 37.9 | Not available | Not available | Increased |
| QN14: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media) | | | | | | | | | | | | | |
| | | | | 14.3 | 26.9 | 18.3 | 31.9 | 25.2 | 18.5 | 27.3 | 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.

2023 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 2021-2023 † | |
|--|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN15: Percentage of students who ever seriously thought about killing themselves | | | | | | | | | | | | | | |
| | | | 26.1 | 19.1 | 35.5 | 21.7 | 26.7 | 28.1 | 24.1 | 27.2 | | Not available | Not available [§] | No change |
| QN16: Percentage of students who ever made a plan about how they would kill themselves | | | | | | | | | | | | | | |
| | | | 21.3 | 15.5 | 20.8 | 16.7 | 15.3 | 20.1 | 19.6 | 20.2 | | Not available | Not available | No change |
| QN51: 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 | 24.3 | | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN18: Percentage of students who ever smoked a cigarette (even one or two puffs) | | | | | | | | | | | | | |
| | | | 39.4 | 30.5 | 29.7 | 25.7 | 14.0 | 20.7 | 10.5 | 14.1 | Not available | Not available [§] | No change |
| QN20: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 14.8 | 10.1 | 11.9 | 7.6 | 3.3 | 5.1 | 3.1 | 2.6 | Not available | Not available | No change |
| QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 0.0 | 3.9 | 4.3 | 2.8 | 1.0 | 0.7 | 0.0 | 0.6 | Not available | Not available | Not available |
| QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 0.0 | 3.3 | 3.3 | 2.0 | 0.0 | 0.7 | 0.0 | 0.6 | 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.

2023 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 2021-2023 [†] | |
|---|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|---------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN22: Percentage of students who ever used an electronic vapor product | | | | | | | | | | | | | | |
| | | | | | | 28.6 | 18.9 | 35.2 | 19.0 | 21.8 | | Not available | Not available [§] | No change |
| QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | 1.6 | 0.0 | 5.9 | 4.1 | 3.9 | | Not available | Not available | Not available |
| QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | 0.7 | 0.0 | 5.3 | 3.4 | 1.8 | | 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.

2023 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 2021-2023 † | |
|--|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|---------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN23: 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 | 11.4 | | Not available | Not available [§] | No change |
| QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | | 4.3 | 6.6 | 2.9 | 5.6 | | Not available | Not available | No change |
| 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 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

| Hispanic Tobacco Use | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|-----------------------|----------------------------|--------------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | |
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 0.0 | Not available | Not available [§] | Not available |
| QN25: Percentage of students who currently smoked cigars, cigarillos, or little cigars (such as Swisher Sweets, Middleton's [including Black & Mild], or Backwoods, 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 | 2.9 | Not available | 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 | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 0.0 | Not available | Not available [§] | Not available |
| QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | 15.9 | 12.6 | 12.6 | 11.5 | 4.7 | 8.7 | 4.5 | 3.2 | Not available | Not available | Not available |
| 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 | 5.5 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

| Hispanic Tobacco Use | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023[†] |
|---|------|------|------|------|------|------|------|------|------|------|-----------------------|----------------------------|--|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | |
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 13.4 | Not available | Not available [§] | Not available |
| 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 | 12.0 | Not available | Not available | Not available |
| QN52: Percentage of students who currently used an electronic vapor product on school property (during the 30 days before the survey) | | | | | | | | | | | | | |
| | | | | | | | | 13.7 | 3.0 | 6.3 | 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.

2023 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 2021-2023 [†] |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN26: Percentage of students who ever drank alcohol (other than a few sips) | | | | | | | | | | | | | |
| | | | 34.1 | 42.6 | 38.7 | 26.4 | 18.0 | 28.2 | 21.8 | 25.6 | Not available | Not available [§] | No change |
| QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) | | | | | | | | | | | | | |
| | | | 21.0 | 21.1 | 19.3 | 14.2 | 9.9 | 14.0 | 11.2 | 9.4 | Not available | Not available | No change |
| QN28: Percentage of students who ever used marijuana | | | | | | | | | | | | | |
| | | | 12.9 | 13.4 | 19.2 | 15.6 | 7.6 | 18.7 | 7.0 | 3.7 | Not available | Not available | No change |
| QN29: Percentage of students who tried marijuana for the first time before age 11 years | | | | | | | | | | | | | |
| | | | 0.9 | 4.2 | 8.0 | 5.5 | 4.4 | 3.6 | 0.8 | 3.1 | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet) | | | | | | | | | | | | | |
| | | | | | | | 7.8 | 10.0 | 8.8 | 10.8 | Not available | Not available [§] | No change |
| QN31: 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 | 2.5 | Not available | Not available | No change |
| QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high) | | | | | | | | | | | | | |
| | | | | 15.4 | 13.6 | 12.7 | 7.5 | 10.0 | 7.6 | 3.9 | 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.

