

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Total
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
									85.7	86.0	81.6	80.4	71.3	80.4	Decreased, 2009-2019	No quadratic change	Increased
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
									86.3	89.1	83.2	85.7	75.1	82.6	Decreased, 2009-2019	No quadratic change	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																	
									10.3	9.8	5.4	7.5	3.2	6.1	Decreased, 2009-2019	No quadratic change	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Total
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019									
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)														25.6	22.5	19.8	17.8	13.9	16.7	Decreased, 2009-2019		No quadratic change	No change
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														37.2	31.6	36.8	37.6	34.2	35.3	No linear change		No quadratic change	No change
QN11: Percentage of students who were ever in a physical fight														55.2	50.3	46.9	46.7	37.2	44.4	Decreased, 2009-2019		Decreased, 2009-2015 No change, 2015-2019	Increased
QN12: Percentage of students who were ever bullied on school property														41.8	43.1	48.9	47.0	43.7	44.6	No linear change		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Total
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019										
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)														21.6	24.8	24.3	23.3	25.2	Increased, 2011-2019			Not available [§]	No change	
QN14: Percentage of students who ever seriously thought about killing themselves														17.4	19.1	15.0	18.4	18.2	22.4	Increased, 2009-2019			No change, 2009-2013 Increased, 2013-2019	Increased
QN15: Percentage of students who ever made a plan about how they would kill themselves														11.0	11.5	9.7	13.4	10.5	13.6	No linear change			No quadratic change	Increased
QN16: Percentage of students who ever tried to kill themselves														6.5	7.1	6.7	6.9	5.8	8.8	No linear change			No quadratic change	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 Middle School Survey Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)														Decreased, 2009-2019	No quadratic change	Increased	
								34.1	29.3	23.7	22.5	12.1	16.5				
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)														Increased, 2017-2019	Not available [§]	Increased	
										4.8	7.9						
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)														Decreased, 2009-2019	No quadratic change*	No change	
								9.8	9.0	6.4	6.6	2.7	4.3				
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)														Decreased, 2009-2019	No quadratic change	No change	
								2.7	2.4	1.8	1.2	0.7	0.6				

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
								1.8	1.6	1.4	0.7	0.5	0.6	Decreased, 2009-2019	No quadratic change	No change	
QN21: Percentage of students who ever used an electronic vapor product																	
											21.8	15.1	31.4	Increased, 2015-2019	Not available [§]	Increased	
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
											12.1	3.9	17.3	Increased, 2015-2019	Not available	Increased	
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
											1.4	0.3	2.0	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019								
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)														0.9	0.1	1.2	No linear change	Not available [§]	Increased			
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)														2.6	3.9	No linear change	Not available	No change				
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)														6.9	5.9	4.5	5.3	2.1	3.9	Decreased, 2009-2019	No quadratic change	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 Middle School Survey Trend Analysis Report

Total Alcohol and Other Drug Use															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN26: Percentage of students who ever drank alcohol (other than a few sips)															Decreased, 2009-2019	No quadratic change	Increased
									32.1	31.9	26.4	25.2	17.1	22.9			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															Decreased, 2009-2019	No quadratic change	Increased
									14.3	13.0	12.2	10.5	7.1	11.6			
QN28: Percentage of students who ever used marijuana															No linear change	No quadratic change	No change
									9.8	9.2	9.5	9.0	7.3	9.5			
QN29: Percentage of students who tried marijuana for the first time before age 11 years															No linear change	No quadratic change	No change
									3.4	2.8	2.9	2.8	2.2	2.6			

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019								
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																						
													4.3	9.1	Increased, 2017-2019	Not available [§]	Increased					
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																						
									3.6	3.8	2.8	2.7	2.2	1.9	Decreased, 2009-2019	No quadratic change	No change					
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																						
											10.7	8.3	7.1	5.9	7.3	Decreased, 2011-2019	Not available	No change				
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																						
															2.3	2.0	2.2	1.8	2.0	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

Total
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN34: Percentage of students who ever had sexual intercourse																	
									17.2	13.8	10.2	9.7	5.5	8.3	Decreased, 2009-2019	No quadratic change	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years																	
									4.9	3.3	2.5	2.9	1.6	2.3	Decreased, 2009-2019	No quadratic change	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons																	
									5.6	4.4	3.5	3.1	1.4	1.7	Decreased, 2009-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Total															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN38: Percentage of students who described themselves as slightly or very overweight																	
								28.1	28.1	28.0	30.3	27.0	31.5		No linear change	No quadratic change	Increased
QN39: Percentage of students who were trying to lose weight																	
								47.4	50.0	49.7	47.8	46.7	49.4		No linear change	No quadratic change	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																	
								13.4	11.4	10.7	10.5	9.7	12.5		No linear change	Decreased, 2009-2015 No change, 2015-2019	Increased
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																	
								39.2	40.1	43.9	46.0	46.6	40.9		No linear change	Increased, 2009-2015 Decreased, 2015-2019	Decreased

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

†Based on t-test analysis, p < 0.05.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Total Physical Activity	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
									54.5	52.3	54.8	47.9	52.7	43.8	Decreased, 2009-2019	No quadratic change	Decreased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
									10.3	12.2	12.0	12.6	12.4	14.6	Increased, 2009-2019	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																	
									34.4	31.8	31.6	28.7	28.2	22.9	Decreased, 2009-2019	No quadratic change	Decreased

