Iowa High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

Health Risk Behavior and Percentages

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	4.4			6.8	6.3	No linear change	Not available[§]	No change

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	23.8			20.8	15.2	Decreased, 2011-2019	Not available	Decreased

QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				6.5	4.9	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
				55.2	48.7	No linear change	Not available[§]	Decreased
QN12: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
	15.8			18.1	16.4	No linear change	Not available	No change
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
	4.5			4.2	3.8	No linear change	Not available	No change
QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)								
				4.6	4.6	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)

| | 4.0 | | | 6.9 | 6.7 | Increased, 2011-2019 | Not available[§] | No change |

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

| | 6.3 | | | 8.2 | 7.3 | No linear change | Not available | No change |

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

| | 24.4 | | | 19.7 | 16.8 | Decreased, 2011-2019 | Not available | No change |

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

| | 9.6 | | | 7.4 | 7.6 | Decreased, 2011-2019 | Not available | No change |

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[†]Based on t-test analysis, $p < 0.05$.
[§]Not enough years of data to calculate.

Iowa High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	6.9			11.4	9.9	Increased, 2011-2019	Not available[§]	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				11.7	10.2	No linear change	Not available	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				8.4	5.7	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
				8.4	6.0	No linear change	Not available[§]	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
22.5				23.3	23.0	No linear change	Not available	No change
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
16.8				18.0	18.6	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

	22.8			29.2	33.3	Increased, 2011-2019	Not available[§]	No change

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

	14.6			20.2	20.0	Increased, 2011-2019	Not available	No change

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

	11.5			13.5	14.9	Increased, 2011-2019	Not available	No change

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

	6.0			9.2	9.7	Increased, 2011-2019	Not available	No change

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[†]Based on t-test analysis, $p < 0.05$.
[§]Not enough years of data to calculate.

Iowa High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	1.9			3.4	4.5	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			

QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)

39.1				29.1	25.0	Decreased, 2011-2019	Not available§	No change

QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)

				8.6	7.2	No linear change	Not available	No change

QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

18.1				9.9	6.7	Decreased, 2011-2019	Not available	Decreased

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

6.8				2.9	1.6	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
	5.2			1.7	1.2	Decreased, 2011-2019	Not available[§]	No change
QN33: Percentage of students who smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)								
	8.5			6.0	9.0	No linear change	Not available	No change
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])								
				36.3	47.5	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

| | | | | 9.0 | 20.1 | Increased, 2017-2019 | 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 | 8.2 | Increased, 2017-2019 | Not available | Increased |

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

| | | | | 0.9 | 6.4 | Increased, 2017-2019 | Not available | Increased |

QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)

| | | | | 15.9 | 21.3 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019[†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)								
				6.2	4.9	No linear change	Not available[§]	No change
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)								
	12.8			7.3	4.4	Decreased, 2011-2019	Not available	Decreased
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)								
				19.9	22.7	No linear change	Not available	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)								
				15.6	10.5	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.

Iowa High School Survey
10-year Trend Analysis Report

Total Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	22.5			12.7	8.5	Decreased, 2011-2019	Not available[§]	Decreased

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

				49.7	54.9	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
15.7				14.7	15.0	No linear change	Not available[§]	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
37.1				27.6	25.6	Decreased, 2011-2019	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)								
				13.4	11.2	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019[†]
2009	2011	2013	2015	2017	2019			

QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol)

| | 42.2 | | | 42.9 | 42.8 | No linear change | Not available[§] | No change |

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

| | 27.8 | | | 26.5 | 27.3 | No linear change | Not available | No change |

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

| | 4.4 | | | 5.1 | 3.8 | No linear change | Not available | No change |

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

| | 14.6 | | | 13.2 | 14.9 | No linear change | Not available | No change |

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

Iowa High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

				5.1	5.2	No linear change	Not available[§]	No change

QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)