2023 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 2021-2023 [†] |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN33: Percentage of students who ever had sexual intercourse | | | | | | | | | | | | | |
| | | | 16.5 | 10.7 | 22.3 | 13.7 | 4.8 | 14.5 | 7.9 | 9.9 | Not available | Not available [§] | No change |
| QN34: Percentage of students who had sexual intercourse for the first time before age 11 years | | | | | | | | | | | | | |
| | | | 9.0 | 4.5 | 7.9 | 5.2 | 0.0 | 4.8 | 4.7 | 2.8 | Not available | Not available | No change |
| QN35: Percentage of students who ever had sexual intercourse with three or more persons | | | | | | | | | | | | | |
| | | | 6.8 | 4.8 | 9.2 | 3.5 | 1.8 | 3.3 | 1.8 | 1.4 | Not available | Not available | No change |
| QN55: Percentage of students who had oral sex | | | | | | | | | | | | | |
| | | | | | 19.8 | 12.0 | 16.1 | 16.9 | 10.0 | 8.4 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

| Hispanic Dietary Behaviors | | Health Risk Behavior and Percentages | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] |
|--|--|--------------------------------------|------|------|------|------|------|------|------|------|----------------|----------------------------|---------------------------------------|
| | | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | | | |
| QN37: Percentage of students who described themselves as slightly or very overweight | | | | | | | | | | | | | |
| | | | 23.0 | 26.1 | 34.1 | 29.3 | 36.3 | 33.2 | 32.8 | 24.2 | Not available | Not available [§] | No change |
| QN38: Percentage of students who were trying to lose weight | | | | | | | | | | | | | |
| | | | 43.6 | 53.5 | 60.2 | 49.9 | 61.8 | 57.7 | 51.7 | 48.3 | Not available | Not available | No change |
| QN39: Percentage of students who did not eat breakfast (during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 13.5 | 18.7 | 15.9 | 14.0 | 16.8 | 14.2 | 15.6 | 25.2 | Not available | Not available | No change |
| QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 33.4 | 41.0 | 37.7 | 54.2 | 52.6 | 38.5 | 35.5 | 25.9 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] | |
|--|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|---------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN58: 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 | 5.7 | | Not available | Not available [§] | Decreased |
| 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 | 42.4 | | Not available | Not available | Not available |
| 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 | 59.6 | | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic
Dietary Behaviors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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 | 55.8 | 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.

2023 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 2021-2023 † |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|----------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN40: 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 | 37.9 | Not available | Not available [§] | No change |
| QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) | | | | | | | | | | | | | |
| | | | 16.7 | 15.3 | 18.0 | 14.5 | 18.2 | 11.7 | 12.3 | 17.1 | Not available | Not available | Not available |
| 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) | | | | | | | | | | | | | |
| | | | | | | | | | | | 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.

2023 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 2021-2023 [†] |
|---|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|------------------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| QN41: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school) | | | | | | | | | | | | | |
| | | | 42.3 | 39.9 | 39.8 | 44.6 | 34.3 | 33.7 | 36.4 | 44.5 | Not available | Not available [§] | 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) | | | | | | | | | | | | | |
| | | | 31.3 | 24.6 | 24.3 | 18.9 | 17.8 | 21.7 | 13.4 | 29.4 | Not available | Not available | Not available |
| 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) | | | | | | | | | | | | | |
| | | | 52.1 | 52.3 | 58.2 | 54.4 | 55.1 | 42.8 | 46.0 | 43.3 | 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.

2023 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 2021-2023 † |
|--|------|------|------|------|------|------|------|------|------|------|----------------|----------------------------|-------------------------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | |
| 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) | | | | | | | | | | | | | |
| | | | | | | | 17.0 | 24.8 | 27.4 | 28.9 | Not available | Not available [§] | No change |
| QN60: 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 | 28.3 | | 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.

2023 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 2021-2023 [†] | |
|-------------------|---|------|------|------|------|------|------|------|------|------|----------------|----------------------------|---------------------------------------|-----------|
| | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | | | | 2023 |
| | QN46: Percentage of students who got 8 or more hours of sleep (on an average school night) | | | | | | | | | | | | | |
| | | | | | | 53.6 | 53.8 | 42.5 | 46.1 | 40.7 | Not available | Not available [§] | No change | |
| | QN47: 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 | 4.9 | Not available | Not available | No change | |
| | QN65: 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 | 62.0 | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Mental Health

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 [†] | |
|--|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|------------------------------------|-----------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN17: Percentage of students who ever tried to kill themselves | | | | | | | | | | | | | | |
| | | | 14.9 | 9.5 | 16.8 | 9.0 | 10.4 | 12.5 | 11.5 | 12.4 | | Not available | Not available [§] | No change |
| QN45: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey) | | | | | | | | | | | | | | |
| | | | | | | | | | 19.1 | 27.9 | | 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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic
Protective Factors

| Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2021-2023 † | |
|---|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | 2015 | 2017 | 2019 | 2021 | 2023 | | | | |
| QN64: 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 | 21.9 | | Not available | Not available [§] | No change |
| QN66: 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 | 60.8 | | 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.