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
									38.1	36.6	34.4	33.7	24.4	26.5	Decreased, 2009-2019	No quadratic change	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
									31.3	34.9	41.4	48.4	45.4	51.2	Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	Increased
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
									44.6	45.5	47.5	50.5	36.8	38.9	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019									
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)														34.7	30.8	25.6	25.3	19.5	28.2	Decreased, 2009-2019		No quadratic change	Increased
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)														59.9	58.7	62.3	59.1	63.3	55.3	No linear change		No quadratic change	Decreased
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																		13.9	18.4	Increased, 2017-2019		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 Middle School Survey
Trend Analysis Report

Total Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
								22.8	22.3	20.3	20.6	18.7	20.5	Decreased, 2009-2019		No quadratic change	No change	
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
											49.0	53.6	44.1	Decreased, 2015-2019		Not available [§]	Decreased	
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
										74.5	78.7	74.8	84.3	78.3	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019						
QN50: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)														16.9	16.0	20.0	Increased, 2015-2019	Not available [§]	Increased	
QN51: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)														2.0	1.0	2.2	No linear change	Not available	Increased	
QN53: Percentage of students who had oral sex														10.2	10.9	10.2	10.1	No linear change	Not available	No change
QN54: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)														9.8	6.7	Decreased, 2017-2019		Not available	Decreased	

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN58: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)																	
									74.3	72.9	73.1	73.8	73.3	68.4	Decreased, 2009-2019	No quadratic change	Decreased
QN59: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)																	
									24.5	22.0	22.2	22.0	17.9	18.8	Decreased, 2009-2019	No quadratic change	No change
QN60: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																	
												2.8	2.3		No linear change	Not available [§]	No change
QN61: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems																	
											12.4	12.5	10.5	12.5	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 Middle School Survey Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]													
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019																
QN62: Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be															74.1	72.8	76.8	71.1	No linear change			Not available [§]			Decreased					
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																						64.5	60.7	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)																						57.3	53.3	No linear change			Not available			No change

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2017-2019 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)

44.3 39.5 Decreased, 2017-2019 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 Middle School Survey
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
									86.7	87.6	83.5	81.5	73.9	81.4	Decreased, 2009-2019	No quadratic change	Increased
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
									89.9	88.9	84.6	83.5	77.4	80.2	Decreased, 2009-2019	No quadratic change	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																	
									11.8	10.8	6.0	9.1	3.2	6.5	Decreased, 2009-2019	No quadratic change	Increased
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																	
									26.1	23.1	18.0	17.5	12.1	16.7	Decreased, 2009-2019	Decreased, 2009-2015 No change, 2015-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)									56.5	49.4	52.2	51.1	45.4	47.1		Decreased, 2009-2019	No quadratic change	No change
QN11: Percentage of students who were ever in a physical fight									70.4	64.0	61.1	59.6	45.8	57.6		Decreased, 2009-2019	Decreased, 2009-2015 No change, 2015-2019	Increased
QN12: Percentage of students who were ever bullied on school property									38.9	38.8	41.0	39.9	37.7	35.3		No linear change	No quadratic change	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)											12.1	15.4	13.9	14.2	17.5	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Male
Injury and Violence

	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN14: Percentage of students who ever seriously thought about killing themselves									14.4	13.7	10.6	11.3	11.7	15.0	No linear change	Decreased, 2009-2013 No change, 2013-2019	No change	
QN15: Percentage of students who ever made a plan about how they would kill themselves									9.7	8.5	8.5	8.9	6.4	9.4	No linear change	No quadratic change	Increased	
QN16: Percentage of students who ever tried to kill themselves									5.9	4.9	5.4	3.4	3.9	5.9	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)														Decreased, 2009-2019	No quadratic change	Increased	
								35.8	28.9	24.0	21.8	11.0	15.8				
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)														Increased, 2017-2019	Not available [§]	Increased	
												4.7	8.3				
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)														Decreased, 2009-2019	No quadratic change*	No change	
								11.0	8.4	6.3	6.0	2.1	4.2				
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)														Decreased, 2009-2019	No quadratic change	No change	
								3.3	2.4	1.6	1.1	0.7	1.2				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
								2.5	1.8	1.3	0.6	0.5	1.0		Decreased, 2009-2019	No quadratic change	No change
QN21: Percentage of students who ever used an electronic vapor product																	
											22.6	14.6	29.8		Increased, 2015-2019	Not available [§]	Increased
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
											13.1	4.3	15.0		No linear change	Not available	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
											1.4	0.4	2.5		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 Middle School Survey Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages			Linear Change*	Quadratic Change*	Change from 2017-2019 †																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019									
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)															0.9	0.2	1.5	No linear change	Not available [§]	Increased			
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)															2.8	5.1	No linear change	Not available	No change				
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)															8.1	7.1	5.3	6.6	2.3	4.6	Decreased, 2009-2019	No quadratic change	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 Middle School Survey Trend Analysis Report