				12.6	11.6	No linear change	Not available	No change

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

4.6				4.3	3.5	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)								
	8.6			6.7	6.8	Decreased, 2011-2019	Not available[§]	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
	2.4			2.3	1.9	No linear change	Not available	No change
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
	3.1			2.3	1.8	Decreased, 2011-2019	Not available	No change
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)								
	5.1			4.1	3.4	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)								
2.5				3.5	2.3	No linear change	Not available[§]	No change
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)								
1.7				3.0	1.7	No linear change	Not available	No change
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
11.9				22.1	22.4	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Sexual Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN58: Percentage of students who ever had sexual intercourse

	43.9			43.1	37.4	No linear change	Not available[§]	No change

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

	4.2			2.4	3.1	Decreased, 2011-2019	Not available	No change

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

	13.1			8.5	8.3	Decreased, 2011-2019	Not available	No change

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

	33.0			32.7	26.0	Decreased, 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.

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Iowa High School Survey
10-year Trend Analysis Report

**Total
Sexual Behaviors**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
	18.0			17.7	16.3	No linear change	Not available[§]	No change
QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
	61.4			52.8	54.9	No linear change	Not available	No change
QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
	24.5			24.2	28.8	No linear change	Not available	No change
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
				11.6	10.1	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))								
				4.1	6.6	No linear change	Not available[§]	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
				39.9	45.6	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
				10.8	16.0	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

6.7				11.2	5.8	No linear change	Not available[§]	Decreased

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

				11.0	9.3	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.

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Iowa High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]

| | 14.5 | | | 16.0 | 15.9 | No linear change | Not available[¶] | No change |

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

| | 13.2 | | | 15.3 | 17.0 | No linear change | Not available | No change |

QN67: Percentage of students who described themselves as slightly or very overweight

| | 30.7 | | | 33.2 | 35.1 | Increased, 2011-2019 | Not available | No change |

QN68: Percentage of students who were trying to lose weight

| | 44.9 | | | 45.5 | 48.0 | 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.
[§]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
[¶]Not enough years of data to calculate.

Iowa High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

			Health Risk Behavior and Percentages			Linear Change[*]	Quadratic Change[*]	Change from 2017-2019[†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	21.2			31.4	34.9	Increased, 2011-2019	Not available[§]	No change

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

	9.2			12.4	12.0	Increased, 2011-2019	Not available	No change

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

	4.7			7.5	7.1	Increased, 2011-2019	Not available	No change

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

	63.9			58.1	55.4	Decreased, 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.

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Iowa High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

	30.9			26.4	24.6	Decreased, 2011-2019	Not available[§]	No change

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

	37.9			44.0	44.8	Increased, 2011-2019	Not available	No change

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

	24.6			30.8	35.9	Increased, 2011-2019	Not available	Increased

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

	49.1			52.8	50.7	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
	15.0			20.9	21.6	Increased, 2011-2019	Not available[§]	No change
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
	4.6			8.3	8.0	Increased, 2011-2019	Not available	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
	64.9			56.3	56.9	Decreased, 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.

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Iowa High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)

| | 27.7 | | | 21.9 | 23.9 | Decreased, 2011-2019 | Not available[§] | No change |

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

| | 13.2 | | | 10.0 | 11.7 | No linear change | Not available | No change |

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

| | 19.7 | | | 25.9 | 28.0 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	28.1			18.5	17.6	Decreased, 2011-2019	Not available[§]	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	18.2			10.7	10.7	Decreased, 2011-2019	Not available	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				20.2	23.2	No linear change	Not available	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				40.6	35.3	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QNMILK3: Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)

				2017	2019	Linear Change	Quadratic Change	Change
				14.4	11.3	No linear change	Not available[§]	No change

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

				2017	2019	Linear Change	Quadratic Change	Change
				16.4	15.9	No linear change	Not available	No change

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

				2017	2019	Linear Change	Quadratic Change	Change
				29.7	29.7	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	51.5			49.2	48.4	No linear change	Not available[§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
	9.0			11.2	13.3	Increased, 2011-2019	Not available	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)								
	29.1			29.4	25.7	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.

