## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)</td>
<td></td>
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</tr>
<tr>
<td>23.5 18.7 18.1 17.6 13.4 12.4 10.1 9.1 8.7 7.8 Decreased, 1997-2019 No quadratic change No change</td>
<td></td>
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</tr>
<tr>
<td>QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)</td>
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<tr>
<td>5.7 5.9 3.9 4.2 No linear change Not available‡ No change</td>
<td></td>
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</tr>
</tbody>
</table>

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**Trend Analysis Report**

### Total Injury and Violence

#### Health Risk Behavior and Percentages

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</thead>
<tbody>
<tr>
<td>QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)</td>
<td>36.3</td>
<td>36.5</td>
<td>34.7</td>
<td>32.2</td>
<td>Decreased, 2013-2019</td>
<td>Not available§</td>
<td>No change</td>
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</tr>
<tr>
<td>QN12: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)</td>
<td>26.4</td>
<td>18.5</td>
<td>23.1</td>
<td>24.4</td>
<td>21.7</td>
<td>22.8</td>
<td>20.7</td>
<td>23.1</td>
<td>20.5</td>
<td>15.7</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>Decreased</td>
<td></td>
</tr>
<tr>
<td>QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)</td>
<td>15.2</td>
<td>7.4</td>
<td>6.8</td>
<td>8.0</td>
<td>6.5</td>
<td>7.4</td>
<td>6.4</td>
<td>6.5</td>
<td>4.9</td>
<td>2.7</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>Decreased</td>
<td></td>
</tr>
<tr>
<td>QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)</td>
<td>7.3</td>
<td>5.3</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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<tbody>
<tr>
<td>QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)</td>
<td>6.8 5.2 8.0 8.3 7.9 7.4 5.4 7.2 7.1 7.1</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)</td>
<td>32.5 26.4 29.6 27.0 28.7 28.7 21.2 19.9 21.4 19.7</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)</td>
<td>12.5 10.1 12.7 10.6 9.5 11.4 6.0 7.8 7.7 5.6</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>1991</td>
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</tbody>
</table>

#### QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
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<td>1993</td>
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</tbody>
</table>

#### QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
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<tbody>
<tr>
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<td>9.8</td>
<td>Decreased, 2013-2019</td>
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<tr>
<td>1993</td>
<td>10.1</td>
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<td>1995</td>
<td>6.5</td>
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</tbody>
</table>

#### QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
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<tr>
<td>1991</td>
<td>9.8</td>
<td>No linear change</td>
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|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|

**QN23:** Percentage of students who were bullied on school property (ever during the 12 months before the survey)

20.8 18.9 21.4 22.0 21.2 23.8 Increased, 2009-2019  
No quadratic change  
No change

**QN24:** Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)

17.4 13.2 17.0 18.2 18.0 Increased, 2011-2019  
Not available §  
No change

**QN25:** Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)

30.1 28.2 29.4 26.7 27.0 25.7 31.3 29.2 37.2 Increased, 2003-2019  
Decreased, 2003-2013  
Increased, 2013-2019  
Increased

---

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<tbody>
<tr>
<td>QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)</td>
<td>22.4</td>
<td>17.6</td>
<td>15.4</td>
<td>15.1</td>
</tr>
<tr>
<td>QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)</td>
<td>17.0</td>
<td>14.5</td>
<td>11.6</td>
<td>11.9</td>
</tr>
<tr>
<td>QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)</td>
<td>8.0</td>
<td>10.3</td>
<td>9.2</td>
<td>7.6</td>
</tr>
<tr>
<td>QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)</td>
<td>2.5</td>
<td>3.7</td>
<td>2.7</td>
<td>2.4</td>
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<tr>
<td><strong>Total Tobacco Use</strong></td>
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</tr>
<tr>
<td><strong>QN30:</strong> Percentage of students who ever tried cigarette smoking (even one or two puffs)</td>
<td>77.3</td>
<td>71.1</td>
<td>59.5</td>
</tr>
<tr>
<td><strong>QN31:</strong> Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)</td>
<td>15.5</td>
<td>11.8</td>
<td></td>
</tr>
<tr>
<td><strong>QN32:</strong> Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)</td>
<td>47.0</td>
<td>32.7</td>
<td>26.2</td>
</tr>
<tr>
<td><strong>QNFRCIG:</strong> Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)</td>
<td>27.6</td>
<td>18.4</td>
<td>14.4</td>
</tr>
</tbody>
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<tr>
<td><strong>Total Tobacco Use</strong></td>
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</tr>
<tr>
<td><strong>QNDAYCIG</strong>: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)**</td>
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<tr>
<td>22.5</td>
<td>14.9</td>
<td>11.1</td>
<td>10.6</td>
</tr>
<tr>
<td><strong>QN33</strong>: Percentage of students who smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)**</td>
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<tr>
<td>26.2</td>
<td>16.6</td>
<td>19.1</td>
<td>13.6</td>
</tr>
<tr>
<td><strong>QN34</strong>: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])**</td>
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<tr>
<td>41.7</td>
<td>44.5</td>
<td>53.7</td>
<td>Increased, 2015-2019</td>
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<tbody>
<tr>
<td>%</td>
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<tr>
<td>QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)</td>
<td>23.4 14.1 26.1</td>
<td>No linear change</td>
<td>Not available§</td>
</tr>
<tr>
<td>QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)</td>
<td>3.2 2.7 11.1</td>
<td>Increased, 2015-2019</td>
<td>Not available</td>
</tr>
<tr>
<td>QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)</td>
<td>2.2 1.9 8.7</td>
<td>Increased, 2015-2019</td>
<td>Not available</td>
</tr>
<tr>
<td>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)</td>
<td>29.4 21.0 28.1</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

## Trend Analysis Report

<table>
<thead>
<tr>
<th></th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged &lt;18 years)</td>
<td>14.0 12.3</td>
<td>No linear change</td>
<td>Not available*</td>
<td>No change</td>
</tr>
<tr>
<td>QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)</td>
<td>10.6 6.4</td>
<td>Decreased, 2017-2019</td>
<td>Not available</td>
<td>Decreased</td>
</tr>
<tr>
<td>QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)</td>
<td>18.7 15.5 15.5 17.2 17.5 13.3 14.0 11.0 7.9</td>
<td>Decreased, 2003-2019</td>
<td>No change, 2003-2011</td>
<td>Decreased</td>
</tr>
</tbody>
</table>

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

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§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

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<table>
<thead>
<tr>
<th>Total Tobacco Use</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change *</th>
<th>Quadratic Change *</th>
<th>Change from 2017-2019 †</th>
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<tbody>
<tr>
<td></td>
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<tr>
<td>1991</td>
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<td>2001</td>
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<td>2004</td>
<td>18.2</td>
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<tr>
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<tr>
<td>2019</td>
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</tbody>
</table>

QN2T2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)

QN39: Percentage of students who tried to quit using all tobacco products (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, ever during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)

### Notes

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§Not enough years of data to calculate.
## Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QN40</th>
<th>QN41</th>
<th>QN42</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>30.4</td>
<td>49.3</td>
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<tr>
<td>1993</td>
<td>26.8</td>
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<td>1995</td>
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<td>1997</td>
<td>25.1</td>
<td>40.6</td>
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<td>1999</td>
<td>21.7</td>
<td>37.8</td>
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<td>2001</td>
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<td>2019</td>
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</table>

<table>
<thead>
<tr>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>Decreased, 2017-2019</td>
<td>Not available §</td>
<td>No change</td>
</tr>
</tbody>
</table>

**QN40:** Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)

- Decreased, 1997-2019
- No quadratic change
- No change

**QN41:** Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)

- Decreased, 1997-2019
- No quadratic change
- No change

**QN42:** Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)

- Decreased, 2017-2019
- Not available §
- No change

---

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§Not enough years of data to calculate.
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</thead>
<tbody>
<tr>
<td>QN45</td>
<td>Percentage of students who ever used marijuana (one or more times during their life)</td>
<td>48.1</td>
<td>43.3</td>
<td>34.4</td>
<td>35.0</td>
<td>31.4</td>
<td>37.4</td>
<td>34.0</td>
<td>33.1</td>
<td>32.1</td>
<td>31.9</td>
<td>Decreased, 1997-2019</td>
<td>Decreased, 1997-2007</td>
<td>Decreased, 2007-2019</td>
<td>No change</td>
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<tr>
<td>QN46</td>
<td>Percentage of students who tried marijuana for the first time before age 13 years</td>
<td>9.3</td>
<td>11.5</td>
<td>10.0</td>
<td>10.2</td>
<td>9.2</td>
<td>10.0</td>
<td>8.5</td>
<td>6.3</td>
<td>7.4</td>
<td>7.0</td>
<td>Decreased, 1997-2019</td>
<td>No change, 1997-2004</td>
<td>Decreased, 2004-2019</td>
<td>No change</td>
<td></td>
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</tr>
<tr>
<td>QN47</td>
<td>Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)</td>
<td>28.6</td>
<td>21.1</td>
<td>15.8</td>
<td>16.4</td>
<td>16.1</td>
<td>19.2</td>
<td>17.7</td>
<td>17.2</td>
<td>15.8</td>
<td>16.1</td>
<td>Decreased, 1997-2019</td>
<td>Decreased, 1997-2004</td>
<td>No change, 2004-2019</td>
<td>No change</td>
<td></td>
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<tr>
<td>QN48</td>
<td>Percentage of students who ever used synthetic marijuana (one or more times during their life)</td>
<td>10.3</td>
<td>7.9</td>
<td>6.2</td>
<td>Decreased, 2015-2019</td>
<td>Not available</td>
<td>No change</td>
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### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
Trend Analysis Report

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<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change †</th>
<th>Quadratic Change ‡</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN49: 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, one or more times during their life)</td>
<td>10.9 11.0</td>
<td>No linear change</td>
<td>Not available §</td>
</tr>
<tr>
<td>QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)</td>
<td>8.3 9.8 8.3 8.6 6.0 7.5 4.5 4.6 4.7 3.5</td>
<td>Decreased, 1997-2019</td>
<td>No change, 1997-2007</td>
</tr>
<tr>
<td>QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)</td>
<td>24.7 14.3 13.5 14.2 13.4 11.4 7.1 7.4 6.5 5.6</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN52: Percentage of students who ever used heroin (also called &quot;smack,&quot; &quot;junk,&quot; or &quot;China White,&quot; one or more times during their life)</td>
<td>3.7 2.1 1.8</td>
<td>Decreased, 2015-2019</td>
<td>Not available</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
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<table>
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<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change[^]{change from 2017-2019}</th>
<th>Quadratic Change[^]{change from 2017-2019}</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN54: Percentage of students who ever used ecstasy (also called &quot;MDMA,&quot; one or more times during their life)</td>
<td>6.7 5.9 6.5 6.9 6.6 4.2 5.0 4.2 3.6 Decreased, 2003-2019</td>
<td>No change, 2003-2009 Decreased, 2009-2019</td>
<td>No change</td>
</tr>
<tr>
<td>QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)</td>
<td>6.1 7.1 5.7 6.1 4.0 5.3 2.9 4.5 3.6 2.0 Decreased, 1997-2019</td>
<td>No change, 1997-2007 Decreased, 2007-2019</td>
<td>Decreased</td>
</tr>
<tr>
<td>QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)</td>
<td>2.5 2.2 No linear change</td>
<td>Not available[^]{not enough years of data to calculate}</td>
<td>No change</td>
</tr>
<tr>
<td>QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)</td>
<td>34.2 30.4 19.8 27.0 25.6 24.4 20.6 20.9 22.4 24.0 Decreased, 1997-2019</td>
<td>Decreased, 1997-2015 No change, 2015-2019</td>
<td>No change</td>
</tr>
</tbody>
</table>

[^]{Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.}
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## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
Trend Analysis Report

<table>
<thead>
<tr>
<th>Total Sexual Behaviors</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

### QN58: Percentage of students who ever had sexual intercourse

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<tbody>
<tr>
<td></td>
<td>53.7</td>
<td>52.1</td>
<td>46.3</td>
<td>50.3</td>
<td>48.3</td>
<td>51.8</td>
<td>44.7</td>
<td>41.7</td>
<td>38.4</td>
<td>39.2</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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</table>

### QN59: Percentage of students who had sexual intercourse for the first time before age 13 years

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<tbody>
<tr>
<td></td>
<td>7.2</td>
<td>5.6</td>
<td>7.9</td>
<td>7.8</td>
<td>6.7</td>
<td>7.2</td>
<td>5.4</td>
<td>4.8</td>
<td>3.7</td>
<td>3.2</td>
<td>Decreased, 1997-2019</td>
<td>No change, 1997-2009</td>
<td>Decreased, 2009-2019</td>
<td>No change</td>
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</table>

### QN60: Percentage of students who had sexual intercourse with four or more persons during their life

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<tbody>
<tr>
<td></td>
<td>18.1</td>
<td>14.8</td>
<td>13.6</td>
<td>14.4</td>
<td>12.7</td>
<td>16.6</td>
<td>12.6</td>
<td>10.4</td>
<td>9.6</td>
<td>8.5</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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</tbody>
</table>

### QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)

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</thead>
<tbody>
<tr>
<td></td>
<td>39.4</td>
<td>38.7</td>
<td>33.5</td>
<td>36.5</td>
<td>33.6</td>
<td>37.7</td>
<td>31.7</td>
<td>30.3</td>
<td>29.0</td>
<td>28.7</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
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</tr>
</tbody>
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<tr>
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</tr>
<tr>
<td>QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)</td>
<td>27.6  21.9  19.3  19.0  22.9  16.8  18.7  17.1  17.5  14.9</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)</td>
<td>57.3  61.7  65.2  59.0  59.9  50.6  53.1  53.9  48.7  52.6</td>
<td>Decreased, 1997-2019</td>
<td>Increased, 1997-2004</td>
<td>Decreased, 2004-2019</td>
</tr>
<tr>
<td>QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td>18.5  17.5  18.4  20.5  23.4  21.2  19.9  22.4  24.5  24.6</td>
<td>Increased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td>2.6  5.2  7.7  6.6</td>
<td>Increased, 2013-2019</td>
<td>Not available§</td>
<td>No change</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
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<th>Quadratic Change(^*)</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td>4.9 6.1 6.0 6.3</td>
<td>No linear change</td>
<td>Not available(^§)</td>
<td>No change</td>
</tr>
<tr>
<td>QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td>27.3 33.6 38.3 37.5</td>
<td>Increased, 2013-2019</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td>6.6 11.6 11.3 11.2</td>
<td>Increased, 2013-2019</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

\(^†\) Based on t-test analysis, \(p < 0.05\).

\(^§\) Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

Trend Analysis Report

<table>
<thead>
<tr>
<th>QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>13.9</td>
<td>13.9</td>
<td>11.4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>11.6</td>
<td>11.3</td>
<td>10.8</td>
</tr>
</tbody>
</table>

---

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

**Trend Analysis Report**

### Total Weight Management and Dietary Behaviors

#### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QNOWT: Percentage of students who were overweight (&gt;= 85th percentile but &lt;95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>15.2</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
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<td>1993</td>
<td>16.8</td>
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<tr>
<td>1997</td>
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<tr>
<td>1999</td>
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<td>2001</td>
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<td>2003</td>
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<td>2004</td>
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<td>2007</td>
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<td>17.8</td>
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<td>2017</td>
<td>15.4</td>
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<td></td>
</tr>
<tr>
<td>2019</td>
<td>16.0</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

#### QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)

<table>
<thead>
<tr>
<th>Year</th>
<th>QNOBESE: Percentage of students who had obesity (&gt;= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
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<td>2019</td>
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#### QN67: Percentage of students who described themselves as slightly or very overweight

<table>
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<tr>
<th>Year</th>
<th>QN67: Percentage of students who described themselves as slightly or very overweight</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019 †</th>
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</thead>
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<td>2007</td>
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<tr>
<td>2019</td>
<td>32.0</td>
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</table>

#### QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
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<td>27.2</td>
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<td>1997</td>
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<tr>
<td>1999</td>
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<td>2001</td>
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<td>2003</td>
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<tr>
<td>2019</td>
<td>32.7</td>
<td></td>
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</tr>
</tbody>
</table>

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**Notes:**

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

† Based on t-test analysis, p < 0.05.

§ Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

<table>
<thead>
<tr>
<th>Total Weight Management and Dietary Behaviors</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change $^*$</th>
<th>Quadratic Change $^*$</th>
<th>Change from 2017-2019 $^†$</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)</td>
<td>18.5 20.8 18.9 18.8 19.1 14.2 14.8 16.7 18.4</td>
<td>Decreased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</td>
<td>9.9 11.3 10.6 9.7 9.7 8.0 7.7 8.8 10.4</td>
<td>Decreased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</td>
<td>46.0 50.1 47.0 50.8 50.3 55.4 52.7 48.3 47.5</td>
<td>No linear change</td>
<td>Increased, 2003-2013 Decreased, 2013-2019</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

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

---

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# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

### Total Weight Management and Dietary Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change&lt;sup&gt;†&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;†&lt;/sup&gt;</th>
<th>Change from 2017-2019&lt;sup&gt;†&lt;/sup&gt;</th>
</tr>
</thead>
</table>

QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19.2</td>
<td>23.8</td>
<td>21.3</td>
<td>24.2</td>
<td>23.0</td>
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<td>20.8</td>
<td>20.9</td>
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</tr>
</tbody>
</table>

No linear change

Increased, 2003-2013

Decreased, 2013-2019

No change

QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>40.3</td>
<td>47.2</td>
<td>46.3</td>
<td>45.6</td>
<td>45.6</td>
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<td>50.9</td>
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<td></td>
</tr>
</tbody>
</table>

Increased, 2003-2019

No quadratic change

No change

QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)

<table>
<thead>
<tr>
<th></th>
<th></th>
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<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>25.6</td>
<td>24.2</td>
<td>24.3</td>
<td>23.1</td>
<td>25.7</td>
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<td></td>
</tr>
</tbody>
</table>

Increased, 2003-2019

No change, 2003-2009

Increased, 2009-2019

No change

QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>59.2</td>
<td>59.8</td>
<td>60.0</td>
<td>58.6</td>
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<td>61.7</td>
<td>62.9</td>
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<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

No linear change

No change, 2003-2015

Increased, 2015-2019

No change

---

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

<sup>‡</sup>Based on t-test analysis, p < 0.05.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change&lt;sup&gt;a&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;a&lt;/sup&gt;</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

### QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)

<table>
<thead>
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<th>Year</th>
<th>Percentage</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
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<td>17.9</td>
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<td>1993</td>
<td>19.3</td>
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<td>1995</td>
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<td>2004</td>
<td>24.1</td>
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<tr>
<td>2007</td>
<td>24.4</td>
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</tr>
</tbody>
</table>

### QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Change</th>
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</thead>
<tbody>
<tr>
<td>1993</td>
<td>7.5</td>
<td>No change, 2003-2013</td>
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<tr>
<td>1995</td>
<td>6.7</td>
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<tr>
<td>2004</td>
<td>10.3</td>
<td></td>
</tr>
<tr>
<td>2007</td>
<td>11.0</td>
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</tbody>
</table>

### QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Change</th>
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<tr>
<td>1991</td>
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<td>1995</td>
<td>57.4</td>
<td>No change, 2015-2019</td>
</tr>
<tr>
<td>1997</td>
<td>58.7</td>
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</tr>
<tr>
<td>1999</td>
<td>56.8</td>
<td></td>
</tr>
<tr>
<td>2001</td>
<td>57.3</td>
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<tr>
<td>2003</td>
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<tr>
<td>2004</td>
<td>50.7</td>
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</tr>
<tr>
<td>2007</td>
<td>48.2</td>
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</tbody>
</table>

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

<sup>†</sup>Based on t-test analysis, p < 0.05.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