Male Alcohol and Other Drug Use															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN26: Percentage of students who ever drank alcohol (other than a few sips)																	
									35.9	33.9	26.7	26.8	16.2	21.2	Decreased, 2009-2019	No quadratic change	No change
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)																	
									16.3	16.5	12.2	12.1	7.2	13.0	Decreased, 2009-2019	No quadratic change	Increased
QN28: Percentage of students who ever used marijuana																	
									11.0	10.6	10.6	9.7	6.6	9.0	Decreased, 2009-2019	No quadratic change	No change
QN29: Percentage of students who tried marijuana for the first time before age 11 years																	
									3.9	4.1	3.6	3.6	2.2	2.6	Decreased, 2009-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
													3.6	6.7	Increased, 2017-2019	Not available [§]	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
								4.2	3.1	2.4	2.9	2.8	1.1		Decreased, 2009-2019	No quadratic change	Decreased
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
										9.9	8.6	6.1	5.4	6.4	Decreased, 2011-2019	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
										2.7	2.8	2.1	1.8	1.8	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.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Male
Sexual Behaviors

	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN34: Percentage of students who ever had sexual intercourse									21.4	17.1	12.6	12.1	6.3	8.9	Decreased, 2009-2019	No quadratic change	No change	
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years									6.7	4.7	3.0	3.7	2.1	3.0	Decreased, 2009-2019	No quadratic change	No change	
QN36: Percentage of students who ever had sexual intercourse with three or more persons									6.9	5.6	4.0	4.3	1.6	2.0	Decreased, 2009-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Male Weight Management and Dietary Behaviors															Linear Change*	Quadratic Change*	Change from 2017-2019 †	
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QN38: Percentage of students who described themselves as slightly or very overweight															No linear change	No quadratic change	No change	
								27.5	26.8	27.9	26.8	26.8	30.5					
QN39: Percentage of students who were trying to lose weight															No linear change	No quadratic change	No change	
								40.1	41.2	41.7	38.4	40.9	41.0					
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)															No linear change	Decreased, 2009-2013 No change, 2013-2019	No change	
								12.0	8.5	7.1	7.8	7.1	10.9					
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															No linear change	Increased, 2009-2015 Decreased, 2015-2019	No change	
								46.6	47.3	52.9	53.8	51.7	46.9					

*Based on trend 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 Middle School Survey Trend Analysis Report

**Male
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Decreased, 2009-2019	No quadratic change	Decreased	
59.1	58.6	60.0	54.4	56.0	48.5												
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Increased, 2009-2019	No quadratic change	No change	
10.1	9.8	12.4	11.5	12.5	14.6												
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Decreased, 2009-2019	No quadratic change	No change	
40.9	39.2	37.7	36.3	32.9	27.6												

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

†Based on t-test analysis, p < 0.05.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Physical Activity**

Health Risk Behavior and Percentages			Linear Change*	Quadratic Change*	Change from 2017-2019 †												
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
									40.0	36.6	33.9	34.7	24.0	23.8	Decreased, 2009-2019	No quadratic change	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
									38.2	40.2	42.1	46.8	46.2	55.9	Increased, 2009-2019	No quadratic change	Increased
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
									46.1	48.8	51.1	53.1	39.8	41.9	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Male
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	
									35.4	33.4	28.4	27.8	23.0	30.5	Decreased, 2009-2019	No quadratic change	Increased
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																	
									62.0	58.9	62.7	61.6	64.5	55.3	No linear change	No quadratic change	Decreased
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																	
												15.7	19.3		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 Middle School Survey
Trend Analysis Report

Male Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
								24.8	22.0	20.9	20.8	20.0	22.1			No linear change	Decreased, 2009-2013 No change, 2013-2019	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												50.0	53.9	44.6		Decreased, 2015-2019	Not available [§]	Decreased
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
										69.7	73.9	72.9	82.2	72.7		Increased, 2011-2019	Not available	Decreased

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019†	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QN50: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																		
												9.8	10.9	13.8	Increased, 2015-2019	Not available§	No change	
QN51: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)																		
												2.2	1.0	2.5	No linear change	Not available	Increased	
QN53: Percentage of students who had oral sex																		
												12.4	11.5	10.6	9.4	Decreased, 2013-2019	Not available	No change
QN54: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													11.1	7.9	Decreased, 2017-2019	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 Middle School Survey Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages							Linear Change*	Quadratic Change*	Change from 2017-2019 [†]																			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019														
QN58: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)															67.5	69.0	67.0	67.2	67.8	60.8	Decreased, 2009-2019		No quadratic change	Decreased				
QN59: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)															21.6	20.2	19.4	21.5	16.6	17.0	Decreased, 2009-2019		No quadratic change	No change				
QN60: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																			2.9	2.9	No linear change		Not available [§]	No change				
QN61: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems																					11.3	10.3	9.3	9.6	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 Middle School Survey Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019										
QN62: Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be														67.8	68.0	71.7	66.4					No linear change	Not available [§]	No change
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		61.6	60.2			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)																		54.5	52.4			No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																	
												42.4	39.2	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 Middle School Survey Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)														Decreased, 2009-2019	No quadratic change	Increased	
84.3	84.7		79.5	79.0	68.6	79.5											
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)														No linear change	No quadratic change	No change	
82.4	89.1		82.1	88.0	73.1	84.6											
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														Decreased, 2009-2019	No quadratic change	No change	
8.6	8.9		4.8	5.6	3.2	5.7											
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)														Decreased, 2009-2019	No quadratic change	No change	
25.0	22.0		21.7	18.2	15.8	16.6											