Iowa High School Survey
10-year Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

| | 23.5 | | | 18.8 | 20.3 | Decreased, 2011-2019 | Not available[§] | No change |

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

| | 25.0 | | | 36.8 | 39.6 | Increased, 2011-2019 | Not available | No change |

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

| | 70.8 | | | 61.7 | 76.1 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Physical Activity

			Health Risk Behavior and Percentages			Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

						Linear Change	Quadratic Change	Change from 2017-2019
	22.6			16.4	12.1	No linear change	Not available[§]	No change

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

	64.1			61.0	61.4	No linear change	Not available	No change

QN83: 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)

				16.2	13.6	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Other

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)								
				78.5	79.8	No linear change	Not available[§]	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
				1.3	1.2	No linear change	Not available	No change
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma								
	16.0			21.6	19.7	No linear change	Not available	No change
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)								
				22.9	24.7	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.

Iowa High School Survey
10-year Trend Analysis Report

Total
Other

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

				75.0	78.3		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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	6.2			8.7	7.4	No linear change	Not available[§]	No change

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	24.7			19.0	15.4	Decreased, 2011-2019	Not available	No change

QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				7.7	5.3	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)

				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				53.8	49.1	No linear change	Not available[§]	No change

QN12: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)

2011				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
27.0				26.2	24.8	No linear change	Not available	No change

QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)

2011				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
6.6				5.7	5.4	No linear change	Not available	No change

QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)

				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				6.6	7.0	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	4.2			5.8	5.7	No linear change	Not available[§]	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	8.2			9.5	8.1	No linear change	Not available	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	31.7			24.5	22.2	Decreased, 2011-2019	Not available	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	12.7			9.2	10.1	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
	3.8			6.8	6.8	Increased, 2011-2019	Not available[§]	No change
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)								
				5.3	6.3	No linear change	Not available	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
				1.6	2.7	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
				7.4	4.3	No linear change	Not available[§]	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
	18.6			23.3	19.7	No linear change	Not available	No change
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
	10.2			13.8	12.0	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	17.5			18.8	23.5	Increased, 2011-2019	Not available§	No change

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

	11.8			15.5	13.4	No linear change	Not available	No change

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

	9.2			10.8	10.5	No linear change	Not available	No change

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

	4.1			8.5	7.7	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	1.8			3.7	3.9	No linear change	Not available[§]	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
	41.3			28.6	24.8	Decreased, 2011-2019	Not available[§]	No change
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
				9.3	7.8	No linear change	Not available	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
	18.2			8.4	7.5	Decreased, 2011-2019	Not available	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
	8.5			2.8	2.3	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| | 6.4 | | | 1.8 | 1.5 | Decreased, 2011-2019 | Not available[§] | No change |

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

| | | | | 38.6 | 47.0 | Increased, 2017-2019 | Not available | Increased |

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

| | | | | 9.4 | 21.9 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

				2.0	9.1	Increased, 2017-2019	Not available[§]	Increased

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

				1.5	6.8	Increased, 2017-2019	Not available	Increased

QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)

				15.4	23.0	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)								
				9.1	7.4	No linear change	Not available§	No change
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)								
17.2				8.5	5.8	Decreased, 2011-2019	Not available	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)								
				21.1	24.6	No linear change	Not available	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)								
				17.2	12.7	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	24.6			12.5	9.7	Decreased, 2011-2019	Not available[§]	No change

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

				41.6	51.8	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

| | 18.4 | | | 17.2 | 16.2 | No linear change | Not available[§] | No change |

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

| | 38.2 | | | 22.9 | 25.5 | Decreased, 2011-2019 | Not available | No change |

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

| | | | | 12.4 | 12.2 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol)								
	35.3			35.1	35.7	No linear change	Not available[§]	No change
QN45: Percentage of students who ever used marijuana (one or more times during their life)								
	30.5			25.3	25.1	No linear change	Not available	No change
QN46: Percentage of students who tried marijuana for the first time before age 13 years								
	6.0			5.3	4.2	No linear change	Not available	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
	17.9			12.0	15.6	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				5.2	5.2	No linear change	Not available[§]	No change

QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)

				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				13.2	9.7	No linear change	Not available	No change

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

2009				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
5.7				4.4	4.3	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

	8.4			6.5	5.5	Decreased, 2011-2019	Not available[§]	No change

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

	3.1			2.4	2.4	No linear change	Not available	No change

QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)

	4.0			2.7	1.7	Decreased, 2011-2019	Not available	No change

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

	6.3			4.3	3.9	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)

| | 3.4 | | | 4.0 | 2.6 | No linear change | Not available[§] | No change |

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

| | 2.1 | | | 3.4 | 2.2 | No linear change | Not available | No change |

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

| | 14.5 | | | 22.2 | 22.9 | 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.

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Iowa High School Survey
10-year Trend Analysis Report

Male
Sexual Behaviors

		Health Risk Behavior and Percentages				**Linear Change***	**Quadratic Change***	**Change from 2017-2019** [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN58: Percentage of students who ever had sexual intercourse								
	44.3			40.2	37.9	No linear change	Not available[§]	No change
QN59: Percentage of students who had sexual intercourse for the first time before age 13 years								
	5.6			2.2	3.3	Decreased, 2011-2019	Not available	No change
QN60: Percentage of students who had sexual intercourse with four or more persons during their life								
	13.1			7.4	8.0	Decreased, 2011-2019	Not available	No change
QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
	31.7			28.3	25.8	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
	21.3			17.6	17.7	No linear change	Not available[§]	No change
QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
	66.7			57.4	65.5	No linear change	Not available	No change
QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
	22.4			16.7	30.1	No linear change	Not available	Increased
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
				9.9	5.1	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))								
				2.2	2.7	No linear change	Not available[§]	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
				28.8	37.9	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
				6.0	17.2	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)								
	7.4			13.5	5.2	No linear change	Not available[§]	Decreased
QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
				11.0	9.9	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]

	14.5			15.0	14.3	No linear change	Not available[¶]	No change

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

	16.2			18.8	19.2	No linear change	Not available	No change

QN67: Percentage of students who described themselves as slightly or very overweight

	25.7			28.1	29.1	No linear change	Not available	No change

QN68: Percentage of students who were trying to lose weight

	30.4			32.6	37.2	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.
[§]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
[¶]Not enough years of data to calculate.

Iowa High School Survey
10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	20.3			28.8	31.0	Increased, 2011-2019	Not available[§]	No change

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

	10.1			14.1	12.8	No linear change	Not available	No change

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

	6.5			7.4	8.8	No linear change	Not available	No change

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

	65.5			56.7	56.5	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

	32.6			27.1	25.3	Decreased, 2011-2019	Not available[§]	No change

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

	41.4			47.7	50.6	Increased, 2011-2019	Not available	No change

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

	23.0			31.1	33.3	Increased, 2011-2019	Not available	No change

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

	49.9			50.9	50.6	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
	18.0			21.0	22.7	No linear change	Not available[§]	No change
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
	6.4			8.4	9.0	No linear change	Not available	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
	66.5			57.5	58.2	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)

	28.9			25.8	25.5	No linear change	Not available[§]	No change

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

	15.6			11.9	12.7	No linear change	Not available	No change

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

	17.2			21.7	25.6	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	34.8			21.3	22.0	Decreased, 2011-2019	Not available[§]	No change

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

	23.6			12.8	13.6	Decreased, 2011-2019	Not available	No change

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

				16.0	17.0	No linear change	Not available	No change

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

				51.0	44.0	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QNMILK3: Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)

				2017	2019			
				20.4	17.5	No linear change	Not available[§]	No change

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

				17.8	14.9	No linear change	Not available	No change

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

				32.6	33.4	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

60.6				57.2	54.6	No linear change	Not available[§]	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

7.4				9.9	12.8	No linear change	Not available	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)

37.7				37.4	33.1	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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	24.4			18.5	19.7	Decreased, 2011-2019	Not available[§]	No change

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

	31.7			37.4	42.7	Increased, 2011-2019	Not available	No change

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

	72.2			67.0	79.3	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.