### Weight Management and Dietary Behaviors

#### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QNVEG2 (%)</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>22.2</td>
<td>Decreased, 2003-2019</td>
<td>No change</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>26.3</td>
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<td>Decreased, 2003-2019</td>
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<tr>
<td>2007</td>
<td>18.7</td>
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<td>No change</td>
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<tr>
<td>2009</td>
<td>2003-2019</td>
<td>Decreased, 2015-2019</td>
<td>No change</td>
<td>No change</td>
</tr>
<tr>
<td>2011</td>
<td>2013-2019</td>
<td>No change</td>
<td>No change</td>
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<tr>
<td>2017</td>
<td>2019</td>
<td>No change</td>
<td>No change</td>
<td>No change</td>
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</tbody>
</table>

#### QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>QNVEG3 (%)</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
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<tbody>
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<tr>
<td>1993</td>
<td>13.5</td>
<td>No change</td>
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<td>1995</td>
<td>11.1</td>
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<td>No change</td>
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</tr>
<tr>
<td>1997</td>
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<tr>
<td>1999</td>
<td>12.3</td>
<td>No change</td>
<td>No change</td>
<td>No change</td>
</tr>
<tr>
<td>2001</td>
<td>11.6</td>
<td>No change</td>
<td>No change</td>
<td>No change</td>
</tr>
<tr>
<td>2003</td>
<td>11.1</td>
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<td>No change</td>
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<tr>
<td>2004</td>
<td>9.0</td>
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<tr>
<td>2007</td>
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<td>No change</td>
<td>No change</td>
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<tr>
<td>2009</td>
<td>2003-2013</td>
<td>Decreased, 2013-2019</td>
<td>No change</td>
<td>No change</td>
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<tr>
<td>2011</td>
<td>2015-2019</td>
<td>No change</td>
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<tr>
<td>2017</td>
<td>2019</td>
<td>No change</td>
<td>No change</td>
<td>No change</td>
</tr>
</tbody>
</table>

### QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>QN75 (%)</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
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</thead>
<tbody>
<tr>
<td>1991</td>
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<td>Increased, 2007-2019</td>
<td>No quadratic change</td>
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<td>1993</td>
<td>18.1</td>
<td>No quadratic change</td>
<td>No change</td>
<td>No change</td>
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<td>No change</td>
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<tr>
<td>1999</td>
<td>23.6</td>
<td>No quadratic change</td>
<td>No change</td>
<td>No change</td>
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<tr>
<td>2001</td>
<td>23.2</td>
<td>No quadratic change</td>
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<td>No change</td>
</tr>
<tr>
<td>2003</td>
<td>25.4</td>
<td>No quadratic change</td>
<td>No change</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

† Based on t-test analysis, p < 0.05.
<table>
<thead>
<tr>
<th>Total</th>
<th>Weight Management and Dietary Behaviors</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td></td>
<td><strong>Kentucky High School Survey</strong></td>
<td><strong>Trend Analysis Report</strong></td>
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<td><strong>2019 YOUTH RISK BEHAVIOR SURVEY RESULTS</strong></td>
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<td><strong>Trend Analysis Report</strong></td>
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<td><strong>2019 YOUTH RISK BEHAVIOR SURVEY RESULTS</strong></td>
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<td><strong>Trend Analysis Report</strong></td>
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<td></td>
<td><strong>2019 YOUTH RISK BEHAVIOR SURVEY RESULTS</strong></td>
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<td><strong>Trend Analysis Report</strong></td>
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<td><strong>2019 YOUTH RISK BEHAVIOR SURVEY RESULTS</strong></td>
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</tbody>
</table>

**QNSODA1**: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td></td>
<td>40.5</td>
<td>35.7</td>
<td>36.4</td>
<td>32.9</td>
<td>32.4</td>
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</tbody>
</table>

Decreased, 2007-2019
No quadratic change
No change

**QNSODA2**: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

<table>
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<tr>
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</thead>
<tbody>
<tr>
<td></td>
<td>31.4</td>
<td>26.7</td>
<td>26.3</td>
<td>24.5</td>
<td>23.3</td>
<td>20.5</td>
<td>17.6</td>
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</tbody>
</table>

Decreased, 2007-2019
No quadratic change
No change

**QN76**: Percentage of students who did not drink milk (during the 7 days before the survey)

<table>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>21.9</td>
<td>22.5</td>
<td>26.0</td>
<td>30.0</td>
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</tbody>
</table>

Increased, 2013-2019
Not available
Increased

**QNMILK1**: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>34.5</td>
<td>30.3</td>
<td>28.0</td>
<td>24.6</td>
<td></td>
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</tr>
</tbody>
</table>

Decreased, 2013-2019
Not available
No change

---

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

### Total

#### Weight Management and Dietary Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

| QNMILK3: Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey) | 10.5 8.7 7.1 7.3 Decreased, 2013-2019 | Not available§ | No change |

| QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey) | 14.9 15.5 12.3 12.6 15.4 16.6 No linear change | Decreased, 2009-2015 Increased, 2015-2019 | No change |

| QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) | 31.9 29.9 40.1 34.8 30.2 26.5 Decreased, 2009-2019 | Increased, 2009-2013 Decreased, 2013-2019 | 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.
### Health Risk Behavior and Percentages

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>QN78: 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)</td>
<td>39.3</td>
<td>39.8</td>
<td>37.0</td>
<td>40.6</td>
<td>37.4</td>
<td></td>
<td></td>
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<tr>
<td>Quadratic Change</td>
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<tr>
<td>Change from 2017-2019 †</td>
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</thead>
<tbody>
<tr>
<td>QNPADAY: 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)</td>
<td>20.6</td>
<td>19.9</td>
<td>16.5</td>
<td>19.2</td>
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<td>Quadratic Change</td>
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<td>Change from 2017-2019 †</td>
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</thead>
<tbody>
<tr>
<td>QNPADAY: 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)</td>
<td>21.9</td>
<td>22.5</td>
<td>20.2</td>
<td>22.0</td>
<td>19.0</td>
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<tr>
<td>Change from 2017-2019 †</td>
<td>No change</td>
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</tr>
</tbody>
</table>

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

$^\dagger$Based on t-test analysis, $p < 0.05$.

$^\ddagger$Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

<table>
<thead>
<tr>
<th>Total Physical Activity</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>QN79:</strong> Percentage of students who watched television 3 or more hours per day (on an average school day)</td>
<td>30.8 35.5 27.4 28.8 32.0 26.7 25.5 20.9 21.3</td>
<td>Decreased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td></td>
<td><strong>QN80:</strong> Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)</td>
<td>21.3 23.0 31.2 34.5 40.1 41.2 47.5</td>
<td>Increased, 2007-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td></td>
<td><strong>QN81:</strong> Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)</td>
<td>31.3 34.9 25.2 31.0 32.9 35.4 34.4 37.8 31.2 31.5</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

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<table>
<thead>
<tr>
<th>Total Physical Activity</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change¹</th>
<th>Quadratic Change¹</th>
<th>Change from 2017-2019 †</th>
</tr>
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</tbody>
</table>

**QNDLYPE:** Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

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</tr>
</thead>
<tbody>
<tr>
<td>Value</td>
<td>22.3</td>
<td>23.8</td>
<td>17.3</td>
<td>20.0</td>
<td>23.1</td>
<td>20.0</td>
<td>19.3</td>
<td>22.3</td>
<td>19.2</td>
<td>17.8</td>
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</tbody>
</table>

No linear change  No quadratic change  No change

**QN82:** Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)

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</thead>
<tbody>
<tr>
<td>Value</td>
<td>50.9</td>
<td>52.6</td>
<td>48.6</td>
<td>48.2</td>
<td>46.3</td>
<td>50.8</td>
<td>50.8</td>
<td>48.3</td>
<td>45.9</td>
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</tbody>
</table>

No linear change  No quadratic change  No change

¹Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, \( p < 0.05 \).

†Based on t-test analysis, \( p < 0.05 \).
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th>Total</th>
<th>Other</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)</td>
<td>69.7</td>
<td>69.0</td>
<td>67.8</td>
<td>69.4</td>
<td>69.8</td>
</tr>
<tr>
<td>QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)</td>
<td>2.7</td>
<td>2.0</td>
<td>3.2</td>
<td>2.3</td>
<td>2.2</td>
</tr>
<tr>
<td>QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma</td>
<td>22.1</td>
<td>26.1</td>
<td>24.3</td>
<td>26.7</td>
<td>23.1</td>
</tr>
<tr>
<td>QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)</td>
<td>24.3</td>
<td>22.0</td>
<td>19.4</td>
<td></td>
<td>Decreased, 2015-2019</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

<table>
<thead>
<tr>
<th>Year</th>
<th>Total</th>
<th>Other</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
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<td>1993</td>
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<td>2011</td>
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<td>2019</td>
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</tbody>
</table>

**QN89:** Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

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</thead>
<tbody>
<tr>
<td>Total</td>
<td>67.3</td>
<td>73.1</td>
<td>73.8</td>
<td>76.8</td>
<td>78.2</td>
<td></td>
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</tbody>
</table>

- Increased, 2011-2019
- Not available
- No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th>Total</th>
<th>Site-Added</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

### Health Risk Behavior and Percentages

| 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) |
|---|---|---|---|---|---|---|---|---|---|---|
| 59.5 | 62.7 | No linear change | Not available § | No change |

| QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey) |
|---|---|---|---|---|---|---|---|---|---|---|
| 49.5 | 54.4 | No linear change | Not available | No change |

| QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey) |
|---|---|---|---|---|---|---|---|---|---|---|
| 37.2 | 40.7 | No linear change | Not available | No change |

---

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Kentucky High School Survey**  
**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Total</th>
<th>Site-Added</th>
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<tbody>
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</table>

|-------------------------------------|--------------------|----------------------|-------------------------|

**QN90:** 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)

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</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>20.8</td>
<td>17.2</td>
<td>17.6</td>
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<tr>
<td></td>
<td>No linear change</td>
<td>Not available[^3]</td>
<td>No change</td>
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</table>

**QN91:** Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)

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</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>25.3</td>
<td>14.3</td>
<td>9.7</td>
<td>9.5</td>
<td>9.4</td>
<td>9.3</td>
<td>5.0</td>
<td>7.0</td>
<td>5.7</td>
<td>4.6</td>
<td>Decreased, 1997-2019</td>
<td>Decreased, 1997-2004</td>
<td>Decreased, 2004-2019</td>
<td>No change</td>
<td></td>
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</tbody>
</table>

**QN93:** Percentage of students who had oral sex

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</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>49.1</td>
<td>51.2</td>
<td>41.8</td>
<td>41.7</td>
<td>39.3</td>
<td>39.4</td>
<td>Decreased, 2009-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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<td></td>
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<td></td>
<td></td>
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</tbody>
</table>

**QN94:** 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)

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</thead>
<tbody>
<tr>
<td>%</td>
<td>9.2</td>
<td>9.0</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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</tr>
</tbody>
</table>

[^1]: Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[^2]: Based on t-test analysis, p < 0.05.
[^3]: Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change$^*$</th>
<th>Quadratic Change$^*$</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

**QN95:** Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Brushing Rate</th>
<th>Change from 2007-2019</th>
<th>Quadratic Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>76.7</td>
<td>Decreased, 2007-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>1993</td>
<td>77.3</td>
<td></td>
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<tr>
<td>1995</td>
<td>74.5</td>
<td></td>
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</tr>
<tr>
<td>1997</td>
<td>77.2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1999</td>
<td>72.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2001</td>
<td>70.6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2003</td>
<td>70.4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**QN96:** Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Flossing Rate</th>
<th>Change from 2007-2019</th>
<th>Quadratic Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>15.2</td>
<td>Decreased, 2007-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>1993</td>
<td>14.7</td>
<td>Increased, 2007-2011</td>
<td></td>
</tr>
<tr>
<td>1995</td>
<td>18.1</td>
<td>Decreased, 2011-2019</td>
<td></td>
</tr>
<tr>
<td>1997</td>
<td>17.7</td>
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<td>1999</td>
<td>13.6</td>
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<tr>
<td>2001</td>
<td>12.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2003</td>
<td>13.9</td>
<td></td>
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</tr>
</tbody>
</table>

**QN99:** Percentage of students who did not usually sleep in their parent’s or guardian’s home (during the 30 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Sleeping Rate</th>
<th>Change from 2007-2019</th>
<th>Quadratic Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>5.7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1993</td>
<td>5.2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**QN100:** Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems

<table>
<thead>
<tr>
<th>Year</th>
<th>Trusting Rate</th>
<th>Change from 2007-2019</th>
<th>Quadratic Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>16.2</td>
<td>No linear change</td>
<td></td>
</tr>
<tr>
<td>1993</td>
<td>13.9</td>
<td></td>
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</tr>
<tr>
<td>1995</td>
<td>11.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1997</td>
<td>15.5</td>
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</tbody>
</table>

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

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

$^§$Not enough years of data to calculate.
### Male

#### Injury and Violence

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change (^*)</th>
<th>Quadratic Change (^*)</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)</td>
<td></td>
<td></td>
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<tr>
<td>31.2</td>
<td>23.4</td>
<td>23.0</td>
<td>21.8</td>
</tr>
</tbody>
</table>

| QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) | | | |
| 7.8 | 5.4 | 4.3 | 4.7 | No linear change | Not available § | No change |

| QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) | | | |
| 40.4 | 36.1 | 37.7 | 34.8 | No linear change | Not available | No change |

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

\(^\dagger\) Based on t-test analysis, p < 0.05.

§ Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

**Trend Analysis Report**

### Male

#### Injury and Violence

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change‡</th>
<th>Quadratic Change§</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>QN12: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)</td>
<td>46.0</td>
<td>30.0</td>
<td>36.7</td>
</tr>
<tr>
<td>QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)</td>
<td>26.5</td>
<td>11.5</td>
<td>10.3</td>
</tr>
<tr>
<td>QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)</td>
<td>9.4</td>
<td>8.5</td>
<td>No linear change</td>
</tr>
</tbody>
</table>

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

*Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
<table>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Male</strong></td>
<td><strong>Injury and Violence</strong></td>
<td><strong>Health Risk Behavior and Percentages</strong></td>
<td><strong>Linear Change</strong></td>
<td><strong>Quadratic Change</strong></td>
<td><strong>Change from 2017-2019</strong></td>
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</tr>
<tr>
<td>QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)</td>
<td>9.6</td>
<td>7.7</td>
<td>11.1</td>
<td>9.6</td>
<td>10.4</td>
<td>8.7</td>
<td>6.6</td>
<td>7.6</td>
<td>9.1</td>
<td>7.9</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
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<td>QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)</td>
<td>41.8</td>
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<td>28.8</td>
<td>23.6</td>
<td>27.3</td>
<td>24.1</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
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<td>QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)</td>
<td>18.6</td>
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<td>13.8</td>
<td>15.1</td>
<td>7.7</td>
<td>10.3</td>
<td>10.3</td>
<td>6.1</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>Decreased</td>
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*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

### Male

#### Injury and Violence

<table>
<thead>
<tr>
<th>Year</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
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**QN20:** Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)

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**QA21:** Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

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Decreased, 2013-2019

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**QN22:** Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

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No linear change

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No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
## Male
### Injury and Violence

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<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^\ast)</th>
<th>Quadratic Change(^\ast)</th>
<th>Change from 2017-2019 †</th>
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<tr>
<td><strong>QN23:</strong> Percentage of students who were bullied on school property (ever during the 12 months before the survey)</td>
<td>19.7 17.1 18.6 15.5 16.4 19.6</td>
<td>No linear change</td>
<td>No quadratic change</td>
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<td><strong>QN24:</strong> Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)</td>
<td>13.1 9.9 9.2 11.8 13.0</td>
<td>No linear change</td>
<td>Not available§</td>
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<td><strong>QN25:</strong> Percentage of students who felt sad or hopeless (almost every day for &gt;=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)</td>
<td>23.6 21.8 23.1 21.7 22.1 20.0 20.5 17.6 27.8</td>
<td>No linear change</td>
<td>No quadratic change</td>
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</tbody>
</table>

\(^\ast\)Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

\(^\dagger\)Based on t-test analysis, p < 0.05.

\(§\)Not enough years of data to calculate.
### Male Injury and Violence

**Health Risk Behavior and Percentages**

<table>
<thead>
<tr>
<th>Year</th>
<th>QN26: Serious Consideration of Attempting Suicide</th>
<th>QN27: Plan About Attempting Suicide</th>
<th>QN28: Attempted Suicide</th>
<th>QN29: Suicide Attempt Resulting in Injury, Poisoning, or Overdose</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Percentage</td>
<td>Percentage</td>
<td>Percentage</td>
<td>Percentage</td>
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<td>1991</td>
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<td>2.0</td>
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<td>2019</td>
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</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Male Tobacco Use</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)</td>
<td>78.1 69.6 60.2 62.0 61.1 61.2 49.2 41.4 41.2 31.7</td>
<td>Decreased, 1997-2019</td>
<td>Decreased, 1997-2011</td>
<td>Decreased</td>
</tr>
<tr>
<td>QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)</td>
<td>16.5 14.1</td>
<td>No linear change</td>
<td>Not available ‡</td>
<td>No change</td>
</tr>
<tr>
<td>QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)</td>
<td>48.4 31.8 26.4 26.2 29.1 26.7 20.3 15.7 14.3 10.3</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)</td>
<td>30.0 18.0 15.3 12.5 12.1 12.3 8.4 4.5 4.2 3.4</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
‡Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
Trend Analysis Report

## Male  
**Tobacco Use**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)</td>
<td>24.9</td>
<td>14.6</td>
<td>12.3</td>
</tr>
<tr>
<td>QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])</td>
<td>43.9</td>
<td>46.9</td>
<td>52.7</td>
</tr>
<tr>
<td>QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)</td>
<td>23.4</td>
<td>16.4</td>
<td>27.6</td>
</tr>
</tbody>
</table>

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

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QNFREVP</th>
<th>QNDAYEVP</th>
<th>QNTB5</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>4.4</td>
<td>3.2</td>
<td>29.3</td>
</tr>
<tr>
<td>1993</td>
<td>4.1</td>
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<td>30.0</td>
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<td>1997</td>
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<td></td>
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<tr>
<td>2017</td>
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<td></td>
</tr>
<tr>
<td>2019</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **QNFREVP**: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)
  - Increased, 2015-2019
  - Not available
- **QNDAYEVP**: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)
  - Increased, 2015-2019
  - 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)
  - No linear change
  - Not available

**Linear Change**

- Increased, 2015-2019
- Not available

**Quadratic Change**

- Increased
- Not available

**Change from 2017-2019**

- 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.
### Male

**Tobacco Use**

| QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years) |
|---|---|---|---|
| 1991 | 16.1 | No linear change | Not available |
| 1993 | 17.6 | No linear change | Not available |
| 1995 | 16.1 | No linear change | Not available |
| 1997 | 16.1 | No linear change | Not available |
| 1999 | 16.1 | No linear change | Not available |
| 2001 | 16.1 | No linear change | Not available |
| 2003 | 16.1 | No linear change | Not available |
| 2004 | 16.1 | No linear change | Not available |
| 2007 | 16.1 | No linear change | Not available |
| 2009 | 16.1 | No linear change | Not available |
| 2011 | 16.1 | No linear change | Not available |
| 2013 | 16.1 | No linear change | Not available |
| 2015 | 16.1 | No linear change | Not available |
| 2017 | 16.1 | No linear change | Not available |
| 2019 | 16.1 | No linear change | Not available |

**QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)**

| 1991 | 17.2 | No change | Not available |
| 1993 | 10.2 | Decreased, 2017-2019 | Decreased |
| 1995 | 17.2 | No change | Not available |
| 1997 | 17.2 | No change | Not available |
| 1999 | 17.2 | No change | Not available |
| 2001 | 17.2 | No change | Not available |
| 2003 | 17.2 | No change | Not available |
| 2004 | 17.2 | No change | Not available |
| 2007 | 17.2 | No change | Not available |
| 2009 | 17.2 | No change | Not available |
| 2011 | 17.2 | No change | Not available |
| 2013 | 17.2 | No change | Not available |
| 2015 | 17.2 | No change | Not available |
| 2017 | 17.2 | No change | Not available |
| 2019 | 17.2 | No change | Not available |

**QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)**

| 2013 | 10.5 | Decreased, 2003-2019 | No change, 2003-2011 |

---

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
### Male Tobacco Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)</td>
<td>40.4 33.2 33.1 36.8 35.1 27.6 24.1 19.0 15.2</td>
<td>Decreased, 2003-2019</td>
<td>No change, 2003-2011 Decreased, 2011-2019</td>
</tr>
<tr>
<td>QN39: Percentage of students who tried to quit using all tobacco products (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, ever during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)</td>
<td>43.9 49.9</td>
<td>No linear change</td>
<td>Not available §</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>Year</th>
<th>QN40</th>
<th>QN41</th>
<th>QN42</th>
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</thead>
<tbody>
<tr>
<td>1991</td>
<td>37.5</td>
<td>53.8</td>
<td>12.7</td>
</tr>
<tr>
<td>1993</td>
<td>31.9</td>
<td>46.3</td>
<td>11.8</td>
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<tr>
<td>1995</td>
<td>32.9</td>
<td>38.0</td>
<td>No linear change</td>
</tr>
<tr>
<td>1997</td>
<td>28.4</td>
<td>41.0</td>
<td>No linear change</td>
</tr>
<tr>
<td>1999</td>
<td>24.4</td>
<td>40.4</td>
<td>No linear change</td>
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<tr>
<td>2001</td>
<td>24.4</td>
<td>35.6</td>
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<td>2007</td>
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<td>2011</td>
<td>Decreased, 1997-2019</td>
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<td>No change</td>
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<td>2013</td>
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<td>2015</td>
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<td>2017</td>
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<tr>
<td>2019</td>
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</tr>
</tbody>
</table>

* Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
† Based on t-test analysis, p < 0.05.
§ Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
**Trend Analysis Report**

### Male  
**Alcohol and Other Drug Use**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

#### QN45: Percentage of students who ever used marijuana (one or more times during their life)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percent</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>51.9</td>
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</tr>
<tr>
<td>1993</td>
<td>45.4</td>
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<td>1995</td>
<td>36.0</td>
<td>Decreased, 1997-2019</td>
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<tr>
<td>1997</td>
<td>34.4</td>
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<tr>
<td>1999</td>
<td>39.7</td>
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<td>2015</td>
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<td>2017</td>
<td>30.9</td>
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</tr>
<tr>
<td>2019</td>
<td>31.9</td>
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</tr>
</tbody>
</table>

#### QN46: Percentage of students who tried marijuana for the first time before age 13 years

<table>
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<tr>
<th>Year</th>
<th>Percent</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
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<td>1995</td>
<td>13.4</td>
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<td>1999</td>
<td>11.4</td>
<td>Decreased, 1997-2011</td>
</tr>
<tr>
<td>2001</td>
<td>10.6</td>
<td>Decreased, 2011-2019</td>
</tr>
<tr>
<td>2003</td>
<td>8.8</td>
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</tr>
<tr>
<td>2004</td>
<td>7.7</td>
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</tbody>
</table>

#### QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percent</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
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<td>1993</td>
<td>22.5</td>
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<td>1995</td>
<td>18.1</td>
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<td>2017</td>
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<tr>
<td>2019</td>
<td>17.5</td>
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</tbody>
</table>

#### QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percent</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>8.5</td>
<td>No linear change</td>
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<tr>
<td>1993</td>
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<tr>
<td>1995</td>
<td>7.2</td>
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</tbody>
</table>

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†Based on t-test analysis, p < 0.05.  
§Not enough years of data to calculate.
## Male
### Alcohol and Other Drug Use

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th></th>
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<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QN49:</strong> 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, one or more times during their life)</td>
<td>9.5</td>
<td>10.8</td>
<td>No linear change</td>
<td>Not available§</td>
<td>No change</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>QN50:</strong> Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)</td>
<td>9.8</td>
<td>9.8</td>
<td>9.7</td>
<td>9.8</td>
<td>7.1</td>
<td>9.3</td>
<td>6.5</td>
<td>4.5</td>
<td>5.7</td>
<td>4.2</td>
<td>Decreased, 1997-2019</td>
<td>No change, 1997-2007</td>
<td>Decreased, 2007-2019</td>
<td>No change</td>
<td></td>
</tr>
<tr>
<td><strong>QN51:</strong> Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)</td>
<td>26.5</td>
<td>13.8</td>
<td>14.0</td>
<td>14.7</td>
<td>13.6</td>
<td>12.1</td>
<td>6.7</td>
<td>5.7</td>
<td>7.4</td>
<td>5.1</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>QN52:</strong> Percentage of students who ever used heroin (also called &quot;smack,&quot; &quot;junk,&quot; or &quot;China White,&quot; one or more times during their life)</td>
<td>3.6</td>
<td>2.2</td>
<td>2.0</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
<td></td>
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</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
*Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
## Male
### Alcohol and Other Drug Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

| QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life) | 7.2 7.3 8.2 8.5 5.8 4.8 4.3 | Decreased, 2003-2019 | No change, 2003-2011 Decreased, 2011-2019 | No change |

| QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life) | 7.2 7.3 7.8 7.6 3.8 5.5 2.5 | Decreased, 1997-2019 | No change, 1997-2011 Decreased, 2011-2019 | No change |

| QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life) | 2.7 2.2 | No linear change | Not available § | No change |

| QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) | 39.8 31.7 28.8 27.9 24.8 20.5 23.0 24.8 | Decreased, 1997-2019 | Decreased, 1997-2004 No change, 2004-2019 | 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.
## Male Sexual Behaviors

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>QN58: Percentage of students who ever had sexual intercourse</td>
<td>56.9</td>
<td>49.7</td>
<td>48.0</td>
<td>49.0</td>
<td>51.7</td>
<td>45.9</td>
<td>42.3</td>
<td>40.3</td>
<td>38.3</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>QN59: Percentage of students who had sexual intercourse for the first time before age 13 years</td>
<td>10.7</td>
<td>7.6</td>
<td>11.5</td>
<td>10.0</td>
<td>9.3</td>
<td>8.9</td>
<td>7.5</td>
<td>5.4</td>
<td>5.3</td>
<td>4.2</td>
<td>Decreased, 1997-2019</td>
<td>Decreased, 1997-2011</td>
<td>No change</td>
<td></td>
<td></td>
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<tr>
<td>QN60: Percentage of students who had sexual intercourse with four or more persons during their life</td>
<td>23.1</td>
<td>15.8</td>
<td>16.6</td>
<td>14.8</td>
<td>14.7</td>
<td>17.0</td>
<td>14.4</td>
<td>10.6</td>
<td>11.7</td>
<td>9.7</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)</td>
<td>40.2</td>
<td>34.8</td>
<td>32.5</td>
<td>33.2</td>
<td>31.2</td>
<td>34.6</td>
<td>31.0</td>
<td>31.0</td>
<td>28.8</td>
<td>26.9</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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## Male Sexual Behaviors

### Health Risk Behavior and Percentages

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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)</td>
<td>34.8</td>
<td>28.0</td>
<td>24.6</td>
<td>21.4</td>
<td>28.6</td>
<td>22.2</td>
<td>23.8</td>
<td>17.3</td>
<td>17.9</td>
<td>18.3</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)</td>
<td>65.5</td>
<td>68.3</td>
<td>69.4</td>
<td>67.5</td>
<td>66.3</td>
<td>55.9</td>
<td>62.1</td>
<td>64.6</td>
<td>53.3</td>
<td>60.5</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td>15.1</td>
<td>16.6</td>
<td>14.5</td>
<td>14.9</td>
<td>19.4</td>
<td>13.8</td>
<td>15.3</td>
<td>18.7</td>
<td>19.8</td>
<td>22.0</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td>2.5</td>
<td>2.6</td>
<td>5.1</td>
<td>4.5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No linear change</td>
<td>Not available†</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
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§ Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

#### Trend Analysis Report

### Male Sexual Behaviors

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<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QSHPARG</strong>: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))</td>
<td>No linear change</td>
<td>Not available§</td>
<td>No change</td>
</tr>
<tr>
<td>2.9</td>
<td>1.7</td>
<td>3.0</td>
<td>4.4</td>
</tr>
</tbody>
</table>

**QNOTHHPL**: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)

| 20.6 | 23.0 | 27.9 | 30.9 | |
| Increased, 2013-2019 | Not available | No change |

**QNDUALBC**: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)

| 4.6 | 9.1 | 7.7 | 7.9 | |
| No linear change | Not available | No change |

---

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§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

**Trend Analysis Report**

### Male Sexual Behaviors

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<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.6 9.2 9.8 11.0 11.1 14.4 11.2 11.6 18.2 11.8</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)</td>
<td></td>
<td></td>
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<tr>
<td>10.1 12.0 11.4</td>
<td>No linear change</td>
<td>Not available‡</td>
<td>No change</td>
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</tbody>
</table>

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

† Based on t-test analysis, p < 0.05.

‡ Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>Year</th>
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<td>No change</td>
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<td>1993</td>
<td>17.2</td>
<td>No linear change</td>
<td>No quadratic change</td>
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<tr>
<td>1995</td>
<td>17.2</td>
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<td>No quadratic change</td>
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<td>1997</td>
<td>14.8</td>
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<td>No quadratic change</td>
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<td>2003</td>
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<td>No quadratic change</td>
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<tr>
<td>2004</td>
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<td>No quadratic change</td>
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<tr>
<td>2007</td>
<td>15.5</td>
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<td>23.0</td>
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<td>2007</td>
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<table>
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<tr>
<th>Year</th>
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<td>1991</td>
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<td>1997</td>
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<table>
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<td>2003</td>
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<td>No quadratic change</td>
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<tr>
<td>2004</td>
<td>30.3</td>
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<td>No quadratic change</td>
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<tr>
<td>2007</td>
<td>29.9</td>
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†Based on t-test analysis, \( p < 0.05 \).
§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Male
Weight Management and Dietary Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^*)</th>
<th>Quadratic Change(^*)</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)</td>
<td></td>
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<tr>
<td></td>
<td>20.9 21.8 21.2 20.2 23.1 16.5 18.0 20.2 20.0</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</td>
<td></td>
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<tr>
<td></td>
<td>12.1 13.4 12.7 11.4 12.4 10.1 9.3 11.3 11.6</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>46.9 53.1 47.6 51.8 51.3 55.3 52.7 51.6 48.2</td>
<td>No linear change</td>
<td>Increased, 2003-2015</td>
</tr>
</tbody>
</table>

\(^*\)Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
\(^†\)Based on t-test analysis, p < 0.05.
### 2019 Youth Risk Behavior Survey Results

#### Kentucky High School Survey

#### Trend Analysis Report

**Male Weight Management and Dietary Behaviors**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change (^*)</th>
<th>Quadratic Change (^*)</th>
<th>Change from 2017-2019 (^†)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

**QNFR2:** Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

- 19.3 26.1 22.6 24.1 24.4 27.9 20.1 23.8 20.4
- No linear change
- Increased, 2003-2013
- Decreased, 2013-2019
- No change

**QN71:** Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

- 47.1 49.9 50.8 50.3 50.4 52.0 55.9 54.9 54.3
- Increased, 2003-2019
- No quadratic change
- No change

**QN72:** Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)

- 24.9 25.8 26.1 23.4 26.7 25.3 29.5 37.2 35.8
- Increased, 2003-2019
- No change, 2003-2009
- Increased, 2009-2019
- No change

**QN73:** Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)

- 59.3 59.0 59.8 58.7 56.6 56.1 60.7 61.6 62.1
- No linear change
- No quadratic change
- No change

---

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

\(^†\) Based on t-test analysis, \(p < 0.05\).
## Male

### Weight Management and Dietary Behaviors

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<tr>
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<th>Linear Change *</th>
<th>Quadratic Change *</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)</td>
<td>20.1 23.2 23.5 23.4 26.3 24.4 25.5 27.0 25.5</td>
<td>Increased, 2003-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
<td>7.5 10.0 8.6 7.9 8.7 7.6 10.4 12.0 12.0</td>
<td>Increased, 2003-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
<td>53.2 57.6 55.9 57.4 58.4 57.9 55.3 49.2 49.0</td>
<td>Decreased, 2003-2019</td>
<td>No change, 2003-2013</td>
</tr>
</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

**Male**

**Weight Management and Dietary Behaviors**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td><strong>QNVEG2:</strong> Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
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<tr>
<td><strong>QNVEG3:</strong> Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
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<tr>
<td><strong>QN75:</strong> Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
<td></td>
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</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
## Weight Management and Dietary Behaviors

### Health Risk Behavior and Percentages

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</thead>
<tbody>
<tr>
<td>QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
<td>44.1</td>
<td>39.7</td>
<td>37.1</td>
<td>36.2</td>
<td>33.0</td>
<td>31.9</td>
<td>27.3</td>
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<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
<td>34.7</td>
<td>30.1</td>
<td>28.0</td>
<td>26.9</td>
<td>23.9</td>
<td>23.4</td>
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<tr>
<td>QN76: Percentage of students who did not drink milk (during the 7 days before the survey)</td>
<td>18.6</td>
<td>18.5</td>
<td>20.0</td>
<td>23.5</td>
<td>Increased, 2013-2019</td>
<td>Not available §</td>
<td>No change</td>
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<tr>
<td>QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)</td>
<td>39.8</td>
<td>37.9</td>
<td>34.7</td>
<td>30.0</td>
<td>Decreased, 2013-2019</td>
<td>Not available</td>
<td>No change</td>
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</table>

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

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§Not enough years of data to calculate.
# Male

## Weight Management and Dietary Behaviors

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QNMILK3 (%)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
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<td>1995</td>
<td>9.7</td>
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QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)

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<th>Year</th>
<th>QN77 (%)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
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<td>16.3</td>
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</table>

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>QNBK7DAY (%)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
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</tbody>
</table>

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

#### Physical Activity

<table>
<thead>
<tr>
<th>Year</th>
<th>QN78: 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)</th>
<th>Linear Change $^*$</th>
<th>Quadratic Change $^*$</th>
<th>Change from 2017-2019 $^†$</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>49.5</td>
<td>No linear change</td>
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<tr>
<td>1993</td>
<td>48.7</td>
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<tr>
<td>1995</td>
<td>44.1</td>
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<td>1997</td>
<td>50.5</td>
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<td>44.4</td>
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</table>

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)

<table>
<thead>
<tr>
<th>Year</th>
<th>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)</th>
<th>Linear Change $^*$</th>
<th>Quadratic Change $^*$</th>
<th>Change from 2017-2019 $^†$</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>17.2</td>
<td>No linear change</td>
<td>Not available $^§$</td>
<td>No change</td>
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<tr>
<td>1993</td>
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</table>

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)

<table>
<thead>
<tr>
<th>Year</th>
<th>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)</th>
<th>Linear Change $^*$</th>
<th>Quadratic Change $^*$</th>
<th>Change from 2017-2019 $^†$</th>
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<tbody>
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<td>1993</td>
<td>29.5</td>
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</tbody>
</table>

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$^†$Based on t-test analysis, $p < 0.05$.  
$^§$Not enough years of data to calculate.
### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Male Physical Activity</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)</td>
<td>31.3 37.9 27.7 28.6 33.0 24.5 25.3 20.1 18.8</td>
<td>Decreased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)</td>
<td>24.6 26.7 36.8 35.4 38.5 41.2 49.5</td>
<td>Increased, 2007-2019</td>
<td>No quadratic change</td>
<td>Increased</td>
</tr>
<tr>
<td>QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)</td>
<td>36.9 43.8 30.2 37.3 41.8 43.9 41.9 44.2 38.2 37.8</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.
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</tr>
</thead>
<tbody>
<tr>
<td>QNDLYE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)</td>
<td>27.4</td>
<td>28.7</td>
<td>20.2</td>
<td>23.5</td>
<td>29.8</td>
<td>24.8</td>
<td>22.5</td>
<td>25.2</td>
<td>25.2</td>
<td>20.9</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN82: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)</td>
<td>55.5</td>
<td>55.2</td>
<td>51.7</td>
<td>51.9</td>
<td>47.9</td>
<td>54.3</td>
<td>53.3</td>
<td>50.5</td>
<td>49.7</td>
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<td>No quadratic change</td>
<td>No change</td>
<td></td>
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</tbody>
</table>

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<table>
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<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>1911</td>
<td>68.0</td>
<td>1997</td>
<td>69.6</td>
</tr>
<tr>
<td>QNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>1911</td>
<td>2.8</td>
<td>1997</td>
<td>2.3</td>
</tr>
<tr>
<td>QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)</td>
<td>Decreased, 2015-2019</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|

**QN89:** Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Male</th>
<th>Other</th>
</tr>
</thead>
</table>

|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|

60.9 65.7 69.3 71.4 74.8 Increased, 2011-2019 Not available§ No change

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>Year</th>
<th>QNWATER1</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1993</td>
<td>57.2</td>
<td>No linear change</td>
<td>Not available^§</td>
<td>No change</td>
</tr>
<tr>
<td>1995</td>
<td>62.3</td>
<td>No linear change</td>
<td>Not available^§</td>
<td>No change</td>
</tr>
<tr>
<td>1997</td>
<td>57.2</td>
<td>No linear change</td>
<td>Not available^§</td>
<td>No change</td>
</tr>
<tr>
<td>1999</td>
<td>62.3</td>
<td>No linear change</td>
<td>Not available^§</td>
<td>No change</td>
</tr>
<tr>
<td>2001</td>
<td>57.2</td>
<td>No linear change</td>
<td>Not available^§</td>
<td>No change</td>
</tr>
<tr>
<td>2003</td>
<td>62.3</td>
<td>No linear change</td>
<td>Not available^§</td>
<td>No change</td>
</tr>
<tr>
<td>2005</td>
<td>57.2</td>
<td>No linear change</td>
<td>Not available^§</td>
<td>No change</td>
</tr>
<tr>
<td>2007</td>
<td>62.3</td>
<td>No linear change</td>
<td>Not available^§</td>
<td>No change</td>
</tr>
<tr>
<td>2009</td>
<td>57.2</td>
<td>No linear change</td>
<td>Not available^§</td>
<td>No change</td>
</tr>
<tr>
<td>2011</td>
<td>62.3</td>
<td>No linear change</td>
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<td>No change</td>
</tr>
<tr>
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<td>57.2</td>
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<td>57.2</td>
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<td>No change</td>
</tr>
<tr>
<td>2019</td>
<td>62.3</td>
<td>No linear change</td>
<td>Not available^§</td>
<td>No change</td>
</tr>
</tbody>
</table>

QNWAYTER1: 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).

QNWAYTER2: 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).

QNWAYTER3: 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).

^Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
^Based on t-test analysis, p < 0.05.
^Not enough years of data to calculate.
### Kentucky High School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th>Male Site-Added Health Risk Behavior and Percentages</th>
<th>Linear Change *</th>
<th>Quadratic Change *</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN90: 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)</td>
<td>13.3 11.5 12.3</td>
<td>Not available §</td>
<td>No change</td>
</tr>
<tr>
<td>QN91: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)</td>
<td>28.0 14.2 11.2 9.7 10.9 10.9 6.2 6.5 5.2</td>
<td>Decreased, 1997-2019 Decreased, 1997-2004 Decreased, 2004-2019</td>
<td>No change</td>
</tr>
<tr>
<td>QN93: Percentage of students who had oral sex</td>
<td>50.5 52.9 44.5 42.0 40.9 40.0</td>
<td>Decreased, 2009-2019 No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN94: 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)</td>
<td>12.1 10.4</td>
<td>No linear change Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

* Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
* Based on t-test analysis, p < 0.05.
§ Not enough years of data to calculate.
2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th>Male</th>
<th>Site-Added</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Health Risk Behavior and Percentages</td>
</tr>
<tr>
<td>------</td>
<td>------</td>
</tr>
<tr>
<td>QN95: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)</td>
<td>70.5</td>
</tr>
<tr>
<td>QN96: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)</td>
<td>12.4</td>
</tr>
<tr>
<td>QN99: Percentage of students who did not usually sleep in their parent’s or guardian’s home (during the 30 days before the survey)</td>
<td>6.3</td>
</tr>
<tr>
<td>QN100: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems</td>
<td>16.7</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
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§Not enough years of data to calculate.
## Female Injury and Violence

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change$^*$</th>
<th>Quadratic Change$^*$</th>
<th>Change from 2017-2019 $^†$</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)</td>
<td>15.5</td>
<td>14.1</td>
<td>13.0</td>
</tr>
<tr>
<td>QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)</td>
<td>3.4</td>
<td>6.1</td>
<td>3.0</td>
</tr>
<tr>
<td>QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)</td>
<td>31.6</td>
<td>37.1</td>
<td>30.2</td>
</tr>
</tbody>
</table>

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

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>QN12: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1991</td>
<td>6.6</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>6.4</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>1995</td>
<td>9.0</td>
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<tr>
<td>1997</td>
<td>9.0</td>
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<tr>
<td>1999</td>
<td>9.3</td>
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<tr>
<td>2001</td>
<td>8.9</td>
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<td>2003</td>
<td>7.6</td>
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<td>2004</td>
<td>11.6</td>
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<tr>
<td>2007</td>
<td>9.2</td>
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<td>2009</td>
<td>7.2</td>
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<td>2011</td>
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<td>2017</td>
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<td>2019</td>
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</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1991</td>
<td>3.7</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>3.0</td>
<td></td>
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<td></td>
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<tr>
<td>1995</td>
<td>3.0</td>
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<tr>
<td>1997</td>
<td>2.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1999</td>
<td>3.1</td>
<td></td>
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<td>2001</td>
<td>2.7</td>
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<tr>
<td>2003</td>
<td>4.1</td>
<td></td>
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<td>2004</td>
<td>1.5</td>
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<td>2007</td>
<td>0.9</td>
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<td>2017</td>
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<tr>
<td>2019</td>
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<table>
<thead>
<tr>
<th>Year</th>
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<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1991</td>
<td>4.2</td>
<td>Decreased, 2017-2019</td>
<td>Not available§</td>
<td>Decreased</td>
</tr>
<tr>
<td>1993</td>
<td>1.4</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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§Not enough years of data to calculate.
## Health Risk Behavior and Percentages

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<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)</td>
<td>3.8</td>
<td>2.3</td>
<td>4.7</td>
<td>6.6</td>
<td>5.2</td>
<td>5.1</td>
<td>3.8</td>
<td>6.7</td>
<td>4.7</td>
<td>5.8</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)</td>
<td>22.8</td>
<td>20.0</td>
<td>23.5</td>
<td>21.5</td>
<td>21.7</td>
<td>21.2</td>
<td>13.4</td>
<td>16.1</td>
<td>14.7</td>
<td>14.5</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)</td>
<td>5.9</td>
<td>7.8</td>
<td>9.3</td>
<td>7.3</td>
<td>5.1</td>
<td>7.2</td>
<td>4.1</td>
<td>4.8</td>
<td>4.7</td>
<td>5.1</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

#### Female

**Injury and Violence**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

**QN20:** Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>14.2</td>
<td>12.0</td>
<td>No linear change</td>
<td>Not available*</td>
</tr>
</tbody>
</table>

**QN21:** Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>13.1</td>
<td>13.8</td>
<td>10.2</td>
<td>9.4</td>
</tr>
</tbody>
</table>

**QN22:** Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1999</td>
<td>11.8</td>
<td>12.1</td>
<td>9.7</td>
<td>8.7</td>
</tr>
</tbody>
</table>

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§Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)</th>
<th>1991</th>
<th>1993</th>
<th>1995</th>
<th>1997</th>
<th>1999</th>
<th>2001</th>
<th>2003</th>
<th>2004</th>
<th>2007</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>21.9</td>
<td>20.8</td>
<td>24.1</td>
<td>28.6</td>
<td>25.8</td>
<td>27.9</td>
<td>Increased, 2009-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)</th>
<th>1991</th>
<th>1993</th>
<th>1995</th>
<th>1997</th>
<th>1999</th>
<th>2001</th>
<th>2003</th>
<th>2004</th>
<th>2007</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>21.9</td>
<td>16.4</td>
<td>25.0</td>
<td>25.1</td>
<td>22.7</td>
<td>No linear change</td>
<td>Not available §</td>
<td>No change</td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>QN25: Percentage of students who felt sad or hopeless (almost every day for &gt;=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)</th>
<th>1991</th>
<th>1993</th>
<th>1995</th>
<th>1997</th>
<th>1999</th>
<th>2001</th>
<th>2003</th>
<th>2004</th>
<th>2007</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>36.7</td>
<td>35.0</td>
<td>35.9</td>
<td>32.1</td>
<td>32.1</td>
<td>31.7</td>
<td>42.5</td>
<td>40.9</td>
<td>46.7</td>
<td>Increased, 2003-2019</td>
<td>No change, 2003-2011</td>
<td>Increased, 2011-2019</td>
<td>Increased</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)</td>
<td>26.1</td>
<td>21.0 18.3 16.9 18.0 19.2 20.6 19.4 21.3</td>
<td>Decreased, 1997-2019</td>
</tr>
<tr>
<td>QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)</td>
<td>21.4</td>
<td>14.8 13.8 13.4 14.2 14.5 14.3 18.1 15.9 17.2</td>
<td>No linear change</td>
</tr>
<tr>
<td>QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)</td>
<td>9.1</td>
<td>10.3 11.2 9.2 9.1 10.8 9.2 12.9 9.3 9.3</td>
<td>No linear change</td>
</tr>
<tr>
<td>QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)</td>
<td>2.2</td>
<td>3.6 3.1 3.2 3.2 4.1 3.2 5.3 3.4 2.6</td>
<td>No linear change</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

**Trend Analysis Report**

### Female Tobacco Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QN30:</strong> Percentage of students who ever tried cigarette smoking (even one or two puffs)</td>
<td>76.3 72.4 58.7 57.1 44.9 39.8 29.3 Decreased, 1997-2019</td>
<td>Decreased, 1997-2011 Decreased, 2011-2019</td>
<td>Decreased</td>
</tr>
<tr>
<td><strong>QN31:</strong> Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)</td>
<td>14.2 9.0 Decreased, 2017-2019</td>
<td>Not available §</td>
<td>Decreased</td>
</tr>
<tr>
<td><strong>QN32:</strong> Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)</td>
<td>45.3 33.4 26.0 25.8 23.1 21.4 15.5 14.0 7.2 Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>Decreased</td>
</tr>
<tr>
<td><strong>QNFRCIG:</strong> Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)</td>
<td>24.8 18.8 13.5 14.2 12.0 10.5 6.3 6.8 5.4 2.4 Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
### 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Kentucky High School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female Tobacco Use</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>QNADYCIG</strong>: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19.6  15.2  9.9  10.8  8.9  4.6  5.5  3.9  1.9</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
</tbody>
</table>

| **QN34**: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo]) |               |                 |                         |
| 39.5  41.7  54.5 | Increased, 2015-2019 | Not available § | Increased |

| **QN35**: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey) |               |                 |                         |
| 23.3  11.3  24.0 | No linear change | 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.
### Female Tobacco Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^\dagger)</th>
<th>Quadratic Change(^\dagger)</th>
<th>Change from 2017-2019 (^\ddagger)</th>
</tr>
</thead>
<tbody>
<tr>
<td>QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)</td>
<td>2.0 1.2 7.5</td>
<td>Increased, 2015-2019</td>
<td>Not available(^\S)</td>
</tr>
<tr>
<td>QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)</td>
<td>1.1 0.8 5.2</td>
<td>Increased, 2015-2019</td>
<td>Not available</td>
</tr>
<tr>
<td>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)</td>
<td>29.4 18.4 25.7</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

\(^\dagger\) Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

\(^\ddagger\) Based on t-test analysis, p < 0.05.

\(^\S\) Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

Kentucky High School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)</td>
<td>3.1</td>
<td>2.0</td>
<td>No linear change</td>
</tr>
<tr>
<td>QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)</td>
<td>12.6</td>
<td>9.0</td>
<td>11.1</td>
</tr>
<tr>
<td>QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)</td>
<td>37.4</td>
<td>28.3</td>
<td>29.1</td>
</tr>
</tbody>
</table>

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†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
### Female Tobacco Use

<table>
<thead>
<tr>
<th>Year</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>1993</td>
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<td>1995</td>
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<td>2017</td>
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<td></td>
</tr>
<tr>
<td>2019</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

QN39: Percentage of students who tried to quit using all tobacco products (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, ever during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>48.5</td>
<td></td>
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</tr>
<tr>
<td>1993</td>
<td>52.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1995</td>
<td></td>
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<td>2007</td>
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<td>2013</td>
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<td>2015</td>
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<tr>
<td>2017</td>
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<td></td>
</tr>
<tr>
<td>2019</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
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§Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

## Female Alcohol and Other Drug Use

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QN40</th>
<th>QN41</th>
<th>QN42</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>22.6</td>
<td>44.5</td>
<td>13.8</td>
</tr>
<tr>
<td>1993</td>
<td>21.3</td>
<td>44.2</td>
<td>8.6</td>
</tr>
<tr>
<td>1995</td>
<td>24.7</td>
<td>36.8</td>
<td>Decreased, 2017-2019</td>
</tr>
<tr>
<td>1997</td>
<td>21.3</td>
<td>40.1</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>1999</td>
<td>18.9</td>
<td>35.2</td>
<td>Decreased, 1997-2019</td>
</tr>
<tr>
<td>2001</td>
<td>16.1</td>
<td>33.3</td>
<td>Decreased, 1997-2019</td>
</tr>
<tr>
<td>2003</td>
<td>16.8</td>
<td>28.0</td>
<td>Decreased, 2017-2019</td>
</tr>
<tr>
<td>2004</td>
<td>13.5</td>
<td>31.2</td>
<td>Not available §</td>
</tr>
<tr>
<td>2007</td>
<td>15.3</td>
<td>28.6</td>
<td>Decreased</td>
</tr>
<tr>
<td>2009</td>
<td>13.0</td>
<td>23.1</td>
<td>Decreased</td>
</tr>
<tr>
<td>2011</td>
<td>16.1</td>
<td>23.8</td>
<td>Decreased, 2017-2019</td>
</tr>
<tr>
<td>2013</td>
<td>15.3</td>
<td>23.8</td>
<td>Decreased</td>
</tr>
<tr>
<td>2015</td>
<td>13.0</td>
<td>23.8</td>
<td>Decreased</td>
</tr>
<tr>
<td>2017</td>
<td>16.1</td>
<td>23.8</td>
<td>Decreased</td>
</tr>
<tr>
<td>2019</td>
<td>15.3</td>
<td>23.8</td>
<td>Decreased</td>
</tr>
</tbody>
</table>

### Linear Change
- Decreased, 1997-2019
- Decreased, 2017-2019

### Quadratic Change
- No quadratic change

### Change from 2017-2019
- No change

---

**Footnotes**

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

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§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

#### Trend Analysis Report

### Female Alcohol and Other Drug Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN45: Percentage of students who ever used marijuana (one or more times during their life)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN46: Percentage of students who tried marijuana for the first time before age 13 years</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
‡Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Kentucky High School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Female Alcohol and Other Drug Use</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health Risk Behavior and Percentages</strong></td>
</tr>
<tr>
<td>----------------------------------</td>
</tr>
</tbody>
</table>
| **QN49:** 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, one or more times during their life) | 11.9 | 10.9 | No linear change | Not available 
| | 6.3 | 9.3 | 6.9 | 7.0 | 5.0 | 5.0 | 2.0 | 4.2 | 3.1 | 2.0 | Decreased, 1997-2019 | No change, 1997-2007 | Decreased, 2007-2019 | No change |
| **QN50:** Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life) | 22.5 | 14.6 | 13.0 | 13.4 | 13.2 | 10.3 | 7.2 | 8.6 | 5.0 | 5.4 | Decreased, 1997-2019 | No quadratic change | No change |
| **QN51:** Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life) | 3.1 | 1.6 | 0.8 | Decreased, 2015-2019 | Not available | No change |

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§Not enough years of data to calculate.
# Female Alcohol and Other Drug Use

## Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Health Risk Behavior</th>
<th>Linear Change *</th>
<th>Quadratic Change *</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QN54: Percentage of students who ever used ecstasy (also called &quot;MDMA,&quot; one or more times during their life)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Decreased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>2009: 2.8</td>
<td>2011: 2.8</td>
<td>2013: 2.0</td>
<td>2015: 2.0</td>
</tr>
<tr>
<td>2017: Decreased, 2003-2019</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2019: Decreased, 2003-2019</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>2001: 2.2</td>
<td>2003: 2.4</td>
<td>2004: 2.4</td>
<td>2007: 3.0</td>
</tr>
<tr>
<td>2009: 2.2</td>
<td>2011: 2.2</td>
<td>2013: 1.1</td>
<td>2015: 1.1</td>
</tr>
<tr>
<td>2017: Decreased, 1997-2019</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2019: No change</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No linear change</td>
<td>Not available ‡</td>
<td>No change</td>
</tr>
<tr>
<td>1991: 2.0</td>
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<td>2004: No change</td>
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<td>2007: No change</td>
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<td>2009: No change</td>
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<td>2011: No change</td>
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<tr>
<td>2013: No change</td>
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<td>2015: No change</td>
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<tr>
<td>2017: No change</td>
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<td></td>
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<tr>
<td>2019: No change</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Decreased, 1997-2019</td>
<td>Increased, 2013-2019</td>
<td>No change</td>
</tr>
<tr>
<td>2017: Decreased, 1997-2019</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>2019: Decreased, 1997-2019</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.

‡Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

### Female Sexual Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN58: Percentage of students who ever had sexual intercourse</td>
<td>50.3 54.3 44.6 51.5 47.8 51.9 43.3 41.4 36.5 40.4 Decreased, 1997-2019</td>
<td>No change, 1997-2011 Decreased, 2011-2019</td>
<td>No change</td>
</tr>
<tr>
<td>QN59: Percentage of students who had sexual intercourse for the first time before age 13 years</td>
<td>3.4 3.7 4.1 5.8 4.0 5.5 3.2 4.1 1.8 2.1 Decreased, 1997-2019</td>
<td>Increased, 1997-2007 Decreased, 2007-2019</td>
<td>No change</td>
</tr>
<tr>
<td>QN60: Percentage of students who had sexual intercourse with four or more persons during their life</td>
<td>12.6 13.7 10.6 13.9 10.7 16.3 10.5 10.2 7.6 7.2 Decreased, 1997-2019</td>
<td>No change, 1997-2011 Decreased, 2011-2019</td>
<td>No change</td>
</tr>
<tr>
<td>QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)</td>
<td>38.3 42.4 34.5 39.6 36.1 40.9 32.3 29.6 28.9 30.7 Decreased, 1997-2019</td>
<td>No change, 1997-2011 Decreased, 2011-2019</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

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## Female Sexual Behaviors

### Health Risk Behavior and Percentages

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>QN62:</strong> Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)</td>
<td>19.4</td>
<td>17.1</td>
<td>14.4</td>
<td>17.2</td>
<td>18.0</td>
<td>12.4</td>
<td>13.6</td>
<td>16.4</td>
<td>17.3</td>
<td>11.9</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
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</tr>
<tr>
<td><strong>QN63:</strong> Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)</td>
<td>49.7</td>
<td>56.9</td>
<td>61.4</td>
<td>52.6</td>
<td>54.5</td>
<td>46.4</td>
<td>45.1</td>
<td>43.8</td>
<td>44.3</td>
<td>45.6</td>
<td>Decreased, 1997-2019</td>
<td>Increased, 1997-2004</td>
<td>Decreased, 2004-2019</td>
<td>No change</td>
<td></td>
</tr>
<tr>
<td><strong>QN64:</strong> Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td>22.3</td>
<td>18.3</td>
<td>22.2</td>
<td>25.0</td>
<td>26.9</td>
<td>27.1</td>
<td>24.2</td>
<td>26.1</td>
<td>27.9</td>
<td>26.5</td>
<td>Increased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
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<tr>
<td><strong>QNIUDIMP:</strong> Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td>2.7</td>
<td>7.8</td>
<td>10.1</td>
<td>8.5</td>
<td>Increased, 2013-2019</td>
<td>Not available</td>
<td>No change</td>
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</tr>
</tbody>
</table>

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§Not enough years of data to calculate.
## Female Sexual Behaviors

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QNSHPARG</th>
<th>QNOTHHPL</th>
<th>QNDUALBC</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>6.8</td>
<td>33.7</td>
<td>8.5</td>
</tr>
<tr>
<td>1993</td>
<td>10.5</td>
<td>44.4</td>
<td>14.1</td>
</tr>
<tr>
<td>1995</td>
<td>9.1</td>
<td>47.1</td>
<td>15.0</td>
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<tr>
<td>1997</td>
<td>7.9</td>
<td>42.9</td>
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<td>1999</td>
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<td>2017</td>
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<tr>
<td>2019</td>
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</tbody>
</table>

#### Linear Change
- QNSHPARG: No linear change
- QNOTHHPL: Increased, 2013-2019
- QNDUALBC: Increased, 2013-2019

#### Quadratic Change
- QNSHPARG: Not available
- QNOTHHPL: Not available
- QNDUALBC: Not available

#### Change from 2017-2019
- QNSHPARG: No change
- QNOTHHPL: No change
- QNDUALBC: No change

---

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†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
### Female Sexual Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

**QNBNONE**: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)

| 17.2 | 17.4 | 12.5 | 15.8 | 14.8 | 17.7 | 18.6 | 17.5 | 15.4 | 15.2 | No linear change | No quadratic change | No change |

**QN84**: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)

| 12.9 | 10.3 | 10.1 | No linear change | Not available ‡ | No change |

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†Based on t-test analysis, p < 0.05.
‡Not enough years of data to calculate.
### Female

#### Weight Management and Dietary Behaviors

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>QNOWT: Percentage of students who were overweight (<strong>&gt;= 85th percentile but &lt;95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts</strong>)</td>
<td>16.1</td>
<td>16.5</td>
<td>15.2</td>
<td>16.0</td>
<td>16.6</td>
<td>17.0</td>
<td>19.2</td>
<td>17.1</td>
<td>20.3</td>
<td>Increased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
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</tr>
<tr>
<td>QNOBESE: Percentage of students who had obesity (<strong>&gt;= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts</strong>)</td>
<td>9.3</td>
<td>10.2</td>
<td>10.8</td>
<td>14.1</td>
<td>12.1</td>
<td>11.3</td>
<td>16.2</td>
<td>17.3</td>
<td>14.6</td>
<td>Increased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN67: Percentage of students who described themselves as slightly or very overweight</td>
<td>38.0</td>
<td>39.9</td>
<td>37.2</td>
<td>37.5</td>
<td>36.5</td>
<td>36.7</td>
<td>35.5</td>
<td>38.8</td>
<td>39.6</td>
<td>39.3</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)</td>
<td>27.0</td>
<td>26.5</td>
<td>27.9</td>
<td>24.7</td>
<td>25.6</td>
<td>27.2</td>
<td>28.6</td>
<td>32.3</td>
<td>35.6</td>
<td>Increased, 2003-2019</td>
<td>No change, 2003-2011</td>
<td>Increased, 2011-2019</td>
<td>No change</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, \( p < 0.05 \).  
†Based on t-test analysis, \( p < 0.05 \).  
§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
# Female