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

†Based on t-test analysis, p < 0.05.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Female Injury and Violence

	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)										16.3	13.4	20.6	23.4	22.5	22.9	Increased, 2009-2019	No quadratic change	No change
QN11: Percentage of students who were ever in a physical fight										38.8	36.3	31.8	32.8	27.9	30.2	Decreased, 2009-2019	No quadratic change	No change
QN12: Percentage of students who were ever bullied on school property										44.9	47.2	57.2	54.6	49.8	54.3	Increased, 2009-2019	Increased, 2009-2013 No change, 2013-2019	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)											31.3	34.8	35.4	32.9	33.5	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 Middle School Survey
Trend Analysis Report

Female
Injury and Violence

	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017			
QN14: Percentage of students who ever seriously thought about killing themselves									20.6	24.4	19.6	26.0	24.7	30.4	Increased, 2009-2019	No quadratic change	Increased
QN15: Percentage of students who ever made a plan about how they would kill themselves									12.3	14.4	11.1	18.3	14.9	18.1	Increased, 2009-2019	No quadratic change	No change
QN16: Percentage of students who ever tried to kill themselves									7.2	9.3	8.1	10.7	7.6	11.9	No linear change	No quadratic change	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)									32.2	29.5	23.3	23.3	13.1	17.1		Decreased, 2009-2019	No quadratic change	No change
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)													5.0	7.4		No linear change	Not available [§]	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)									8.4	9.7	6.2	7.2	3.3	4.4		Decreased, 2009-2019	No quadratic change*	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)									2.1	2.3	1.9	1.2	0.7	0.1		Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	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 Middle School Survey
Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
								1.1	1.5	1.4	0.7	0.5	0.1		Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	No change
QN21: Percentage of students who ever used an electronic vapor product																	
											20.9	15.8	33.1		Increased, 2015-2019	Not available [§]	Increased
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
											11.0	3.5	19.6		Increased, 2015-2019	Not available	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
											1.4	0.2	1.4		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 Middle School Survey
Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												0.9	0.0	0.9	Not available	Not available [§]	Not available
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
													2.3	2.5	No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
								5.4	4.5	3.5	4.0	1.9	3.1	Decreased, 2009-2019	No quadratic change	No change	

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Female															Linear Change*	Quadratic Change*	Change from 2017-2019[†]
Alcohol and Other Drug Use																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN26: Percentage of students who ever drank alcohol (other than a few sips)															Decreased, 2009-2019	No quadratic change	Increased
									28.0	29.9	26.0	23.6	18.0	24.7			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															No linear change	No quadratic change	No change
									12.3	9.5	12.1	9.0	6.9	10.1			
QN28: Percentage of students who ever used marijuana															No linear change	No quadratic change	No change
									8.5	7.6	8.2	8.2	8.2	10.1			
QN29: Percentage of students who tried marijuana for the first time before age 11 years															No linear change	No quadratic change	No change
									2.7	1.5	2.1	1.8	2.2	2.5			

*Based on trend 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 Middle School Survey
Trend Analysis Report

Female Alcohol and Other Drug Use															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
													4.9	11.5	Increased, 2017-2019	Not available [§]	Increased
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
								2.9	4.3	3.1	2.4	1.7	2.9		No linear change	No quadratic change	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
										11.6	7.9	8.2	6.5	8.2	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
										1.6	1.2	2.4	1.7	2.1	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Female
Sexual Behaviors**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019									
QN34: Percentage of students who ever had sexual intercourse														12.8	10.6	7.6	7.3	4.8	7.5	Decreased, 2009-2019		No quadratic change	No change
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years														3.2	2.0	2.0	2.1	1.1	1.5	Decreased, 2009-2019		No quadratic change	No change
QN36: Percentage of students who ever had sexual intercourse with three or more persons														4.1	3.2	2.7	1.9	1.1	1.4	Decreased, 2009-2019		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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Female															Linear Change*	Quadratic Change*	Change from 2017-2019 †
Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN38: Percentage of students who described themselves as slightly or very overweight																	
								28.8	29.4	28.2	33.9	27.4	32.6		No linear change	No quadratic change	Increased
QN39: Percentage of students who were trying to lose weight																	
								55.4	58.8	58.2	57.6	52.6	58.2		No linear change	No quadratic change	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																	
								15.0	14.1	14.5	13.2	12.5	14.1		No linear change	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																	
								31.3	32.8	34.4	38.0	41.1	34.7		Increased, 2009-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Decreased, 2009-2019	No quadratic change	Decreased	
49.2	46.2	49.5	41.1	49.3	38.9												
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	No quadratic change	No change	
10.7	14.5	11.7	13.9	12.3	14.4												
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Decreased, 2009-2019	No quadratic change	Decreased	
27.3	24.6	25.2	20.9	23.2	17.9												

*Based on trend 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 Middle School Survey Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
									36.2	36.6	34.8	32.6	24.9	29.4	Decreased, 2009-2019	No quadratic change	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
									23.8	29.6	40.6	49.9	44.8	46.2	Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	No change
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
									42.9	42.1	43.7	47.5	33.7	35.7	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	
									33.8	28.4	22.7	22.4	15.9	25.9	Decreased, 2009-2019	Decreased, 2009-2015 No change, 2015-2019	Increased
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																	
									57.6	58.4	61.9	56.5	62.0	55.4	No linear change	No quadratic change	No change
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																	
												12.2	17.3	Increased, 2017-2019	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 Middle School Survey
Trend Analysis Report