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Iowa High School Survey
10-year Trend Analysis Report

Male
Physical Activity

		Health Risk Behavior and Percentages					**Linear Change***	**Quadratic Change***	**Change from 2017-2019 †**
2009	**2011**	**2013**	**2015**	**2017**	**2019**				

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

	24.2			20.7	12.5		No linear change	Not available§	No change

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

	68.1			63.4	62.8		Decreased, 2011-2019	Not available	No change

QN83: 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)

				19.3	17.7		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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Other

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)

				79.3	78.8		No linear change	Not available[§]	No change

QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)

				1.4	1.7		No linear change	Not available	No change

QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma

	16.3			20.8	19.7		No linear change	Not available	No change

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

				24.2	24.0		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.

Iowa High School Survey
10-year Trend Analysis Report

Male
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				69.8	75.1	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)

	2.2			4.2	4.5	Increased, 2011-2019	Not available[§]	No change

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)

	22.8			21.9	14.8	Decreased, 2011-2019	Not available	Decreased

QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)

				4.8	4.5	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
				56.0	48.3	No linear change	Not available[§]	No change
QN12: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
	3.9			8.9	7.2	Increased, 2011-2019	Not available	No change
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
	1.8			1.8	2.1	No linear change	Not available	No change
QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)								
				1.7	1.9	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)								
	3.5			7.6	7.5	Increased, 2011-2019	Not available[§]	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
	3.9			6.3	6.0	No linear change	Not available	No change
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
	16.6			14.1	10.8	Decreased, 2011-2019	Not available	No change
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
	6.2			5.0	4.5	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
	10.0			16.0	12.8	No linear change	Not available[§]	No change
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)								
				18.2	14.2	No linear change	Not available	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
				14.6	8.9	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.

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Iowa High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				9.1	7.7	No linear change	Not available[§]	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	26.4			22.9	26.4	No linear change	Not available	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	23.5			22.0	25.3	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	28.3			39.7	43.5	Increased, 2011-2019	Not available[§]	No change

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

	17.6			24.8	26.5	Increased, 2011-2019	Not available	No change

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

	13.8			15.7	19.4	Increased, 2011-2019	Not available	No change

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

	7.7			9.6	11.7	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	2.0			2.7	5.1	Increased, 2011-2019	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
	36.6			29.2	25.2	Decreased, 2011-2019	Not available§	No change
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
				7.3	6.6	No linear change	Not available	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
	18.1			11.1	5.8	Decreased, 2011-2019	Not available	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
	5.0			2.5	0.8	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| | 4.0 | | | 1.2 | 0.8 | Decreased, 2011-2019 | Not available[§] | No change |

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

| | | | | 33.4 | 48.0 | Increased, 2017-2019 | Not available | Increased |

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

| | | | | 8.2 | 18.0 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
				0.6	7.1	Increased, 2017-2019	Not available[§]	Increased
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
				0.0	5.8	Increased, 2017-2019	Not available	Increased
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
				16.0	19.4	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Tobacco Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

				2.9	1.9	No linear change	Not available[§]	No change

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

	7.8			5.4	2.5	Decreased, 2011-2019	Not available	Decreased

QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)

				18.1	20.2	No linear change	Not available	No change

QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)

				13.4	7.8	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Tobacco Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	20.1			12.3	6.9	Decreased, 2011-2019	Not available[§]	Decreased

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

				59.6	60.0	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

| | 12.7 | | | 12.0 | 13.6 | No linear change | Not available[§] | No change |

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

| | 35.8 | | | 32.1 | 26.0 | Decreased, 2011-2019 | Not available | No change |

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

| | | | | 14.5 | 10.2 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages								
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol)