## Weight Management and Dietary Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change&lt;sup&gt;*&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;*&lt;/sup&gt;</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)</td>
<td>16.2 19.8 16.6 17.4 15.1 11.3 12.9 16.4</td>
<td>Decreased, 2003-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</td>
<td>7.8 9.2 8.5 8.0 7.0 5.8 6.2 9.0</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</td>
<td>44.6 46.8 46.3 49.9 49.1 55.7 52.7 45.1 46.7</td>
<td>No linear change</td>
<td>Increased, 2003-2013 Decreased, 2013-2019</td>
</tr>
</tbody>
</table>

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

<sup>†</sup>Based on t-test analysis, p < 0.05.
### 2019 Youth Risk Behavior Survey Results

#### Kentucky High School Survey

**Trend Analysis Report**

**Female**

**Weight Management and Dietary Behaviors**

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<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

**QNFR2**: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

<table>
<thead>
<tr>
<th>19.0</th>
<th>21.3</th>
<th>19.9</th>
<th>24.5</th>
<th>21.5</th>
<th>23.5</th>
<th>21.9</th>
<th>17.5</th>
<th>21.6</th>
</tr>
</thead>
<tbody>
<tr>
<td>No linear change</td>
<td>Increased, 2003-2009 Decreased, 2009-2019</td>
<td>No change</td>
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</tr>
</tbody>
</table>

**QN71**: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

<table>
<thead>
<tr>
<th>33.3</th>
<th>44.3</th>
<th>42.0</th>
<th>40.7</th>
<th>40.8</th>
<th>41.9</th>
<th>43.2</th>
<th>45.1</th>
<th>46.8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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</tr>
</tbody>
</table>

**QN72**: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)

<table>
<thead>
<tr>
<th>26.3</th>
<th>22.6</th>
<th>22.5</th>
<th>22.7</th>
<th>24.8</th>
<th>27.8</th>
<th>28.2</th>
<th>33.7</th>
<th>39.5</th>
</tr>
</thead>
</table>

**QN73**: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)

<table>
<thead>
<tr>
<th>59.5</th>
<th>60.6</th>
<th>60.5</th>
<th>58.7</th>
<th>61.5</th>
<th>56.0</th>
<th>55.7</th>
<th>62.2</th>
<th>64.0</th>
</tr>
</thead>
<tbody>
<tr>
<td>No linear change</td>
<td>Decreased, 2003-2015 Increased, 2015-2019</td>
<td>No change</td>
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</tbody>
</table>

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## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
**Trend Analysis Report**

### Female  
Weight Management and Dietary Behaviors

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<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td>QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)</td>
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<tr>
<td></td>
<td>15.8</td>
<td>15.1</td>
<td>17.7</td>
</tr>
<tr>
<td></td>
<td>19.8</td>
<td>19.4</td>
<td>17.6</td>
</tr>
<tr>
<td></td>
<td>18.0</td>
<td>20.5</td>
<td>22.9</td>
</tr>
<tr>
<td></td>
<td>Increased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>5.3</td>
<td>4.8</td>
<td>4.8</td>
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<tr>
<td></td>
<td>4.6</td>
<td>5.2</td>
<td>4.8</td>
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<td></td>
<td>6.5</td>
<td>8.5</td>
<td>9.9</td>
</tr>
<tr>
<td></td>
<td>Increased, 2003-2019</td>
<td>No change, 2003-2013</td>
<td>No change</td>
</tr>
<tr>
<td>QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
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<tr>
<td></td>
<td>57.9</td>
<td>58.5</td>
<td>58.9</td>
</tr>
<tr>
<td></td>
<td>60.0</td>
<td>55.2</td>
<td>56.5</td>
</tr>
<tr>
<td></td>
<td>58.8</td>
<td>51.9</td>
<td>47.4</td>
</tr>
<tr>
<td></td>
<td>Decreased, 2003-2019</td>
<td>No change, 2003-2015</td>
<td>No change</td>
</tr>
</tbody>
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### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

**Female**

**Weight Management and Dietary Behaviors**

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<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21.9 24.3 20.9 22.6 24.5 20.7 24.0 18.9 18.9</td>
<td>Decreased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.8 11.7 9.9 11.2 11.9 9.3 11.1 8.4 8.6</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>17.2 20.0 17.8 23.2 24.7 24.7 27.2</td>
<td>Increased, 2007-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

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

#### Weight Management and Dietary Behaviors

#### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>36.9</td>
<td></td>
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<tr>
<td>1993</td>
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<tr>
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<tr>
<td>2001</td>
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<td>2003</td>
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<td>Increased, 2007-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>2019</td>
<td>15.5</td>
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</tbody>
</table>

#### QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</th>
<th>Linear Change</th>
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</table>

#### QN76: Percentage of students who did not drink milk (during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>QN76: Percentage of students who did not drink milk (during the 7 days before the survey)</th>
<th>Linear Change</th>
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<tr>
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<td>Increased, 2013-2019</td>
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<td>Increased</td>
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<td>2004</td>
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</table>

#### QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
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<tbody>
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<tr>
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<tr>
<td>2013</td>
<td>18.7</td>
<td>Decreased, 2013-2019</td>
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<td>No change</td>
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<tr>
<td>2015</td>
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<tr>
<td>2017</td>
<td>16.5</td>
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<tr>
<td>2019</td>
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</tr>
</tbody>
</table>

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1. Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
2. Based on t-test analysis, p < 0.05.
3. Not enough years of data to calculate.
### Female

**Weight Management and Dietary Behaviors**

<table>
<thead>
<tr>
<th></th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change°</th>
<th>Quadratic Change°</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QNMLIK3:</strong> Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)</td>
<td>6.4 3.9 4.5 4.3</td>
<td>No linear change</td>
<td>Not available§</td>
<td>No change</td>
</tr>
<tr>
<td><strong>QN77:</strong> Percentage of students who did not eat breakfast (during the 7 days before the survey)</td>
<td>13.5 13.4 11.9 12.4 16.1 16.4</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td><strong>QNBK7DAY:</strong> Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)</td>
<td>28.8 28.6 37.2 32.2 26.1 23.4</td>
<td>Decreased, 2009-2019</td>
<td>Increased, 2009-2013 Decreased, 2013-2019</td>
<td>No change</td>
</tr>
</tbody>
</table>

°Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
**Trend Analysis Report**

### Female Physical Activity

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>QN78: 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)</td>
<td>29.0 30.8 29.9 30.8 30.3</td>
<td>No linear change</td>
<td>Not available§</td>
</tr>
<tr>
<td>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)</td>
<td>23.9 23.6 18.8 22.9 22.5</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td>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)</td>
<td>13.3 15.4 12.9 12.8 13.0</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

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

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)</td>
<td>30.5</td>
<td>32.9</td>
<td>27.1</td>
<td>29.2</td>
<td>31.0</td>
<td>28.8</td>
<td>25.4</td>
<td>22.2</td>
<td>24.1</td>
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<td></td>
<td></td>
<td>No change</td>
</tr>
<tr>
<td>Linear Change*</td>
<td>No quadratic change</td>
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<tr>
<td>Change from 2017-2019 †</td>
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</tr>
</tbody>
</table>

| QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day) | 18.1 | 19.2 | 25.6 | 33.6 | 41.9 | 41.6 | 45.6 | | | | | | | | No change |
| Linear Change* | Increased, 2007-2019 |
| Quadratic Change* | No change, 2015-2019 |
| Change from 2017-2019 † | No change |

| QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school) | 25.5 | 25.8 | 20.1 | 24.4 | 23.7 | 26.5 | 26.7 | 31.1 | 23.7 | 24.5 | | | | | No change |
| Linear Change* | No quadratic change |
| Quadratic Change* | No change |

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th>Female Physical Activity</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)</td>
<td>16.9</td>
<td>19.0</td>
<td>14.3</td>
<td>16.6</td>
</tr>
<tr>
<td>QN82: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)</td>
<td>46.4</td>
<td>49.7</td>
<td>45.3</td>
<td>44.6</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
<table>
<thead>
<tr>
<th>Female</th>
<th>Other</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change *</th>
<th>Quadratic Change *</th>
<th>Change from 2017-2019 †</th>
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<tbody>
<tr>
<td></td>
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<td></td>
</tr>
<tr>
<td>QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)</td>
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<tr>
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<td></td>
<td>71.6</td>
<td>68.4</td>
<td>69.8</td>
<td>72.5</td>
</tr>
<tr>
<td>QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)</td>
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<td>2.6</td>
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<td>2.7</td>
<td>2.2</td>
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<tr>
<td>QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma</td>
<td></td>
<td>21.6</td>
<td>25.4</td>
<td>23.8</td>
<td>24.4</td>
</tr>
<tr>
<td>QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)</td>
<td></td>
<td>21.8</td>
<td>20.8</td>
<td>18.3</td>
<td>No linear change</td>
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</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

Kentucky High School Survey

Trend Analysis Report

<table>
<thead>
<tr>
<th>Female</th>
<th>Other</th>
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</table>

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change *</th>
<th>Quadratic Change *</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

| 74.2 | 80.8 | 78.6 | 83.2 | 82.3 | Increased, 2011-2019 | Not available § | No change |

* Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
† Based on t-test analysis, p < 0.05.
§ Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>Year</th>
<th>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)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
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</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>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)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
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<tr>
<td>1991</td>
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<td>Not available</td>
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<tr>
<td>1993</td>
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</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
### 2019 Youth Risk Behavior Survey Results

#### Kentucky High School Survey

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Female Site-Added</th>
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</table>

<table>
<thead>
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<th>Health Risk Behavior and Percentages</th>
<th>Linear Change&lt;sup&gt;*&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;*&lt;/sup&gt;</th>
<th>Change from 2017-2019 †</th>
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</thead>
<tbody>
<tr>
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<tr>
<td>QN90: 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)</td>
<td>28.0 22.5 22.6</td>
<td>No linear change</td>
<td>Not available§</td>
</tr>
<tr>
<td>QN91: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)</td>
<td>22.1 14.2 8.2 9.4 7.9 7.5 3.8 7.2 5.0 3.2</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN93: Percentage of students who had oral sex</td>
<td>47.8 49.6 38.8 41.5 37.2 38.7</td>
<td>Decreased, 2009-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN94: 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)</td>
<td>5.5 7.1</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

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

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

<sup>§</sup>Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

| QN95: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey) | 83.6 85.8 82.6 85.5 81.7 78.1 78.6 | Decreased, 2007-2019 | No quadratic change | No change |
| QN96: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey) | 18.1 17.7 22.1 20.7 15.0 14.8 15.8 | Decreased, 2007-2019 | No change, 2007-2011 | Decreased, 2011-2019 | No change |
| QN99: Percentage of students who did not usually sleep in their parent’s or guardian’s home (during the 30 days before the survey) | 4.4 3.7 | No linear change | Not available§ | No change |
| QN100: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems | 15.3 16.5 10.6 17.1 | No linear change | Not available | Increased |

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

#### Trend Analysis Report

**White* Injury and Violence**

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</thead>
<tbody>
<tr>
<td>QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)</td>
<td>22.4</td>
<td>17.5</td>
<td>17.4</td>
<td>16.5</td>
<td>12.8</td>
<td>11.0</td>
<td>8.6</td>
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<td>7.1</td>
<td>6.5</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)</td>
<td>5.7</td>
<td>4.8</td>
<td>3.8</td>
<td>4.0</td>
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<td></td>
<td></td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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<tr>
<td>QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)</td>
<td>36.0</td>
<td>37.3</td>
<td>34.8</td>
<td>31.3</td>
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<td>Decreased, 2013-2019</td>
<td>Not available</td>
<td>No change</td>
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</tbody>
</table>

*Non-Hispanic.
Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
Based on t-test analysis, p < 0.05.
Not enough years of data to calculate.
### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

**White* Injury and Violence**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
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<tbody>
<tr>
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<tr>
<td><strong>QN12:</strong> Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)</td>
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<tr>
<td>26.4</td>
<td>18.9</td>
<td>23.5</td>
<td>25.4</td>
</tr>
<tr>
<td><strong>QN13:</strong> Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)</td>
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<tr>
<td>15.5</td>
<td>7.4</td>
<td>6.7</td>
<td>8.2</td>
</tr>
<tr>
<td><strong>QN14:</strong> Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)</td>
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<tr>
<td>5.4</td>
<td>4.2</td>
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<td>Not available¶</td>
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</tbody>
</table>

*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.
### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QN16: Threatened or Injured</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
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<tr>
<td>1991</td>
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<td>1993</td>
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</table>

QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>QN17: Physical Fight</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
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</table>

QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)

<table>
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<tr>
<th>Year</th>
<th>QN18: Physical Fight on School Property</th>
<th>Linear Change†</th>
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<tr>
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</table>

QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)

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1 Non-Hispanic.
2 Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
3 Based on t-test analysis, p < 0.05.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
**Trend Analysis Report**

### White* Injury and Violence

<table>
<thead>
<tr>
<th>Year</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
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</table>

QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)

<table>
<thead>
<tr>
<th>1991</th>
<th>8.6</th>
<th>8.4</th>
<th>No linear change</th>
<th>Not available‡</th>
<th>No change</th>
</tr>
</thead>
</table>

QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

<table>
<thead>
<tr>
<th>1991</th>
<th>8.6</th>
<th>8.8</th>
<th>5.9</th>
<th>6.7</th>
<th>Decreased, 2013-2019</th>
<th>Not available</th>
<th>No change</th>
</tr>
</thead>
</table>

QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

<table>
<thead>
<tr>
<th>1991</th>
<th>8.4</th>
<th>8.0</th>
<th>7.9</th>
<th>7.5</th>
<th>No linear change</th>
<th>Not available</th>
<th>No change</th>
</tr>
</thead>
</table>

*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.  
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¶Not enough years of data to calculate.
2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky High School Survey
Trend Analysis Report

White* Injury and Violence

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QN23:</strong> Percentage of students who were bullied on school property (ever during the 12 months before the survey)</td>
<td>21.3 19.0 21.7 23.4 21.6 25.0 Increased, 2009-2019 No quadratic change No change</td>
<td></td>
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</tr>
<tr>
<td><strong>QN24:</strong> Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)</td>
<td>17.5 13.3 17.8 19.3 18.8 Increased, 2011-2019 Not available¶ No change</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>QN25:</strong> Percentage of students who felt sad or hopeless (almost every day for &gt;=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)</td>
<td>30.1 28.5 29.0 26.6 27.0 24.5 30.6 29.1 36.7 Increased, 2003-2019 Decreased, 2003-2013 Increased, 2013-2019 Increased</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
Trend Analysis Report

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<tr>
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<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
</table>

**QN26:** Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)

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<tbody>
<tr>
<td>1991</td>
<td>22.3</td>
<td>Decreased</td>
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<tr>
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<td>2009</td>
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<tr>
<td>2019</td>
<td>18.1</td>
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</table>

**QN27:** Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)

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<td>2019</td>
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</table>

**QN28:** Percentage of students who attempted suicide (one or more times during the 12 months before the survey)

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<tr>
<td>2019</td>
<td>7.0</td>
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</table>

**QN29:** Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)

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<tbody>
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<tr>
<td>2019</td>
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# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

#### White* Tobacco Use

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<tr>
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<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)</strong></td>
<td>77.0</td>
<td>71.3</td>
<td>60.9</td>
</tr>
<tr>
<td><strong>QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)</strong></td>
<td>15.0</td>
<td>11.4</td>
<td>Decreased, 2017-2019</td>
</tr>
<tr>
<td><strong>QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)</strong></td>
<td>47.7</td>
<td>34.2</td>
<td>27.4</td>
</tr>
<tr>
<td><strong>QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)</strong></td>
<td>28.6</td>
<td>19.7</td>
<td>15.0</td>
</tr>
</tbody>
</table>

*Non-Hispanic.

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### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

#### Trend Analysis Report

**White* Tobacco Use**

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<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)</td>
<td>23.5 16.0 11.8 11.3 10.1 9.0 5.9 4.7 4.2 2.3</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
</tr>
</tbody>
</table>

| QN33: Percentage of students who smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes) | 26.7 17.0 18.9 14.2 14.8 16.8 11.0 6.5 6.8 9.2 | Decreased, 1997-2019 | No quadratic change | No change |

| QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo]) | 40.6 45.0 55.7 | Increased, 2015-2019 | Not available¶ | Increased |

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## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey

#### Trend Analysis Report

| Health Risk Behavior and Percentages | Linear Change  
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</thead>
<tbody>
<tr>
<td>QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)</td>
<td>22.8</td>
<td>14.4</td>
<td>28.1</td>
<td>No linear change</td>
</tr>
<tr>
<td>QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)</td>
<td>3.4</td>
<td>2.8</td>
<td>12.8</td>
<td>Increased, 2015-2019</td>
</tr>
<tr>
<td>QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)</td>
<td>2.1</td>
<td>2.0</td>
<td>9.8</td>
<td>Increased, 2015-2019</td>
</tr>
<tr>
<td>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)</td>
<td>28.8</td>
<td>21.8</td>
<td>30.0</td>
<td>No linear change</td>
</tr>
</tbody>
</table>

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# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

#### White* Tobacco Use

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<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^{\dagger})</th>
<th>Quadratic Change(^{\dagger})</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged &lt;18 years)</td>
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<tr>
<td>12.1 12.2</td>
<td>No linear change</td>
<td>Not available(^{\dagger})</td>
<td>No change</td>
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<tr>
<td>QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)</td>
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<tr>
<td>10.9 6.8</td>
<td>Decreased, 2017-2019</td>
<td>Not available</td>
<td>Decreased</td>
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<tr>
<td>QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)</td>
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\(^{\ast}\)Non-Hispanic.

\(^{\dagger}\)Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, \(p < 0.05\).

\(^{\ddagger}\)Based on t-test analysis, \(p < 0.05\).