Female Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																		
								20.6	22.2	19.6	20.5	17.3	18.9			No linear change	No quadratic change	No change	
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												48.1	53.2	43.6		No linear change	Not available [§]	Decreased	
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																		
												79.6	83.8	76.9	86.5	84.3	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019						
QN50: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)														24.4	21.1	26.7	No linear change	Not available [§]	Increased	
QN51: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)														1.6	1.0	2.0	No linear change	Not available	No change	
QN53: Percentage of students who had oral sex														7.7	10.3	9.9	10.7	No linear change	Not available	No change
QN54: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)														8.6	5.4	Decreased, 2017-2019		Not available	Decreased	

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages							Linear Change*	Quadratic Change*	Change from 2017-2019 [†]															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019										
QN58: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)															81.6	77.0	79.8	80.8	79.2	76.7	No linear change	No quadratic change	No change	
QN59: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)															27.7	23.8	25.3	22.6	19.3	20.8	Decreased, 2009-2019	No quadratic change	No change	
QN60: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)															2.7	1.6				No linear change	Not available [§]	No change		
QN61: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems															13.5	14.9	11.9	15.5				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 Middle School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN62: Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be																	
											80.9	77.8	82.1	76.2	No linear change	Not available [§]	Decreased
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																	
													67.3	61.1	No linear change	Not available	Decreased
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																	
												60.0	54.3	Decreased, 2017-2019	Not available	Decreased	

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																	
												46.4	39.7	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 Middle School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN6: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle)																	
									85.1	85.5	80.9	80.3	69.5	79.3	Decreased, 2009-2019	No quadratic change	Increased
QN7: Percentage of students who rarely or never wore a helmet when rollerblading or skateboarding (among students who used rollerblades or rode a skateboard)																	
									87.1	89.1	82.3	86.7	73.4	82.8	Decreased, 2009-2019	No quadratic change	No change
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																	
									10.3	9.2	4.7	7.1	2.8	5.0	Decreased, 2009-2019	No quadratic change	Increased
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																	
									25.0	22.8	18.7	17.2	14.3	16.2	Decreased, 2009-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)																	
									38.9	32.4	38.6	39.8	36.6	36.6	No linear change	No quadratic change	No change
QN11: Percentage of students who were ever in a physical fight																	
									53.5	47.8	43.8	42.1	33.1	40.0	Decreased, 2009-2019	Decreased, 2009-2015 No change, 2015-2019	Increased
QN12: Percentage of students who were ever bullied on school property																	
									43.2	44.2	49.6	48.5	43.4	46.1	No linear change	No quadratic change	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)																	
										22.4	25.3	27.2	23.3	26.1	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN14: Percentage of students who ever seriously thought about killing themselves														Increased, 2009-2019	No change, 2009-2013 Increased, 2013-2019	Increased	
									16.8	18.5	13.4	17.6	17.9	22.0			
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	No quadratic change	No change	
									10.8	11.2	9.3	12.9	10.5	13.2			
QN16: Percentage of students who ever tried to kill themselves														No linear change	No quadratic change	Increased	
									5.7	6.6	6.0	6.3	5.4	8.5			

*Non-Hispanic.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*
Tobacco Use

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

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
								1.8	1.7	1.2	0.7	0.7	0.7		Decreased, 2009-2019	No quadratic change	No change
QN21: Percentage of students who ever used an electronic vapor product																	
											20.9	15.1	32.5		Increased, 2015-2019	Not available [¶]	Increased
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
											11.6	3.9	17.5		Increased, 2015-2019	Not available	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
											1.5	0.4	1.6		No linear change	Not available	Increased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												1.0	0.2	0.9	No linear change	Not available [¶]	No change
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
													2.7	3.8	No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
								6.4	5.4	3.7	4.6	1.9	3.3	Decreased, 2009-2019	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 Middle School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN26: Percentage of students who ever drank alcohol (other than a few sips)														Decreased, 2009-2019	No quadratic change	No change	
									31.4	32.1	24.7	25.4	17.3	21.7			
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														Decreased, 2009-2019	No quadratic change	Increased	
									13.3	12.7	11.4	9.9	7.0	11.0			
QN28: Percentage of students who ever used marijuana														No linear change	No quadratic change	No change	
									9.2	8.1	7.8	8.4	6.9	8.1			
QN29: Percentage of students who tried marijuana for the first time before age 11 years														No linear change	No quadratic change	No change	
									3.1	2.3	2.4	2.4	1.9	2.3			

*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 Middle School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [‡]	Change from 2017-2019 [§]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019										
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)														4.1	8.4	Increased, 2017-2019	Not available [¶]	Increased						
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)														3.8	3.2	2.5	2.5	2.1	1.9			Decreased, 2009-2019	No quadratic change	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)														10.9	7.8	6.9	5.7	7.2			Decreased, 2011-2019	Not available	No change	
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)														1.8	1.9	1.7	1.4	1.8			No linear change	Not available	No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN34: Percentage of students who ever had sexual intercourse														Decreased, 2009-2019	No quadratic change	No change	
								16.2	13.0	8.9	8.7	5.1	6.6				
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years														Decreased, 2009-2019	No quadratic change	No change	
								3.9	2.6	2.1	2.3	1.6	1.2				
QN36: Percentage of students who ever had sexual intercourse with three or more persons														Decreased, 2009-2019	No quadratic change	No change	
								4.6	3.9	2.5	2.5	1.3	1.7				