	50.0			48.4	50.1	No linear change	Not available[§]	No change

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

	24.8			27.3	29.6	No linear change	Not available	No change

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

	2.6			4.5	3.2	No linear change	Not available	No change

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

	11.2			14.0	14.2	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

				4.5	5.0	No linear change	Not available[§]	No change

QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)

				11.5	13.5	No linear change	Not available	No change

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

3.5				3.6	2.6	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)								
	8.9			6.3	8.3	No linear change	Not available[§]	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
	1.6			1.5	1.2	No linear change	Not available	No change
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
	2.2			1.2	1.6	No linear change	Not available	No change
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)								
	3.8			3.1	2.6	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	1.5			2.2	1.9	No linear change	Not available[§]	No change

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

| | 1.3 | | | 2.1 | 1.2 | No linear change | Not available | No change |

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

| | 8.9 | | | 21.4 | 21.7 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019[†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN58: Percentage of students who ever had sexual intercourse

	43.5			45.7	36.7	No linear change	Not available[§]	Decreased

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

	2.5			2.1	2.8	No linear change	Not available	No change

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

	13.1			9.3	8.5	No linear change	Not available	No change

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

	34.3			36.7	26.1	No linear change	Not available	Decreased

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

Iowa High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
	14.8			17.3	15.0	No linear change	Not available[§]	No change
QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
	56.2			49.5	44.2	No linear change	Not available	No change
QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
	26.2			30.0	27.7	No linear change	Not available	No change
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
				12.7	15.1	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))

				5.5	10.4	No linear change	Not available[§]	No change

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

				48.2	53.2	No linear change	Not available	No change

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

				14.4	14.9	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	6.1			8.9	6.4	No linear change	Not available[§]	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				10.5	8.2	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]

| | 14.5 | | | 17.0 | 17.7 | No linear change | Not available[¶] | No change |

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

| | 10.1 | | | 11.8 | 14.7 | No linear change | Not available | No change |

QN67: Percentage of students who described themselves as slightly or very overweight

| | 36.1 | | | 38.5 | 41.4 | No linear change | Not available | No change |

QN68: Percentage of students who were trying to lose weight

| | 60.1 | | | 59.2 | 59.6 | 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, $p < 0.05$.
[§]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
[¶]Not enough years of data to calculate.

Iowa High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	22.0			34.3	38.8	Increased, 2011-2019	Not available[§]	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	8.0			10.4	10.8	No linear change	Not available	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	2.8			7.5	5.1	Increased, 2011-2019	Not available	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	62.4			59.5	54.3	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	29.1			25.5	23.7	No linear change	Not available[§]	No change

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

	34.3			40.0	38.5	No linear change	Not available	No change

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

	26.2			30.4	38.6	Increased, 2011-2019	Not available	Increased

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

	48.2			54.9	50.9	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

| | 11.7 | | | 20.5 | 20.3 | Increased, 2011-2019 | Not available[§] | No change |

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

| | 2.7 | | | 7.8 | 6.8 | Increased, 2011-2019 | Not available | No change |

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

| | 63.0 | | | 54.9 | 55.3 | Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
	26.4			17.7	21.9	Decreased, 2011-2019	Not available[§]	No change
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
	10.8			7.9	9.9	No linear change	Not available	No change
QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
	22.2			30.3	30.2	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	21.2			15.4	12.7	Decreased, 2011-2019	Not available[§]	No change

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

	12.4			8.5	7.4	Decreased, 2011-2019	Not available	No change

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

				24.3	29.7	No linear change	Not available	No change

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

				29.8	26.1	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNMILK3: Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)

| | | | | 7.9 | 4.6 | No linear change | Not available[§] | No change |

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

| | | | | 14.4 | 16.5 | No linear change | Not available | No change |

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

| | | | | 26.7 | 26.1 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

41.9				41.4	42.3	No linear change	Not available[§]	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

10.5				12.2	13.5	No linear change	Not available	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)

19.9				21.3	18.2	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Female
Physical Activity

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

| | 22.5 | | | 18.6 | 21.2 | No linear change | Not available[§] | No change |

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

| | 18.0 | | | 35.8 | 36.5 | Increased, 2011-2019 | Not available | No change |

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

| | 69.3 | | | 56.4 | 72.7 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Physical Activity

		Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

| | 20.9 | | | 12.1 | 11.5 | No linear change | Not available§ | No change |

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

| | 60.0 | | | 58.5 | 60.2 | No linear change | Not available | No change |

QN83: 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)

| | | | | 12.5 | 9.4 | 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.