\(^{\S}\)Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

#### White* Tobacco Use

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<tbody>
<tr>
<td>QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)</td>
<td>39.9</td>
<td>31.3</td>
<td>31.3</td>
<td>32.3</td>
<td>30.2</td>
<td>23.2</td>
<td>22.2</td>
<td>18.5</td>
<td>13.1</td>
<td>Decreased, 2003-2019</td>
<td>Decreased, 2003-2011</td>
<td>Decreased, 2011-2019</td>
<td>Decreased</td>
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<tr>
<td>QN39: Percentage of students who tried to quit using all tobacco products (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, ever during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)</td>
<td>48.0</td>
<td>51.4</td>
<td>No linear change</td>
<td>Not available‡</td>
<td>No change</td>
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# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

#### White*

**Alcohol and Other Drug Use**

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<tbody>
<tr>
<td>QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)</td>
<td>29.3</td>
<td>26.4</td>
<td>28.8</td>
<td>24.8</td>
<td>21.5</td>
<td>19.4</td>
<td>17.5</td>
<td>14.3</td>
<td>16.1</td>
<td>14.7</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)</td>
<td>49.1</td>
<td>46.7</td>
<td>38.6</td>
<td>41.0</td>
<td>38.5</td>
<td>35.2</td>
<td>30.5</td>
<td>29.1</td>
<td>28.7</td>
<td>23.9</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>Decreased</td>
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<tr>
<td>QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)</td>
<td>14.4</td>
<td>11.4</td>
<td>Decreased, 2017-2019</td>
<td>Not available§</td>
<td>No change</td>
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<table>
<thead>
<tr>
<th></th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1991</strong></td>
<td>46.2</td>
<td>33.7</td>
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<tr>
<td><strong>1993</strong></td>
<td>43.6</td>
<td>33.9</td>
<td>30.4</td>
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<td>33.7</td>
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<td>31.7</td>
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<td>33.9</td>
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<td>29.9</td>
<td>Decreased, 2007-2019</td>
</tr>
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<td>31.8</td>
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<td>Decreased, 2007-2019</td>
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</tr>
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<tr>
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<td>Decreased, 2007-2019</td>
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<tr>
<td><strong>2019</strong></td>
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<td>29.5</td>
<td>Decreased, 2007-2019</td>
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<table>
<thead>
<tr>
<th><strong>QN45:</strong> Percentage of students who ever used marijuana (one or more times during their life)</th>
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<tbody>
<tr>
<td>46.2</td>
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<tr>
<td>43.6</td>
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<td>33.9</td>
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<td>29.5</td>
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</table>

<table>
<thead>
<tr>
<th><strong>QN46:</strong> Percentage of students who tried marijuana for the first time before age 13 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.3</td>
</tr>
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<td>10.9</td>
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<td>9.6</td>
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<tr>
<td>9.3</td>
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<td>8.7</td>
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<td>6.4</td>
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<td>5.8</td>
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<table>
<thead>
<tr>
<th><strong>QN47:</strong> Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)</th>
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<tbody>
<tr>
<td>26.8</td>
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<td>21.4</td>
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<td>15.4</td>
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<tr>
<td>15.3</td>
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<tr>
<td>15.2</td>
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<tr>
<td>17.8</td>
</tr>
<tr>
<td>16.0</td>
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<tr>
<td>16.1</td>
</tr>
<tr>
<td>14.6</td>
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<tr>
<td>14.5</td>
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</table>

<table>
<thead>
<tr>
<th><strong>QN48:</strong> Percentage of students who ever used synthetic marijuana (one or more times during their life)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.1</td>
</tr>
<tr>
<td>7.2</td>
</tr>
<tr>
<td>5.3</td>
</tr>
</tbody>
</table>

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# 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
Trend Analysis Report

## White*  
Alcohol and Other Drug Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
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<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>QN49: 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, one or more times during their life)</td>
<td>9.7</td>
<td>9.9</td>
<td>No linear change</td>
</tr>
<tr>
<td>QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)</td>
<td>8.4 9.4 8.3 5.9 6.6 4.2 3.1 3.5 2.8 Decreased, 1997-2019</td>
<td>No change, 1997-2007</td>
<td>Decreased, 2007-2019</td>
</tr>
<tr>
<td>QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)</td>
<td>25.9 14.4 14.0 14.2 13.3 10.4 6.6 6.3 5.6 5.2 Decreased, 1997-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN52: Percentage of students who ever used heroin (also called &quot;smack,&quot; &quot;junk,&quot; or &quot;China White,&quot; one or more times during their life)</td>
<td>2.3 0.9 1.1 Decreased, 2015-2019</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

## Trend Analysis Report

**White* Alcohol and Other Drug Use**

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<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN54: Percentage of students who ever used ecstasy (also called &quot;MDMA,&quot; one or more times during their life)</td>
<td>6.5 5.9 5.8 6.5 5.5 3.5 4.1 3.2 2.6 Decreased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)</td>
<td>5.8 6.8 5.8 5.5 3.6 4.2 2.2 2.9 2.5 1.5 Decreased, 1997-2019 Decreased, 2007-2019</td>
<td>No change, 1997-2007 No change</td>
<td>No change</td>
</tr>
<tr>
<td>QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)</td>
<td>1.7 1.3 No linear change</td>
<td>Not available¶</td>
<td>No change</td>
</tr>
<tr>
<td>QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)</td>
<td>34.2 31.0 19.7 26.9 25.1 23.4 18.7 20.1 21.0 23.5 Decreased, 1997-2019 Decreased, 1997-2015 No change, 2015-2019</td>
<td>Decreased, 1997-2015 No change</td>
<td>No change</td>
</tr>
</tbody>
</table>

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# Youth Risk Behavior Survey Results

## Kentucky High School Survey

**Trend Analysis Report**

### White* Sexual Behaviors

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<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
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<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN58: Percentage of students who ever had sexual intercourse</td>
<td>50.8 51.4 43.9 48.3 50.4 43.5 40.8 37.5 38.7</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN59: Percentage of students who had sexual intercourse for the first time before age 13 years</td>
<td>5.6 5.0 6.8 6.5 5.5 5.4 4.2 3.4 2.9 2.5</td>
<td>Decreased, 1997-2019</td>
<td>No change, 1997-2007</td>
</tr>
<tr>
<td>QN60: Percentage of students who had sexual intercourse with four or more persons during their life</td>
<td>15.5 13.6 12.0 12.4 11.8 14.7 11.4 8.9 9.0 8.0</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)</td>
<td>37.0 38.4 32.2 35.2 32.5 37.0 32.0 30.1 28.3 28.6</td>
<td>Decreased, 1997-2019</td>
<td>No quadratic change</td>
</tr>
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# 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

## Trend Analysis Report

### White*

#### Sexual Behaviors

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<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1991: 27.4</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>1993: 21.9</td>
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<td>1995: 19.9</td>
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<td>1997: 19.5</td>
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<tr>
<td>1999: 22.4</td>
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</tr>
<tr>
<td>2001: 15.2</td>
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<tr>
<td>2003: 16.8</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>2007: 14.4</td>
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<tr>
<td>2009: 17.5</td>
<td></td>
<td></td>
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<tr>
<td>2011: 14.5</td>
<td><strong>Decreased, 1997-2019</strong></td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>2013: 15.2</td>
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<tr>
<td>2015: 16.8</td>
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<tr>
<td>2017: 14.5</td>
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<tr>
<td>2019: 14.5</td>
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<tr>
<td>QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)</td>
<td></td>
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<tr>
<td>1991: 53.9</td>
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<td>2007: 47.0</td>
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<td><strong>Decreased, 2004-2019</strong></td>
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<td>2017: 45.0</td>
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<tr>
<td>2019: 45.0</td>
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<tr>
<td>QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>1991: 19.9</td>
<td></td>
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<tr>
<td>1993: 18.7</td>
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</tr>
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<td>2003: 24.0</td>
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<td>2007: 28.1</td>
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<td><strong>Increased, 1997-2019</strong></td>
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<td>No change</td>
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<td>2017: 24.0</td>
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<tr>
<td>2019: 24.0</td>
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<tr>
<td>QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td></td>
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<td>1991: 2.7</td>
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<td>2019: Not available ‡</td>
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### 2019 Youth Risk Behavior Survey Results

#### Kentucky High School Survey

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<tr>
<td></td>
<td></td>
<td><strong>QNSHPARG</strong>: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))</td>
<td>4.5 5.8 5.7 7.0</td>
<td>No linear change</td>
<td>Not available¶</td>
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<tr>
<td></td>
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<tr>
<td></td>
<td></td>
<td><strong>QNOTHHPL</strong>: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td>28.6 35.1 42.6 38.6</td>
<td>Increased, 2013-2019</td>
<td>Not available</td>
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<tr>
<td></td>
<td></td>
<td><strong>QNDUALBC</strong>: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)</td>
<td>6.4 12.3 13.0 12.4</td>
<td>Increased, 2013-2019</td>
<td>Not available</td>
</tr>
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†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

¶Based on t-test analysis, p < 0.05.

§Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

**Trend Analysis Report**

**White**

**Sexual Behaviors**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change $^c$</th>
<th>Quadratic Change $^f$</th>
<th>Change from 2017-2019 $^§$</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QN84</strong>: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)</td>
<td>10.1</td>
<td>No linear change</td>
<td>Not available $^¶$</td>
</tr>
<tr>
<td><strong>QNBCNONE</strong>: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)</td>
<td>14.0</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
</tbody>
</table>

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$^*$ Non-Hispanic.

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

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

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

$^¶$ Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

**White***

**Weight Management and Dietary Behaviors**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>QNOWT: Percentage of students who were overweight (≥ 85th percentile but &lt;95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)*</td>
<td>15.0 16.4 15.4 15.2 15.2 15.7 16.2 16.5 18.7</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QNOBESE: Percentage of students who had obesity (≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)*</td>
<td>14.2 15.4 15.1 17.2 16.1 17.7 18.1 19.9 18.3</td>
<td>Increased, 2003-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN67: Percentage of students who described themselves as slightly or very overweight</td>
<td>32.2 34.9 34.4 32.0 30.7 30.6 32.8 33.3 34.3 36.5</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)</td>
<td>25.7 28.1 29.3 27.6 26.8 29.5 28.3 31.5 34.3</td>
<td>Increased, 2003-2019</td>
<td>No change, 2003-2015</td>
</tr>
</tbody>
</table>

*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.

Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

**White**

Weight Management and Dietary Behaviors

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<thead>
<tr>
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<th>Linear Change$^\dagger$</th>
<th>Quadratic Change$^\dagger$</th>
<th>Change from 2017-2019 $^\ddagger$</th>
</tr>
</thead>
</table>

**QN70:** Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

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<tbody>
<tr>
<td></td>
<td>17.7</td>
<td>20.7</td>
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<td>Decreased, 2003-2019</td>
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</table>

**QNFR0:** Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

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<tr>
<td></td>
<td>9.7</td>
<td>11.4</td>
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</table>

**QNFR1:** Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

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<td>46.3</td>
<td>49.1</td>
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<td>49.7</td>
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<td>54.2</td>
<td>52.1</td>
<td>48.1</td>
<td>46.4</td>
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</table>

$^\dagger$Non-Hispanic.

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

$^\ddagger$Based on t-test analysis, p < 0.05.

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123
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

**Trend Analysis Report**

### White*

**Weight Management and Dietary Behaviors**

### Health Risk Behavior and Percentages

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<tbody>
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<td>QNFR2:</td>
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<td>22.4</td>
<td>20.4</td>
<td>23.2</td>
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QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

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<tr>
<td>QN71:</td>
<td>38.6</td>
<td>46.7</td>
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</table>

QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

|          | 24.7 | 22.8 | 22.5 | 20.8 | 24.6 | 25.7 | 27.7 | 33.3 | 36.7 |      |      |      |      |      |      |      |
|----------|------|------|------|------|------|------|------|------|------|      |      |      |      |      |      |      |
|          |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
|          |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| Linear Change† |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| Quadratic Change† |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| Change from 2017-2019 § |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |

QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)

|          | 59.3 | 58.7 | 59.7 | 57.4 | 58.2 | 54.6 | 56.5 | 61.8 | 62.5 |      |      |      |      |      |      |      |
|----------|------|------|------|------|------|------|------|------|------|      |      |      |      |      |      |      |
|          |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
|          |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| Linear Change† |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| Quadratic Change† |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| Change from 2017-2019 § |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |

**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.**
## Kentucky High School Survey
### Trend Analysis Report

**White*  
Weight Management and Dietary Behaviors**

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<tbody>
<tr>
<td><strong>QN74:</strong> Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)</td>
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<tr>
<td>17.4</td>
<td>19.2</td>
<td>20.1</td>
<td>20.7</td>
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<tr>
<td>Increased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td><strong>QNVEG0:</strong> Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
<td></td>
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<tr>
<td>5.9</td>
<td>6.9</td>
<td>6.2</td>
<td>6.0</td>
</tr>
<tr>
<td><strong>QNVEG1:</strong> Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
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<tr>
<td>56.1</td>
<td>58.5</td>
<td>58.4</td>
<td>59.7</td>
</tr>
</tbody>
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**Weight Management and Dietary Behaviors**

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<tr>
<td>QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
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<tr>
<td>QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
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<tr>
<td>10.4  13.0  10.5  10.4  11.7  10.9  10.8  8.7  7.9</td>
<td>Decreased, 2003-2019</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
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<tr>
<td>16.0  17.8  16.8  21.5  23.2  22.4  24.3</td>
<td>Increased, 2007-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
**Trend Analysis Report**

### White*  
**Weight Management and Dietary Behaviors**

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<tr>
<td>QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
<td>42.2 37.5 38.2 35.0 33.6 30.0 27.8</td>
<td>Decreased, 2007-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
<td>32.7 28.0 27.8 26.1 24.1 21.9 18.6</td>
<td>Decreased, 2007-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN76: Percentage of students who did not drink milk (during the 7 days before the survey)</td>
<td>20.5 19.7 24.9 30.1</td>
<td>Increased, 2013-2019</td>
<td>Not available¶</td>
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<tr>
<td>QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)</td>
<td>36.5 32.8 29.9 25.3</td>
<td>Decreased, 2013-2019</td>
<td>Not available</td>
</tr>
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</table>

*Non-Hispanic.  
†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  
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¶Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

**White* Weight Management and Dietary Behaviors**

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QNMLK3: Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)

| 10.9 | 9.4 | 7.3 | 7.1 | Decreased, 2013-2019 | Not available ¶ | No change |

QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| 14.6 | 14.6 | 11.2 | 12.0 | 14.0 | 16.0 | No linear change | Decreased, 2009-2013 | Increased, 2013-2019 | No change |

QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)

| 33.0 | 30.5 | 42.1 | 36.1 | 31.5 | 27.8 | Decreased, 2009-2019 | Increased, 2009-2013 | Decreased, 2013-2019 | 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.

§Based on t-test analysis, p < 0.05.
## Kentucky High School Survey
### Trend Analysis Report

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^a)</th>
<th>Quadratic Change(^a)</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
</table>

QN78: 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)

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<td>40.1</td>
<td>41.6</td>
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<td>42.6</td>
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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)

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<td>18.4</td>
<td>15.3</td>
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<tr>
<td>No linear change</td>
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<td>No change</td>
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</tbody>
</table>

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)

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</tbody>
</table>

\(^a\)Non-Hispanic.
\(^b\)Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
\(^c\)Based on t-test analysis, p < 0.05.
\(^d\)Not enough years of data to calculate.
### Physical Activity

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QN79:</strong> Percentage of students who watched television 3 or more hours per day (on an average school day)</td>
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<td></td>
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<tr>
<td>28.5</td>
<td>32.8</td>
<td>25.5</td>
<td>26.7</td>
</tr>
<tr>
<td><strong>QN80:</strong> Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)</td>
<td></td>
<td></td>
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<tr>
<td>20.3</td>
<td>22.8</td>
<td>30.9</td>
<td>33.5</td>
</tr>
<tr>
<td><strong>QN81:</strong> Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29.9</td>
<td>34.9</td>
<td>25.0</td>
<td>29.2</td>
</tr>
</tbody>
</table>

†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.
**2019 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**Kentucky High School Survey**  
**Trend Analysis Report**

<table>
<thead>
<tr>
<th>White* Physical Activity</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)</td>
<td>22.0  24.5  17.9  20.3  24.2  20.3  19.3  22.1  19.6  17.5</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
<tr>
<td>QN82: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)</td>
<td>50.7  52.5  47.1  47.7  46.1  50.1  49.9  48.0  45.8</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
</tr>
</tbody>
</table>

*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.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

Trend Analysis Report

<table>
<thead>
<tr>
<th>White*</th>
<th>Other</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)</td>
<td>71.7  71.2  69.4  70.3  73.1  75.8  75.0</td>
<td>Increased, 2007-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)</td>
<td>2.2  1.7  2.5  1.7  1.4  1.9  1.3</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma</td>
<td>21.6  24.7  23.8  25.1  22.0  24.5  26.0  22.3</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)</td>
<td>25.7  22.6  20.2</td>
<td>Decreased, 2015-2019</td>
<td>Not available¶</td>
</tr>
</tbody>
</table>

*Non-Hispanic.
†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
§Based on t-test analysis, p < 0.05.
¶Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

<table>
<thead>
<tr>
<th>White*</th>
<th>Other</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)</td>
<td>69.3</td>
<td>74.9</td>
<td>77.6</td>
</tr>
</tbody>
</table>

*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.
## Kentucky High School Survey

### Trend Analysis Report

<table>
<thead>
<tr>
<th>Year</th>
<th>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)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
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</thead>
<tbody>
<tr>
<td>1991</td>
<td>61.6</td>
<td>No linear change</td>
<td>Not available§</td>
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<td>1993</td>
<td>63.5</td>
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<table>
<thead>
<tr>
<th>Year</th>
<th>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)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>50.8</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>54.5</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>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)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
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</table>

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¶Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QN90: 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)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>19.8</td>
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<td>Not available§</td>
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<td>1997</td>
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<td>Decreased, 1997-2019</td>
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</table>

### Notes

- Non-Hispanic.
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- Based on t-test analysis, p < 0.05.
- Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>Year</th>
<th>QN95</th>
<th>QN96</th>
<th>QN99</th>
<th>QN100</th>
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<td>13.9</td>
<td>4.1</td>
<td>13.3</td>
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<td>1995</td>
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<td>15.3</td>
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<td>12.2</td>
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<tr>
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<td>71.7</td>
<td>13.0</td>
<td>Not available</td>
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<td>2007</td>
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<tr>
<td>2019</td>
<td>No change</td>
<td>No change</td>
<td>No change</td>
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</tbody>
</table>

*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.
§Change from 2017-2019.
### Black* Injury and Violence

#### Health Risk Behavior and Percentages

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)</td>
<td>22.9</td>
<td>24.3</td>
<td>17.0</td>
<td>15.4</td>
<td>16.1</td>
<td>13.7</td>
<td>15.5</td>
<td>14.1</td>
<td>Decreased, 2004-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>QN12: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)</td>
<td>17.8</td>
<td>13.5</td>
<td>10.8</td>
<td>25.5</td>
<td>7.9</td>
<td>13.4</td>
<td>14.5</td>
<td>9.0</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)</td>
<td>6.9</td>
<td>5.1</td>
<td>5.1</td>
<td>8.3</td>
<td>4.3</td>
<td>9.5</td>
<td>5.8</td>
<td>2.8</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)</td>
<td>11.7</td>
<td>7.1</td>
<td>No linear change</td>
<td>Not available‡</td>
<td>No change</td>
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### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

#### Black* Injury and Violence

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
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</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)</td>
<td>8.8 9.7 8.9 8.9 3.4 18.7 9.7 10.3</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)</td>
<td>38.0 34.8 33.0 38.9 32.2 31.4 28.3 28.7</td>
<td>Decreased, 2004-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)</td>
<td>18.5 14.8 9.9 13.9 6.3 15.9 10.6 9.5</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
</tbody>
</table>

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# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

**Black**

**Injury and Violence**

### Health Risk Behavior and Percentages

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</thead>
<tbody>
<tr>
<td>QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)</td>
<td>11.7</td>
<td>9.2</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)</td>
<td>14.8</td>
<td>14.5</td>
<td>19.1</td>
<td>12.7</td>
<td>16.8</td>
<td>17.8</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)</td>
<td>14.0</td>
<td>10.7</td>
<td>10.3</td>
<td>11.3</td>
<td>15.4</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

#### Trend Analysis Report

**Black***

**Injury and Violence**

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</thead>
<tbody>
<tr>
<td>QN25: Percentage of students who felt sad or hopeless (almost every day for ( \geq 2 ) weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)</td>
<td>21.8</td>
<td>30.9</td>
<td>23.0</td>
<td>26.1</td>
<td>30.6</td>
<td>37.5</td>
<td>28.1</td>
<td>36.6</td>
<td>Increased, 2004-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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</tr>
<tr>
<td>QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)</td>
<td>9.9</td>
<td>14.7</td>
<td>14.7</td>
<td>17.8</td>
<td>14.9</td>
<td>17.3</td>
<td>9.7</td>
<td>21.0</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>Increased</td>
<td></td>
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</tr>
<tr>
<td>QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)</td>
<td>10.2</td>
<td>10.6</td>
<td>13.6</td>
<td>12.9</td>
<td>14.2</td>
<td>17.5</td>
<td>13.4</td>
<td>19.3</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<th>Black* Tobacco Use</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health Risk Behavior and Percentages</strong></td>
</tr>
<tr>
<td>QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)</td>
</tr>
<tr>
<td>QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)</td>
</tr>
<tr>
<td>QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)</td>
</tr>
<tr>
<td>QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)</td>
</tr>
</tbody>
</table>

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## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Kentucky High School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th>Black* Tobacco Use</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)</td>
<td></td>
<td>4.7 3.3 2.6 4.7 3.3 1.9 0.3 2.3</td>
<td>Decreased, 2004-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])</td>
<td></td>
<td>42.3 41.7 40.2</td>
<td>No linear change</td>
<td>Not available§</td>
</tr>
<tr>
<td>QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)</td>
<td></td>
<td>24.7 7.3 13.0</td>
<td>Decreased, 2015-2019</td>
<td>Not available</td>
</tr>
</tbody>
</table>

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¶Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>Year</th>
<th>QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)</th>
<th>Linear Change(^{\dagger})</th>
<th>Quadratic Change(^{\ddagger})</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>0.0</td>
<td>Not available</td>
<td>Not available§</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>0.3</td>
<td>Not available</td>
<td>Not available§</td>
<td>No change</td>
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<td>1995</td>
<td>3.0</td>
<td>Not available</td>
<td>Not available§</td>
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<tr>
<td>1997</td>
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<td>1999</td>
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<td>2001</td>
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<td>2003</td>
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<tr>
<td>2004</td>
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<tr>
<td>2007</td>
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<tr>
<td>2009</td>
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<tr>
<td>2011</td>
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<td>2013</td>
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<td>2015</td>
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<tr>
<td>2017</td>
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<tr>
<td>2019</td>
<td>Not available</td>
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</tbody>
</table>

**Health Risk Behavior and Percentages**

**Black\(^{*}\)**

**Tobacco Use**

---

\(^{*}\) Non-Hispanic.