*Non-Hispanic.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN38: Percentage of students who described themselves as slightly or very overweight														No linear change	No quadratic change	Increased	
									28.3	29.1	28.9	30.4	27.6	32.5			
QN39: Percentage of students who were trying to lose weight														No linear change	No quadratic change	No change	
									47.8	50.9	49.8	47.1	45.9	49.4			
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)														No linear change	No change, 2009-2013 No change, 2013-2019	Increased	
									12.7	10.9	9.9	10.9	8.4	12.5			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)														Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	No change	
									39.1	40.1	43.8	44.1	46.2	41.4			

*Non-Hispanic.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019										
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														55.3	53.0	55.1	47.5	54.4	44.2	Decreased, 2009-2019			No quadratic change	Decreased
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														8.6	11.2	10.8	12.1	10.7	13.5	Increased, 2009-2019			No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														34.2	32.0	31.5	27.4	28.3	22.8	Decreased, 2009-2019			No quadratic change	Decreased

*Non-Hispanic.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
									36.1	34.7	31.4	30.2	21.6	25.2	Decreased, 2009-2019	No quadratic change	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
									30.0	34.8	40.2	48.5	44.6	50.6	Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	Increased
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
									44.8	45.9	47.5	50.8	36.4	40.3	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)																	
									35.2	31.8	25.6	24.3	18.5	29.3	Decreased, 2009-2019	No quadratic change	Increased
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																	
									59.5	59.0	62.6	59.1	64.3	54.9	No linear change	No change, 2009-2013 No change, 2013-2019	Decreased
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)																	
												12.1	17.9	Increased, 2017-2019	Not available [¶]	Increased	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White* Other	Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
									23.1	21.7	18.9	19.7	17.7	19.3		Decreased, 2009-2019	No quadratic change	No change
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
												49.6	53.7	45.8		No linear change	Not available [¶]	Decreased
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
										76.3	80.9	75.9	86.1	79.3		No linear change	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QN50: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)																		
												17.2	16.3	19.6	Increased, 2015-2019	Not available [¶]	No change	
QN51: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)																		
												1.9	1.0	2.4	No linear change	Not available	Increased	
QN53: Percentage of students who had oral sex																		
												9.0	10.3	9.8	8.6	No linear change	Not available	No change
QN54: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																		
													8.2	6.1	No linear change	Not available	No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN58: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)																	
									73.9	71.5	72.5	72.8	71.8	67.8	Decreased, 2009-2019	No quadratic change	No change
QN59: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)																	
									23.1	20.7	21.3	20.1	17.3	18.3	Decreased, 2009-2019	No quadratic change	No change
QN60: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																	
												2.5	1.9		No linear change	Not available [¶]	No change
QN61: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems																	
											11.6	13.2	9.0	11.2	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2017-2019[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)

45.7 38.8 Decreased, 2017-2019 Not available[¶] Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														No linear change	No quadratic change	Increased	
							7.6	15.2	10.7	7.1	4.6	13.5					
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)														Decreased, 2009-2019	No quadratic change	No change	
							34.1	21.2	22.3	19.4	12.1	21.9					
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														No linear change	No quadratic change	Increased	
							25.8	25.2	23.8	24.8	17.5	32.2					
QN11: Percentage of students who were ever in a physical fight														No linear change	No quadratic change	No change	
							73.1	64.7	67.1	72.9	60.8	67.4					

*Non-Hispanic.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN12: Percentage of students who were ever bullied on school property														No linear change	No quadratic change	No change	
								31.5	34.6	38.1	32.7	42.3	31.3				
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)														No linear change	Not available [¶]	No change	
								15.6	18.3	11.6	20.4	21.8					
QN14: Percentage of students who ever seriously thought about killing themselves														No linear change	No quadratic change	No change	
								19.1	21.2	15.5	21.8	17.1	21.8				
QN15: Percentage of students who ever made a plan about how they would kill themselves														No linear change	No quadratic change	No change	
								10.3	9.7	6.7	17.7	9.6	13.8				

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages

Linear Change[†] Quadratic Change[†] Change from 2017-2019[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN16: Percentage of students who ever tried to kill themselves															No linear change	No quadratic change	No change
								11.4	8.7	6.9	9.5	5.7	8.3				

*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 Middle School Survey
Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN17: Percentage of students who ever tried cigarette smoking (even one or two puffs)														Decreased, 2009-2019	No quadratic change	No change	
								36.7	23.3	28.8	28.7	9.4	14.5				
QN18: Percentage of students who tried cigarette smoking for the first time before age 11 years (even one or two puffs)														No linear change	Not available [¶]	Increased	
										2.9	7.5						
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)														No linear change	No quadratic change	No change	
								5.3	4.6	5.3	6.7	1.8	3.0				
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)														Not available	Not available	Not available	
								1.7	0.9	0.9	2.7	0.0	0.0				