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Iowa High School Survey
10-year Trend Analysis Report

Female
Other

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)								
				77.9	81.1	No linear change	Not available[§]	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
				0.8	0.8	No linear change	Not available	No change
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma								
	15.8			22.2	19.3	No linear change	Not available	No change
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)								
				21.6	25.3	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.

Iowa High School Survey
10-year Trend Analysis Report

Female
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				80.7	82.0	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019[§]
2009	2011	2013	2015	2017	2019			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)

| | 3.9 | | | 5.7 | 5.5 | No linear change | Not available[¶] | No change |

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)

| | 22.4 | | | 21.0 | 15.1 | Decreased, 2011-2019 | Not available | No change |

QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)

| | | | | 6.1 | 4.1 | No linear change | Not available | No change |

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*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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)

| | | | | 56.5 | 49.7 | No linear change | Not available[¶] | Decreased |

QN12: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)

| | 15.2 | | | 17.8 | 16.8 | No linear change | Not available | No change |

QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)

| | 3.7 | | | 3.5 | 3.7 | No linear change | Not available | No change |

QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)

| | | | | 3.8 | 4.3 | 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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)

	3.2			5.8	6.3	Increased, 2011-2019	Not available[¶]	No change

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

	5.3			7.4	6.4	No linear change	Not available	No change

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

	21.8			19.2	15.5	Decreased, 2011-2019	Not available	No change

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

	8.3			6.5	5.9	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)

	5.3			10.7	8.8	Increased, 2011-2019	Not available[¶]	No change

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

				11.5	9.4	No linear change	Not available	No change

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

				8.2	4.9	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

				7.0	5.0	No linear change	Not available[¶]	No change

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

22.1				24.3	22.8	No linear change	Not available	No change

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

16.5				18.7	18.4	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			

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

	21.4			29.1	31.3	Increased, 2011-2019	Not available[¶]	No change

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

	13.7			20.4	18.9	Increased, 2011-2019	Not available	No change

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

	10.9			12.5	14.2	Increased, 2011-2019	Not available	No change

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

	5.0			7.3	9.2	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	1.6			2.0	4.0	Increased, 2011-2019	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)

	36.8			28.8	24.6	Decreased, 2011-2019	Not available[¶]	No change

QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)

				7.8	6.8	No linear change	Not available	No change

QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

	18.0			9.9	7.1	Decreased, 2011-2019	Not available	No change

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

	6.8			2.8	1.7	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

	5.2			1.6	1.5	Decreased, 2011-2019	Not available[¶]	No change

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

				36.1	46.7	Increased, 2017-2019	Not available	Increased

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

				9.7	21.0	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

	Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**				

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				1.4	8.9	Increased, 2017-2019	Not available[¶]	Increased

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				1.0	6.8	Increased, 2017-2019	Not available	Increased

QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)

				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				16.4	22.3	Increased, 2017-2019	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages						Linear Change†	Quadratic Change†	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			

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

				2017	2019			
				6.6	4.8	No linear change	Not available¶	No change

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

2009	2011			2017	2019			
	12.0			7.0	3.8	Decreased, 2011-2019	Not available	Decreased

QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)

				2017	2019			
				20.5	23.2	No linear change	Not available	No change

QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)

				2017	2019			
				16.0	10.4	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	22.1			12.7	8.4	Decreased, 2011-2019	Not available[¶]	Decreased

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

				46.3	54.9	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

White*
Alcohol and Other Drug Use

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
	14.2			15.0	13.8	No linear change	Not available[¶]	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
	36.1			29.7	27.2	Decreased, 2011-2019	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)								
				15.5	11.8	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Alcohol and Other Drug Use