\(^{\dagger}\) Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, \(p < 0.05\).

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\(^{\S}\) Based on t-test analysis, \(p < 0.05\).

\(^{\ddagger}\) Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>Year</th>
<th>QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>6.4</td>
<td>2.3</td>
<td>No linear change</td>
<td>Not available¶</td>
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</tbody>
</table>

QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)  

<table>
<thead>
<tr>
<th>Year</th>
<th>QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>18.2</td>
<td>17.3</td>
<td>16.7</td>
<td>20.0</td>
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<tr>
<td>1993</td>
<td>17.3</td>
<td>16.7</td>
<td>20.0</td>
<td>18.8</td>
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<tr>
<td>1995</td>
<td>16.7</td>
<td>20.0</td>
<td>18.8</td>
<td>17.7</td>
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<tr>
<td>1997</td>
<td>20.0</td>
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<td>1999</td>
<td>18.8</td>
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<td>2001</td>
<td>17.7</td>
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<td>2003</td>
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<tr>
<td>2009</td>
<td>No change, 2004-2015</td>
<td>No change, 2015-2019</td>
<td>No change</td>
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</tbody>
</table>

QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)  

<table>
<thead>
<tr>
<th>Year</th>
<th>QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>24.9</td>
<td>25.5</td>
<td>23.9</td>
<td>25.6</td>
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<td>1993</td>
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<tr>
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<td>25.7</td>
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<tr>
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<td>2009</td>
<td>No change, 2004-2015</td>
<td>No change, 2015-2019</td>
<td>No change</td>
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### Health Risk Behavior and Percentages

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<tbody>
<tr>
<td>QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)</td>
<td>28.1</td>
<td>21.1</td>
<td>19.6</td>
<td>20.9</td>
<td>26.6</td>
<td>17.4</td>
<td>16.6</td>
<td>14.6</td>
<td>Decreased, 2004-2019</td>
<td>No quadratic change</td>
<td>No change</td>
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<tr>
<td>QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)</td>
<td>5.3</td>
<td>4.8</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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<tr>
<td>QN45: Percentage of students who ever used marijuana (one or more times during their life)</td>
<td>40.0</td>
<td>42.1</td>
<td>37.7</td>
<td>43.4</td>
<td>46.0</td>
<td>40.4</td>
<td>44.6</td>
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<tr>
<td>QN46: Percentage of students who tried marijuana for the first time before age 13 years</td>
<td>13.3</td>
<td>13.7</td>
<td>12.3</td>
<td>14.3</td>
<td>16.5</td>
<td>9.3</td>
<td>11.2</td>
<td>11.3</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
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</tr>
</thead>
<tbody>
<tr>
<td>QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)</td>
<td>18.9</td>
<td>23.9</td>
<td>21.3</td>
<td>22.9</td>
<td>27.5</td>
<td>22.1</td>
<td>20.7</td>
<td>22.2</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)</td>
<td>13.1</td>
<td>6.9</td>
<td>7.0</td>
<td>Decreased, 2015-2019</td>
<td>Not available</td>
<td>No change</td>
<td></td>
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<tr>
<td>QN49: 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, one or more times during their life)</td>
<td>12.5</td>
<td>12.8</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

*Non-Hispanic.
†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
‡Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

#### Trend Analysis Report

**Black* Alcohol and Other Drug Use**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
</table>

**QN50:** Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>5.7</td>
</tr>
<tr>
<td>1993</td>
<td>6.3</td>
</tr>
<tr>
<td>1995</td>
<td>3.2</td>
</tr>
<tr>
<td>1997</td>
<td>6.3</td>
</tr>
<tr>
<td>1999</td>
<td>2.6</td>
</tr>
<tr>
<td>2001</td>
<td>8.2</td>
</tr>
<tr>
<td>2003</td>
<td>4.0</td>
</tr>
<tr>
<td>2004</td>
<td>3.1</td>
</tr>
</tbody>
</table>

No linear change

No quadratic change

No change

**QN51:** Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>6.2</td>
</tr>
<tr>
<td>1993</td>
<td>10.2</td>
</tr>
<tr>
<td>1995</td>
<td>9.6</td>
</tr>
<tr>
<td>1997</td>
<td>12.6</td>
</tr>
<tr>
<td>1999</td>
<td>7.5</td>
</tr>
<tr>
<td>2001</td>
<td>9.1</td>
</tr>
<tr>
<td>2003</td>
<td>8.9</td>
</tr>
<tr>
<td>2004</td>
<td>5.9</td>
</tr>
</tbody>
</table>

No linear change

No quadratic change

No change, 2004-2011

No change, 2011-2019

**QN52:** Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>9.8</td>
</tr>
<tr>
<td>1993</td>
<td>3.7</td>
</tr>
<tr>
<td>1995</td>
<td>2.6</td>
</tr>
</tbody>
</table>

Decreased, 2015-2019

Not available¶

No change

**QN54:** Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>4.0</td>
</tr>
<tr>
<td>1993</td>
<td>8.8</td>
</tr>
<tr>
<td>1995</td>
<td>5.7</td>
</tr>
<tr>
<td>1997</td>
<td>6.9</td>
</tr>
<tr>
<td>1999</td>
<td>5.1</td>
</tr>
<tr>
<td>2001</td>
<td>8.4</td>
</tr>
<tr>
<td>2003</td>
<td>7.1</td>
</tr>
<tr>
<td>2004</td>
<td>5.9</td>
</tr>
</tbody>
</table>

No linear change

No quadratic change

No change

---

*Non-Hispanic.

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

‡Based on t-test analysis, p < 0.05.

¶Not enough years of data to calculate.
### 2019 Youth Risk Behavior Survey Results

#### Kentucky High School Survey

**Trend Analysis Report**

**Black**

**Alcohol and Other Drug Use**

<table>
<thead>
<tr>
<th>Year</th>
<th>QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)</th>
<th>Linear Change$^c$</th>
<th>Quadratic Change$^d$</th>
<th>Change from 2017-2019 $^§$</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>3.5</td>
<td>No linear change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1993</td>
<td>6.9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1995</td>
<td>4.4</td>
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<td>1997</td>
<td>5.7</td>
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<td>13.3</td>
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<tr>
<td>2003</td>
<td>5.9</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>2004</td>
<td>3.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2007</td>
<td>13.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td>5.9</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>2011</td>
<td>3.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td>13.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>5.9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td>3.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2019</td>
<td>13.3</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)

<table>
<thead>
<tr>
<th>Year</th>
<th>QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)</th>
<th>Linear Change$^c$</th>
<th>Quadratic Change$^d$</th>
<th>Change from 2017-2019 $^§$</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>3.3</td>
<td>No linear change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1993</td>
<td>4.6</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)</th>
<th>Linear Change$^c$</th>
<th>Quadratic Change$^d$</th>
<th>Change from 2017-2019 $^§$</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>18.5</td>
<td>No linear change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1993</td>
<td>22.6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1995</td>
<td>27.5</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>1997</td>
<td>27.7</td>
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<tr>
<td>1999</td>
<td>27.6</td>
<td></td>
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<tr>
<td>2001</td>
<td>24.0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2003</td>
<td>29.4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2004</td>
<td>24.2</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

$^*Non-Hispanic.$

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

$^dBased on t-test analysis, p < 0.05.$

$^§Not enough years of data to calculate.$
<table>
<thead>
<tr>
<th>Year</th>
<th>QN84</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>15.4</td>
<td>No linear change</td>
<td>Not available‡</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>16.5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1995</td>
<td>14.5</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)

- Non-Hispanic.
- Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
- Based on t-test analysis, p < 0.05.
- Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

#### Black*

**Weight Management and Dietary Behaviors**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
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<td></td>
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</tr>
<tr>
<td><strong>QNOWT</strong>: Percentage of students who were overweight (≥ 85th percentile but &lt;95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)¶</td>
<td>20.7 23.1 16.6 14.8 13.3 22.9 20.0 13.6</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td><strong>QNOBESE</strong>: Percentage of students who had obesity (≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)¶</td>
<td>15.5 17.0 21.9 19.5 19.1 17.7 26.4 22.5</td>
<td>Increased, 2004-2019</td>
<td>No quadratic change</td>
</tr>
<tr>
<td><strong>QN67</strong>: Percentage of students who described themselves as slightly or very overweight</td>
<td>23.5 25.1 26.1 24.8 31.6 21.0 33.1 25.2</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td><strong>QN69</strong>: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)</td>
<td>20.0 24.7 14.1 26.5 25.9 24.1 31.2 24.7</td>
<td>Increased, 2004-2019</td>
<td>No quadratic change</td>
</tr>
</tbody>
</table>

*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.

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
# 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

## Kentucky High School Survey

### Trend Analysis Report

#### Black*

Weight Management and Dietary Behaviors

<table>
<thead>
<tr>
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<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)</td>
<td>22.8</td>
<td>22.6</td>
<td>19.7</td>
</tr>
<tr>
<td>QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</td>
<td>11.9</td>
<td>12.8</td>
<td>7.9</td>
</tr>
<tr>
<td>QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</td>
<td>56.9</td>
<td>51.2</td>
<td>59.7</td>
</tr>
</tbody>
</table>

*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.
### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</td>
<td>34.5</td>
<td>29.6</td>
<td>30.3</td>
<td>27.7</td>
<td>29.7</td>
<td>25.5</td>
<td>24.5</td>
<td>23.9</td>
<td>Decreased, 2004-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)</td>
<td>51.8</td>
<td>52.8</td>
<td>45.8</td>
<td>53.8</td>
<td>49.2</td>
<td>54.8</td>
<td>48.7</td>
<td>52.1</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)</td>
<td>35.3</td>
<td>37.0</td>
<td>39.1</td>
<td>33.4</td>
<td>32.7</td>
<td>35.5</td>
<td>50.0</td>
<td>44.9</td>
<td>Increased, 2004-2019</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)</td>
<td>71.2</td>
<td>66.9</td>
<td>68.6</td>
<td>68.2</td>
<td>65.5</td>
<td>69.9</td>
<td>68.1</td>
<td>69.2</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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.
<table>
<thead>
<tr>
<th>Year</th>
<th>QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)</th>
<th>Linear Change(^1)</th>
<th>Quadratic Change(^1)</th>
<th>Change from 2017-2019 (^3)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>20.5</td>
<td>25.4</td>
<td>27.2</td>
<td>28.6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</th>
<th>Linear Change(^1)</th>
<th>Quadratic Change(^1)</th>
<th>Change from 2017-2019 (^3)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12.0</td>
<td>10.9</td>
<td>7.7</td>
<td>11.4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</th>
<th>Linear Change(^1)</th>
<th>Quadratic Change(^1)</th>
<th>Change from 2017-2019 (^3)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>52.3</td>
<td>46.3</td>
<td>51.6</td>
<td>54.6</td>
</tr>
</tbody>
</table>

---

\(^1\)Non-Hispanic.

\(^2\)Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, \(p < 0.05\).

\(^3\)Based on t-test analysis, \(p < 0.05\).
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

#### Trend Analysis Report

**Black*  
Weight Management and Dietary Behaviors**

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<tr>
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<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
<td>24.7</td>
<td>23.5</td>
<td>19.8</td>
</tr>
<tr>
<td>QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
<td>15.8</td>
<td>14.5</td>
<td>12.6</td>
</tr>
<tr>
<td>QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
<td>18.2</td>
<td>19.5</td>
<td>24.2</td>
</tr>
</tbody>
</table>

*Non-Hispanic.  
†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  
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### 2019 Youth Risk Behavior Survey Results

#### Kentucky High School Survey

#### Trend Analysis Report

**Black* Weight Management and Dietary Behaviors**

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<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
<td>29.1 24.9 24.3 25.3 28.6 21.4 19.6</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
<td>23.8 18.4 16.1 20.2 20.5 15.1 15.9</td>
<td>No linear change</td>
<td>No quadratic change</td>
</tr>
<tr>
<td>QN76: Percentage of students who did not drink milk (during the 7 days before the survey)</td>
<td>34.9 41.0 34.5 32.2</td>
<td>No linear change</td>
<td>Not available¶</td>
</tr>
<tr>
<td>QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)</td>
<td>17.2 13.7 12.7 22.2</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

*Non-Hispanic.
†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
§Based on t-test analysis, p < 0.05.
¶Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

**Black* Weight Management and Dietary Behaviors**

**Health Risk Behavior and Percentages**

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<thead>
<tr>
<th>Year</th>
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<th>QN77</th>
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<table>
<thead>
<tr>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
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<tr>
<td>No linear change</td>
<td>Not available¶</td>
<td>No change</td>
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<tr>
<td>No linear change</td>
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<tr>
<td>No linear change</td>
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</tbody>
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§Based on t-test analysis, p < 0.05.

*Not enough years of data to calculate.
### Kentucky High School Survey Trend Analysis Report

#### Health Risk Behavior and Percentages

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</thead>
<tbody>
<tr>
<td>QN78: 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)</td>
<td>37.1</td>
<td>31.2</td>
<td>30.2</td>
<td>33.7</td>
<td>35.1</td>
<td>No linear change</td>
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<tr>
<td>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)</td>
<td>26.1</td>
<td>31.3</td>
<td>22.1</td>
<td>28.0</td>
<td>23.6</td>
<td>No linear change</td>
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<tr>
<td>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)</td>
<td>18.0</td>
<td>15.3</td>
<td>18.8</td>
<td>16.3</td>
<td>20.4</td>
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</table>

<sup>*</sup>Non-Hispanic.  
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<sup>¶</sup>Not enough years of data to calculate.

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# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

### Trend Analysis Report

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
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<tr>
<td></td>
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<tr>
<td><strong>QN79:</strong> Percentage of students who watched television 3 or more hours per day (on an average school day)</td>
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<tr>
<td>59.6</td>
<td>44.9</td>
<td>45.1</td>
<td>46.1</td>
</tr>
<tr>
<td><strong>QN80:</strong> Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)</td>
<td></td>
<td></td>
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<tr>
<td>29.5</td>
<td>26.1</td>
<td>33.1</td>
<td>37.8</td>
</tr>
<tr>
<td><strong>QN81:</strong> Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>26.5</td>
<td>41.0</td>
<td>31.5</td>
<td>42.8</td>
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</table>

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## 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Kentucky High School Survey**  
**Trend Analysis Report**

### Black*

#### Physical Activity

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</thead>
<tbody>
<tr>
<td>QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)</td>
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</thead>
<tbody>
<tr>
<td>QN82: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)</td>
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<td>56.4</td>
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<td>47.8</td>
<td>52.2</td>
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</tbody>
</table>

*Non-Hispanic.

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## 2019 Youth Risk Behavior Survey Results

Kentucky High School Survey
Trend Analysis Report

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<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
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<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
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### Other

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<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
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<td>1997</td>
<td>4.8</td>
<td>No linear change</td>
<td>No quadratic change</td>
<td>No change</td>
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<td>1999</td>
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### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)</th>
<th>1991</th>
<th>1993</th>
<th>1995</th>
<th>1997</th>
<th>1999</th>
<th>2001</th>
<th>2003</th>
<th>2004</th>
<th>2007</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN86: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)</td>
<td>5.6</td>
<td>3.1</td>
<td>5.7</td>
<td>4.8</td>
<td>5.9</td>
<td>3.5</td>
<td>4.8</td>
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</tbody>
</table>

| QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma                                       | 26.5 | 35.1 | 26.8 | 37.3 | 30.5 | 33.2 | 30.2 | 37.4 |      |      |      |      |      |      |      |

| QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)                                        | 16.2 | 18.7 | 14.1 |      |      |      |      |      |      |      |      |      |      |      |      |

*Non-Hispanic.
†Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
‡Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Black*</th>
<th>Other</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change†</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 §</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)</td>
<td>58.0</td>
<td>66.2</td>
<td>54.8</td>
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<tr>
<td></td>
<td>No linear change</td>
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<tr>
<td></td>
<td>Not available¶</td>
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</table>

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¶Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

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</thead>
<tbody>
<tr>
<td><strong>QN WATER1</strong></td>
<td>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)</td>
<td>52.4</td>
<td>54.7</td>
<td>No linear change</td>
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<tr>
<td><strong>QN WATER2</strong></td>
<td>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)</td>
<td>45.5</td>
<td>49.5</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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<tr>
<td><strong>QN WATER3</strong></td>
<td>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)</td>
<td>39.5</td>
<td>36.0</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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</table>

\(^*\)Non-Hispanic.

\(^\dagger\)Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, \(p < 0.05\).

\(^\ddagger\)Based on t-test analysis, \(p < 0.05\).

\(^\ddagger\ddagger\)Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>Year</th>
<th>QN90: 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)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
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<td>1991</td>
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<td>Not available§</td>
<td>No change</td>
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<td>1995</td>
<td>17.5</td>
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<td>1997</td>
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<th>Year</th>
<th>QN91: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)</th>
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<tr>
<th>Year</th>
<th>QN93: Percentage of students who had oral sex</th>
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<table>
<thead>
<tr>
<th>Year</th>
<th>QN94: 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)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
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<tbody>
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<td>1993</td>
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</table>

*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.
## Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>QN95: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)</th>
<th>Linear Change (^{\dagger})</th>
<th>Quadratic Change (^{\dagger})</th>
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\(^{\dagger}\) Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

<table>
<thead>
<tr>
<th>Year</th>
<th>QN96: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)</th>
<th>Linear Change (^{\dagger})</th>
<th>Quadratic Change (^{\dagger})</th>
<th>Change from 2017-2019 §</th>
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<tbody>
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\(^{\dagger}\) Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

<table>
<thead>
<tr>
<th>Year</th>
<th>QN99: Percentage of students who did not usually sleep in their parent’s or guardian’s home (during the 30 days before the survey)</th>
<th>Linear Change (^{\dagger})</th>
<th>Quadratic Change (^{\dagger})</th>
<th>Change from 2017-2019 §</th>
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</thead>
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<tr>
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<tr>
<td>1995</td>
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</tbody>
</table>

\(^{\ddagger}\) Not enough years of data to calculate.