*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 Middle School Survey
Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
								1.7	0.9	0.5	0.0	0.0	0.0		Not available	Not available [¶]	Not available
QN21: Percentage of students who ever used an electronic vapor product																	
											29.0	13.2	24.5		No linear change	Not available	No change
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)																	
											14.3	2.6	12.0		No linear change	Not available	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)																	
											0.0	0.0	2.5		Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019								
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)														0.0	0.0	1.7	Not available	Not available [¶]	Not available			
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)														0.7	1.8	No linear change	Not available	No change				
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)														8.7	8.7	9.5	8.5	3.7	6.9	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 Middle School Survey Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN26: Percentage of students who ever drank alcohol (other than a few sips)														Decreased, 2009-2019	No quadratic change	Increased	
								39.7	27.7	34.1	27.6	14.8	30.9				
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)														Decreased, 2009-2019	No quadratic change	No change	
								21.6	11.5	16.6	13.9	5.3	12.4				
QN28: Percentage of students who ever used marijuana														No linear change	No quadratic change	No change	
								14.4	13.4	18.0	11.1	9.6	15.0				
QN29: Percentage of students who tried marijuana for the first time before age 11 years														No linear change	No quadratic change	No change	
								5.6	3.8	6.0	4.0	1.8	3.1				

*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, $p < 0.05$.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)																	
										4.6	14.3				No linear change	Not available [¶]	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)																	
						1.0	5.5	3.6	1.9	3.6	1.6				No linear change	No quadratic change	No change
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
										11.3	10.4	6.7	6.8	7.2	No linear change	Not available	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
										3.6	2.4	4.8	4.0	1.5	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*
Sexual Behaviors

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN34: Percentage of students who ever had sexual intercourse														Decreased, 2009-2019	No quadratic change	No change	
								27.7	21.0	16.9	16.3	9.2	18.1				
QN35: Percentage of students who had sexual intercourse for the first time before age 11 years														No linear change	No quadratic change	No change	
								11.6	7.9	3.4	6.8	1.7	6.8				
QN36: Percentage of students who ever had sexual intercourse with three or more persons														Decreased, 2009-2019	No quadratic change	No change	
								12.2	8.1	8.1	8.1	1.8	0.9				

*Non-Hispanic.

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

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

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN38: Percentage of students who described themselves as slightly or very overweight																	
									24.2	25.4	19.0	27.3	21.2	24.5	No linear change	No quadratic change	No change
QN39: Percentage of students who were trying to lose weight																	
									43.1	40.1	47.5	51.6	45.0	42.3	No linear change	No quadratic change	No change
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																	
									19.0	12.4	14.3	6.0	16.8	11.0	No linear change	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																	
									37.4	35.6	43.1	52.5	44.7	33.5	No linear change	Increased, 2009-2015 Decreased, 2015-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Physical Activity**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Decreased, 2009-2019	No quadratic change	No change			
53.7	45.0	56.6	47.4	48.0	39.0														
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														No linear change	No quadratic change	No change			
18.1	18.2	16.6	15.7	18.2	20.4														
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)														Decreased, 2009-2019	No quadratic change	No change			
36.6	29.4	37.5	34.6	28.6	20.0														

*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 Middle School Survey Trend Analysis Report

**Black*
Physical Activity**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
									53.9	52.3	52.1	59.6	45.2	36.1	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
									39.7	36.8	49.5	55.1	45.4	57.8	Increased, 2009-2019	No quadratic change	Increased
QN44: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)																	
									49.0	47.2	46.5	49.7	42.0	35.6	Decreased, 2009-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*
Physical Activity

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)														No linear change	No quadratic change	No change	
								34.3	30.8	25.6	34.0	25.9	26.6				
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)														No linear change	No quadratic change	No change	
								64.2	60.4	63.7	62.5	66.4	68.5				
QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)														No linear change	Not available [¶]	No change	
												24.2	13.8				

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages															Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
	QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																		
								27.6	27.3	26.3	30.1	27.9	24.9			No linear change	No quadratic change	No change	
	QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																		
												43.5	54.0	28.4		Decreased, 2015-2019	Not available [¶]	Decreased	
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																		
												66.0	71.7	70.6	76.4	76.6	Increased, 2011-2019	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN50: 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)														No linear change	Not available [¶]	No change	
												13.0	12.0	17.1			
QN51: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)														Not available	Not available	Not available	
												1.6	0.0	1.1			
QN53: Percentage of students who had oral sex														No linear change	Not available	No change	
												14.7	16.3	10.3	19.4		
QN54: 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)														Decreased, 2017-2019	Not available	Decreased	
												18.8	7.0				

*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 Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN58: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)																	
									79.7	81.0	82.2	81.1	84.0	69.3	No linear change	No change, 2009-2015 Decreased, 2015-2019	Decreased
QN59: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)																	
									30.2	25.2	28.8	31.4	24.5	17.5	No linear change	No quadratic change	No change
QN60: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																	
												5.0	2.5		No linear change	Not available [¶]	No change
QN61: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems																	
											15.6	7.6	15.3	16.0	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages														Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN62: Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be														Increased, 2013-2019	Not available [¶]	No change	
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)														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)														No linear change	Not available	No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages

Linear Change[†]

Quadratic Change[†]

Change from
2017-2019[§]

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)

41.1 41.0 No linear change Not available[¶] No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)														No linear change	No quadratic change	No change	
								15.4	9.7	8.5	9.9	5.6	10.5				
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)														Decreased, 2009-2019	No quadratic change	No change	
								24.5	27.1	30.6	22.3	13.2	16.8				
QN10: Percentage of students who ever carried a weapon (such as a gun, knife, or club)														No linear change	Not available [§]	No change	
								26.9	38.0	38.5	26.2	30.0					
QN11: Percentage of students who were ever in a physical fight														No linear change	Not available	No change	
								51.8	60.3	52.9	42.4	54.1					

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN12: Percentage of students who were ever bullied on school property															No linear change	Not available [§]	No change
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)															Increased, 2011-2019	Not available	No change
QN14: Percentage of students who ever seriously thought about killing themselves															No linear change	No quadratic change	No change
QN15: Percentage of students who ever made a plan about how they would kill themselves															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 Middle School Survey
Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN16: Percentage of students who ever tried to kill themselves															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 Middle School Survey
Trend Analysis Report

Hispanic
Tobacco Use

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

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														Not available	Not available [§]	Not available	
								3.3		3.3		2.0	0.0	0.7			
QN21: Percentage of students who ever used an electronic vapor product														No linear change	Not available	Increased	
											28.6	18.9	35.2				
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)														No linear change	Not available	Increased	
											17.4	4.0	24.7				
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)														Not available	Not available	Not available	
											1.6	0.0	5.9				

*Based on trend analyses using a logistic regression model controlling 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 Middle School Survey
Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												0.7	0.0	5.3	Not available	Not available [§]	Not available
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)																	
													4.3	6.6	No linear change	Not available	No change
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)																	
								8.2	8.5	9.5	3.9	5.5			No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN28: Percentage of students who ever used marijuana															No linear change	Not available [§]	Increased
QN29: Percentage of students who tried marijuana for the first time before age 11 years															No linear change	Not available	No change
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)															No linear change	Not available	No change
QN31: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase)															No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey

Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN32: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high)																	
										15.4	13.6	12.7	7.5	10.0	No linear change	Not available [§]	No change
QN33: Percentage of students who ever took steroids without a doctor's prescription (pills or shots)																	
										5.5	4.9	4.8	4.1	5.0	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN38: Percentage of students who described themselves as slightly or very overweight														No linear change	No quadratic change	No change	
								23.0	26.1	34.1	29.3	36.3	33.2				
QN39: Percentage of students who were trying to lose weight														No linear change	No quadratic change	No change	
								43.6	53.5	60.2	49.9	61.8	57.7				
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)														No linear change	Not available [§]	No change	
								18.7	15.9	14.0	16.8	14.2					
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)														No linear change	Not available	No change	
								41.0	37.7	54.2	52.6	38.5					

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															No linear change	Not available [§]	No change
								49.3	41.9	53.7	46.9	49.3					
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															No linear change	Not available	No change
								15.3	18.0	14.5	18.2	11.7					
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)															No linear change	Not available	No change
								30.5	25.0	36.9	24.0	31.7					

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019†
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
										46.9	45.3	28.7	27.5	23.4	Decreased, 2011-2019	Not available§	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
										33.8	42.8	41.3	51.8	48.9	Increased, 2011-2019	Not available	No change
QN45: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the past 12 months before the survey)																	
										52.3	58.2	54.4	55.1	42.8	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.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2017-2019 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN46: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

17.0 24.8 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.

†Based on t-test analysis, p < 0.05.

‡Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey
Trend Analysis Report

Hispanic
Other

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN47: Percentage of students who had ever been told by a doctor or nurse that they had asthma																	
								22.3	18.8	28.5	21.6	16.5	26.3		No linear change	No quadratic change	No change
QN48: Percentage of students who got 8 or more hours of sleep (on an average school night)																	
											53.6	53.8	42.5		No linear change	Not available [§]	No change
QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
								69.2	65.6	63.0	80.5	75.3			No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019								
QN50: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)															19.7	19.0	29.3	No linear change	Not available [§]	No change		
QN51: Percentage of students who smoked cigarettes on school property (on at least 1 day during the 30 days before the survey)															4.2	2.5	2.2	No linear change	Not available	No change		
QN54: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)															17.0	11.0		No linear change	Not available	No change		
QN58: Percentage of students who brushed their teeth on all 7 days (during the 7 days before the survey)															78.7	69.6	70.0	75.5	72.8	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

Kentucky Middle School Survey Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN59: Percentage of students who flossed their teeth on all 7 days (during the 7 days before the survey)																	
										28.8	22.1	25.4	16.6	25.8	No linear change	Not available [§]	No change
QN60: Percentage of students who did not usually sleep in their parent's or guardian's home (during the 30 days before the survey)																	
												2.6	4.7	No linear change	Not available	No change	
QN61: Percentage of students who do not have an adult in their life that they trust and can talk to about serious problems																	
										14.7	18.2	19.5	15.5	No linear change	Not available	No change	
QN62: Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be																	
										70.6	74.5	67.9	70.6	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 Middle School Survey
Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																	
												59.0	62.1		No linear change	Not available [§]	No change
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)																	
												53.6	56.5		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)																	
												41.5	45.7		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.