<table>
<thead>
<tr>
<th>Year</th>
<th>QN100: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems</th>
<th>Linear Change (^{\dagger})</th>
<th>Quadratic Change (^{\dagger})</th>
<th>Change from 2017-2019 §</th>
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<tbody>
<tr>
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<td>1997</td>
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</tbody>
</table>

\(^{\dagger}\) Non-Hispanic.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
*Trend Analysis Report*

### Hispanic Injury and Violence

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change *</th>
<th>Quadratic Change *</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)</td>
<td>17.6 20.1 15.2 10.2</td>
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<td>Not available §</td>
</tr>
<tr>
<td>QN12: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)</td>
<td>18.1 26.0 14.9 14.8</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td>QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)</td>
<td>9.5 9.4 4.4 2.1</td>
<td>Decreased, 2013-2019</td>
<td>Not available</td>
</tr>
<tr>
<td>QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)</td>
<td>10.9 8.3</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling 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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</thead>
<tbody>
<tr>
<td>QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)</td>
<td>10.4</td>
<td>9.5</td>
<td>9.2</td>
<td>10.9</td>
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<tbody>
<tr>
<td>QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)</td>
<td>28.2</td>
<td>23.8</td>
<td>24.1</td>
<td>25.7</td>
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</thead>
<tbody>
<tr>
<td>QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)</td>
<td>11.9</td>
<td>9.4</td>
<td>11.8</td>
<td>6.7</td>
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</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
# 2019 Youth Risk Behavior Survey Results

## Kentucky High School Survey

**Trend Analysis Report**

### Hispanic Injury and Violence

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 ‡</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)</td>
<td>16.8 7.2</td>
<td>Decreased, 2017-2019</td>
<td>Not available§</td>
</tr>
<tr>
<td>QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)</td>
<td>26.2 20.4 17.2 22.5</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td>QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)</td>
<td>20.8 17.1 14.3 16.6</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
### 2019 Youth Risk Behavior Survey Results

Kentucky High School Survey  
Trend Analysis Report

#### Hispanic Injury and Violence

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change&lt;sup&gt;*&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;*&lt;/sup&gt;</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN25: Percentage of students who felt sad or hopeless (almost every day for &gt;=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)</td>
<td>31.5</td>
<td>31.4</td>
<td>30.0</td>
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<tr>
<td>QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)</td>
<td>17.2</td>
<td>21.3</td>
<td>22.0</td>
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<tr>
<td>QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)</td>
<td>20.2</td>
<td>15.9</td>
<td>17.5</td>
</tr>
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<tr>
<td>QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)</td>
<td>8.0</td>
<td>16.3</td>
<td>11.1</td>
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</table>

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

### Health Risk Behavior and Percentages

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<td>Change from 2017-2019</td>
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</tbody>
</table>

QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)

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<tbody>
<tr>
<td>2.6</td>
<td>4.7</td>
<td>5.2</td>
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</tbody>
</table>

- Linear change: No change
- Quadratic change: Not available
- Change from 2017-2019: No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
### Hispanic Tobacco Use

<table>
<thead>
<tr>
<th></th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)</td>
<td>48.6 45.7 28.1</td>
<td>Decreased, 2015-2019</td>
<td>Not available§</td>
<td>Decreased</td>
</tr>
<tr>
<td>QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)</td>
<td>15.5 9.0</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)</td>
<td>25.6 12.4 6.9</td>
<td>Decreased, 2015-2019</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)</td>
<td>12.5 1.6 2.3</td>
<td>Decreased, 2015-2019</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
<table>
<thead>
<tr>
<th>Year</th>
<th>QNDAYCIG (%)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
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</thead>
<tbody>
<tr>
<td>1991</td>
<td>9.2</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>1.2</td>
<td></td>
<td></td>
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<td>1995</td>
<td>1.3</td>
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<td>2001</td>
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<td>2017</td>
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<tr>
<td>2019</td>
<td>1.3</td>
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</tbody>
</table>

QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])

<table>
<thead>
<tr>
<th>Year</th>
<th>QN34 (%)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
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<tbody>
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<td>1991</td>
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<td>No change</td>
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<tr>
<td>1993</td>
<td>43.5</td>
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<tr>
<td>1995</td>
<td>51.7</td>
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<tr>
<td>1997</td>
<td>49.4</td>
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<td>2017</td>
<td>43.5</td>
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<tr>
<td>2019</td>
<td>51.7</td>
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</tbody>
</table>

QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)

<table>
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<tr>
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<th>Change from 2017-2019</th>
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<td>Not available</td>
<td>No change</td>
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<td>1993</td>
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<td>2017</td>
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<tr>
<td>2019</td>
<td>23.8</td>
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</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th></th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change†</th>
<th>Change from 2017-2019 †</th>
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<tr>
<td>Hispanic</td>
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<tr>
<td>Tobacco Use</td>
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<td></td>
<td>QNFREVP: Percentage of students who</td>
<td>5.9</td>
<td>4.9</td>
<td>4.0</td>
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<tr>
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<td>currently used electronic vapor</td>
<td>No linear change</td>
<td>Not available§</td>
<td>No change</td>
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<td></td>
<td>products frequently (on 20 or more</td>
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<td>days during the 30 days before the</td>
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<td>survey)</td>
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<tr>
<td></td>
<td>QNDAYEVP: Percentage of students</td>
<td>5.9</td>
<td>4.0</td>
<td>4.0</td>
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<tr>
<td></td>
<td>who currently used electronic vapor</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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<td></td>
<td>products daily (on all 30 days</td>
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<td>during the 30 days before the</td>
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<tr>
<td></td>
<td>survey)</td>
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<tr>
<td></td>
<td>QNTB5: Percentage of students who</td>
<td>36.2</td>
<td>19.2</td>
<td>26.1</td>
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<tr>
<td></td>
<td>currently smoked cigarettes or used</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
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<td>electronic vapor products (on at</td>
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<td>least 1 day during the 30 days</td>
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<td>before the survey)</td>
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</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

#### Trend Analysis Report

<table>
<thead>
<tr>
<th>Year</th>
<th>QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
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<td>1991</td>
<td>4.9</td>
<td>No linear change</td>
<td>Not available§</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>7.0</td>
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<td>1995</td>
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<tr>
<td>2019</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>33.0</td>
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<td></td>
<td></td>
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<tr>
<td>1993</td>
<td>19.1</td>
<td></td>
<td></td>
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<tr>
<td>1995</td>
<td>19.7</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1997</td>
<td>8.7</td>
<td>Decreased, 2011-2019</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>1999</td>
<td>8.3</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>29.8</td>
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<td></td>
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</tr>
<tr>
<td>1993</td>
<td>14.1</td>
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<tr>
<td>1995</td>
<td>12.3</td>
<td>Decreased, 2015-2019</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

Kentucky High School Survey
Trend Analysis Report

### Hispanic Alcohol and Other Drug Use

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019†</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)</td>
<td>25.8 25.5 20.6 20.1</td>
<td>No linear change</td>
<td>Not available§</td>
</tr>
<tr>
<td>QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)</td>
<td>33.4 26.1 24.2</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td>QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)</td>
<td>10.2 8.7</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1991 1993 1995 1997 1999 2001 2003 2004 2007 2009 2011 2013 2015 2017 2019</td>
<td>39.0 41.5 36.9 41.0</td>
<td>No linear change</td>
<td>Not available[^§]</td>
</tr>
</tbody>
</table>

QN45: Percentage of students who ever used marijuana (one or more times during their life)

39.0 41.5 36.9 41.0  
No linear change  
Not available[^§]  
No change

QN46: Percentage of students who tried marijuana for the first time before age 13 years

17.8 9.4 8.5 10.7  
No linear change  
Not available  
No change

QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

22.9 19.6 16.6 20.2  
No linear change  
Not available  
No change

QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)

18.1 10.7 13.7  
No linear change  
Not available  
No change

[^2]: Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[^3]: Based on t-test analysis, p < 0.05.
[^†]: Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[^§]: Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

**Trend Analysis Report**

### Hispanic Alcohol and Other Drug Use

#### Health Risk Behavior and Percentages

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>QN49:</strong> 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, one or more times during their life)</td>
<td>12.5</td>
<td>13.8</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>QN50:</strong> Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)</td>
<td>13.4</td>
<td>10.0</td>
<td>8.1</td>
<td>6.2</td>
<td></td>
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<tr>
<td><strong>QN51:</strong> Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)</td>
<td>13.2</td>
<td>16.0</td>
<td>8.2</td>
<td>5.6</td>
<td>Decreased, 2013-2019</td>
<td>Not available</td>
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<tr>
<td><strong>QN52:</strong> Percentage of students who ever used heroin (also called &quot;smack,&quot; &quot;junk,&quot; or &quot;China White,&quot; one or more times during their life)</td>
<td>8.7</td>
<td>3.6</td>
<td>3.7</td>
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</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
### 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Kentucky High School Survey**  
**Trend Analysis Report**

#### Hispanic Alcohol and Other Drug Use

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<tr>
<th>Health Risk Behavior and Percentages</th>
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<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
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</thead>
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<tr>
<td>QN54: Percentage of students who ever used ecstasy (also called &quot;MDMA,&quot; one or more times during their life)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11.3</td>
<td>15.0</td>
<td>6.2</td>
</tr>
<tr>
<td></td>
<td>Decreased, 2013-2019</td>
<td>Not available§</td>
<td>No change</td>
</tr>
<tr>
<td>QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>10.5</td>
<td>10.6</td>
<td>3.5</td>
</tr>
<tr>
<td></td>
<td>Decreased, 2013-2019</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>3.7</td>
<td>5.7</td>
<td>No linear change</td>
</tr>
<tr>
<td>QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)</td>
<td></td>
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<tr>
<td></td>
<td>33.2</td>
<td>23.7</td>
<td>28.5</td>
</tr>
<tr>
<td></td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.  
†Based on t-test analysis, p < 0.05.  
§Not enough years of data to calculate.
### 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Kentucky High School Survey**

**Trend Analysis Report**

#### Hispanic Sexual Behaviors

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<tr>
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<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

QN58: Percentage of students who ever had sexual intercourse

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</tr>
</thead>
<tbody>
<tr>
<td>43.0</td>
<td>39.4</td>
<td>47.8</td>
<td></td>
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</tr>
</tbody>
</table>

No linear change

Not available§

No change

QN59: Percentage of students who had sexual intercourse for the first time before age 13 years

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>14.3</td>
<td>7.0</td>
<td>7.0</td>
<td></td>
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</tbody>
</table>

No linear change

Not available

No change

QN60: Percentage of students who had sexual intercourse with four or more persons during their life

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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>19.0</td>
<td>9.8</td>
<td>9.8</td>
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</tbody>
</table>

No linear change

Not available

No change

QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>30.9</td>
<td>25.6</td>
<td>37.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

No linear change

Not available

No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
## Hispanic Sexual Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)</td>
<td>22.4 13.5 11.1</td>
<td>No linear change</td>
<td>Not available §</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

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### Hispanic

**Weight Management and Dietary Behaviors**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change *</th>
<th>Quadratic Change *</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td><strong>QNOWT:</strong> Percentage of students who were overweight (≥ 85th percentile but &lt;95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) §</td>
<td>17.0 11.8 18.6 17.2</td>
<td>No linear change</td>
<td>Not available ¶</td>
</tr>
<tr>
<td><strong>QNOBESE:</strong> Percentage of students who had obesity (≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) §</td>
<td>18.8 19.0 17.7 14.3</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td><strong>QN67:</strong> Percentage of students who described themselves as slightly or very overweight</td>
<td>40.3 28.4 27.2 35.7 31.5</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td><strong>QN69:</strong> Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)</td>
<td>21.7 18.9 30.2 33.1 32.3</td>
<td>Increased, 2011-2019</td>
<td>Not available</td>
</tr>
</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

¶Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

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**Trend Analysis Report**

### Hispanic Weight Management and Dietary Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)</td>
<td>21.6 9.8 15.8 14.5 13.2 No linear change</td>
<td>Not available§</td>
<td>No change</td>
</tr>
<tr>
<td>QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</td>
<td>11.5 7.1 12.3 11.7 9.0 No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)</td>
<td>60.1 73.2 47.9 47.1 52.3 Decreased, 2011-2019</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
**2019 Youth Risk Behavior Survey Results**

**Kentucky High School Survey**

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### Hispanic Weight Management and Dietary Behaviors

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change(^*)</th>
<th>Quadratic Change(^*)</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

#### QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>35.5</td>
<td>No change</td>
<td>Not available(^†)</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>43.7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1995</td>
<td>26.5</td>
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<tr>
<td>1997</td>
<td>32.0</td>
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</tr>
<tr>
<td>1999</td>
<td>30.4</td>
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</table>

#### QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>46.7</td>
<td>No change</td>
<td>Not available(^†)</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>42.6</td>
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<tr>
<td>1995</td>
<td>44.7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1997</td>
<td>52.2</td>
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<tr>
<td>1999</td>
<td>49.7</td>
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</tbody>
</table>

#### QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>21.1</td>
<td>Increased, 2011-2019</td>
<td>Not available(^†)</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>27.8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1995</td>
<td>37.1</td>
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<td></td>
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<tr>
<td>1997</td>
<td>43.4</td>
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<td></td>
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<tr>
<td>1999</td>
<td>40.0</td>
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</tbody>
</table>

#### QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>59.2</td>
<td>No change</td>
<td>Not available(^†)</td>
<td>No change</td>
</tr>
<tr>
<td>1993</td>
<td>60.8</td>
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<td></td>
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<tr>
<td>1995</td>
<td>53.7</td>
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</tr>
<tr>
<td>1997</td>
<td>60.4</td>
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</tbody>
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\(^*\)Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, \(p < 0.05\).

\(^†\)Based on t-test analysis, \(p < 0.05\).

\(^\dagger\)Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

#### Trend Analysis Report

### Hispanic

#### Weight Management and Dietary Behaviors

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<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

### Hispanic

**Weight Management and Dietary Behaviors**

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<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
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<tbody>
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<td></td>
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</tr>
<tr>
<td>QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
<td>20.4</td>
<td>24.7</td>
<td>23.1</td>
</tr>
<tr>
<td></td>
<td>QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)</td>
<td>10.0</td>
<td>14.9</td>
</tr>
<tr>
<td></td>
<td>QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
<td>15.6</td>
<td>29.7</td>
</tr>
</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

### Kentucky High School Survey

#### Trend Analysis Report

### Hispanic

#### Weight Management and Dietary Behaviors

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<th>Linear Change (^*)</th>
<th>Quadratic Change (^*)</th>
<th>Change from 2017-2019 (^†)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>33.8 19.6 24.1 21.1 17.6</td>
<td>No linear change</td>
<td>Not available (^§)</td>
<td>No change</td>
</tr>
<tr>
<td>QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29.3 14.2 16.8 15.3 13.7</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN76: Percentage of students who did not drink milk (during the 7 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20.6 20.1 23.9 28.4</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>29.1 26.4 27.6 23.9</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

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

\(^†\) Based on t-test analysis, \(p < 0.05\).

\(^§\) Not enough years of data to calculate.
### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**

**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Hispanic Weight Management and Dietary Behaviors</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Risk Behavior and Percentages</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QNMILK3: Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)</td>
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</tr>
<tr>
<td>QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15.5  14.6  18.0  17.9</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>35.4  33.5  31.1  29.4</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
†Based on t-test analysis, p < 0.05.
§Not enough years of data to calculate.
### 2019 Youth Risk Behavior Survey Results

#### Kentucky High School Survey

Trend Analysis Report

<table>
<thead>
<tr>
<th>Hispanic Physical Activity</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN78: 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)</td>
<td>33.3</td>
<td>33.8</td>
<td>38.7</td>
<td>31.3</td>
</tr>
<tr>
<td>QNPA0D: 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)</td>
<td>26.9</td>
<td>22.1</td>
<td>17.1</td>
<td>24.1</td>
</tr>
<tr>
<td>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)</td>
<td>20.6</td>
<td>19.7</td>
<td>27.7</td>
<td>15.8</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
</table>

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

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</tr>
</thead>
<tbody>
<tr>
<td>39.1</td>
<td>21.6</td>
<td>32.7</td>
<td>27.1</td>
<td>20.8</td>
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</tbody>
</table>

No linear change | Not available§ | No change

QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

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</thead>
<tbody>
<tr>
<td>29.7</td>
<td>43.6</td>
<td>45.1</td>
<td>41.9</td>
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No linear change | Not available | No change

QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

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</thead>
<tbody>
<tr>
<td>48.7</td>
<td>39.4</td>
<td>37.6</td>
<td>40.6</td>
<td>35.4</td>
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</tbody>
</table>

No linear change | Not available | No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
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</tr>
</thead>
<tbody>
<tr>
<td>QNDLYE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)</td>
<td>20.2</td>
<td>16.0</td>
<td>23.1</td>
<td>19.1</td>
<td>18.1</td>
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<tr>
<td></td>
<td>No linear change</td>
<td>No change</td>
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</tr>
<tr>
<td>QN82: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)</td>
<td>47.8</td>
<td>56.6</td>
<td>56.7</td>
<td>41.2</td>
<td>42.3</td>
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<td>Decreased, 2011-2019</td>
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</tr>
</tbody>
</table>

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§Not enough years of data to calculate.
### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
**Trend Analysis Report**  

<table>
<thead>
<tr>
<th>Hispanic</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change*</th>
<th>Quadratic Change*</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)</td>
<td>63.5 65.8 65.8 63.2</td>
<td>No linear change</td>
<td>Not available§</td>
</tr>
<tr>
<td>QNNODNT:Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)</td>
<td>4.5 6.4 3.8 4.3</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td>QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma</td>
<td>22.9 18.3 15.1 22.4</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td>QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)</td>
<td>21.3 17.6 22.3</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
### Kentucky High School Survey

**Trend Analysis Report**

#### Health Risk Behavior and Percentages

<table>
<thead>
<tr>
<th>Year</th>
<th>Hispanic</th>
<th>Other</th>
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<tbody>
<tr>
<td>1991</td>
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</tr>
<tr>
<td>1993</td>
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<tr>
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<td>2013</td>
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<tr>
<td>2015</td>
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<tr>
<td>2017</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2019</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)**

- 61.3
- 57.5
- 64.9
- 70.5

**Linear Change:** No linear change

**Quadratic Change:** Not available

**Change from 2017-2019:** No change

---

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.
### 2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

#### Kentucky High School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change&lt;sup&gt;*&lt;/sup&gt;</th>
<th>Quadratic Change&lt;sup&gt;*&lt;/sup&gt;</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>QNWATER1</strong>: 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)</td>
<td>55.7 66.0</td>
<td>No linear change</td>
<td>Not available&lt;sup.§&lt;/sup&gt;</td>
</tr>
<tr>
<td><strong>QNWATER2</strong>: 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)</td>
<td>51.8 58.6</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
<tr>
<td><strong>QNWATER3</strong>: 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)</td>
<td>40.5 46.0</td>
<td>No linear change</td>
<td>Not available</td>
</tr>
</tbody>
</table>

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

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

<sup>§</sup>Not enough years of data to calculate.
### 2019 Youth Risk Behavior Survey Results

**Kentucky High School Survey**  
**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change $^\text{a}$</th>
<th>Quadratic Change $^\text{a}$</th>
<th>Change from 2017-2019 $^\text{†}$</th>
</tr>
</thead>
</table>

| QN90: 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) | 26.4 22.6 17.9 | No linear change | Not available $^\text{§}$ | No change |
| QN91: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey) | 6.4 14.0 6.6 5.7 | No linear change | Not available | No change |
| QN93: Percentage of students who had oral sex | 49.2 41.7 35.8 41.4 | No linear change | Not available | No change |
| QN94: 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) | 16.6 9.6 | No linear change | Not available | No change |

$^\text{a}$Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

$^\text{†}$Based on t-test analysis, $p < 0.05$.

$^\text{§}$Not enough years of data to calculate.
## 2019 Youth Risk Behavior Survey Results

Kentucky High School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th>Hispanic Site-Added</th>
<th>Health Risk Behavior and Percentages</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
<th>Change from 2017-2019 †</th>
</tr>
</thead>
<tbody>
<tr>
<td>QN95: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)</td>
<td>72.5 62.9 68.2 69.5</td>
<td>No linear change</td>
<td>Not available §</td>
<td>No change</td>
</tr>
<tr>
<td>QN96: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)</td>
<td>19.5 22.1 17.6 20.9</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN99: Percentage of students who did not usually sleep in their parent’s or guardian’s home (during the 30 days before the survey)</td>
<td>11.2 7.7</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
<tr>
<td>QN100: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems</td>
<td>16.7 13.0 19.5</td>
<td>No linear change</td>
<td>Not available</td>
<td>No change</td>
</tr>
</tbody>
</table>

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
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§Not enough years of data to calculate.