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol)								
	42.5			44.6	45.1	No linear change	Not available[¶]	No change
QN45: Percentage of students who ever used marijuana (one or more times during their life)								
	24.7			24.9	25.1	No linear change	Not available	No change
QN46: Percentage of students who tried marijuana for the first time before age 13 years								
	3.2			4.2	3.4	No linear change	Not available	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
	13.0			12.3	13.3	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages						**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2017-2019** [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**				

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

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change
				4.0	4.6	No linear change	Not available[¶]	No change

QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)

| | | | | 12.7 | 10.3 | No linear change | Not available | No change |

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

| 3.5 | | | | 3.6 | 2.9 | No linear change | Not available | No change |

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

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Iowa High School Survey
10-year Trend Analysis Report

White*
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					**Linear Change[†]**	**Quadratic Change[†]**	**Change from 2017-2019 [§]**
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	7.6			6.0	6.7	No linear change	Not available[¶]	No change

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

	2.2			1.5	1.4	No linear change	Not available	No change

QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)

	2.6			1.4	1.0	Decreased, 2011-2019	Not available	No change

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

	4.3			2.9	2.6	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Alcohol and Other Drug Use

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)								
	2.2			2.4	1.7	No linear change	Not available[¶]	No change
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)								
	1.6			1.9	1.4	No linear change	Not available	No change
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
	10.5			20.6	20.9	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Sexual Behaviors

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			

QN58: Percentage of students who ever had sexual intercourse

	42.9			43.7	37.0	No linear change	Not available[¶]	No change

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

	3.3			1.5	2.8	No linear change	Not available	No change

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

	12.2			8.1	7.9	Decreased, 2011-2019	Not available	No change

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

	33.1			32.5	25.6	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.

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Iowa High School Survey
10-year Trend Analysis Report

White*
Sexual Behaviors

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)

| | 16.7 | | | 16.7 | 15.2 | No linear change | Not available[¶] | No change |

QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)

| | 61.4 | | | 51.9 | 53.0 | No linear change | Not available | No change |

QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)

| | 27.1 | | | 28.1 | 32.4 | No linear change | Not available | No change |

QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)

| | | | | 11.1 | 10.3 | No linear change | Not available | No change |

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*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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Sexual Behaviors

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				3.8	7.9	No linear change	Not available[¶]	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				43.0	50.6	No linear change	Not available	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				11.8	17.2	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Sexual Behaviors

		Health Risk Behavior and Percentages				**Linear Change[†]**	**Quadratic Change[†]**	**Change from 2017-2019 [§]**
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)								
	6.4			9.3	4.9	No linear change	Not available[¶]	No change
QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
				9.2	8.5	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]

2009	2011	2013	2015	2017	2019			
QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[¶]								
	14.1			16.5	16.7	Increased, 2011-2019	Not available	No change
QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[¶]								
	11.4			14.2	16.6	Increased, 2011-2019	Not available	No change
QN67: Percentage of students who described themselves as slightly or very overweight								
	29.3			32.7	35.1	Increased, 2011-2019	Not available	No change
QN68: Percentage of students who were trying to lose weight								
	43.2			45.0	46.9	No linear change	Not available	No change

[*]Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[§]Based on t-test analysis, $p < 0.05$.
[¶]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
[**]Not enough years of data to calculate.

Iowa High School Survey
10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

| | 21.0 | | | 32.9 | 35.1 | Increased, 2011-2019 | Not available[¶] | No change |

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

| | 8.8 | | | 11.3 | 12.7 | Increased, 2011-2019 | Not available | No change |

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

| | 4.3 | | | 7.3 | 7.4 | Increased, 2011-2019 | Not available | No change |

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

| | 64.3 | | | 57.6 | 55.2 | Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	29.5			25.0	24.2	No linear change	Not available[¶]	No change

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

	37.1			44.1	43.5	Increased, 2011-2019	Not available	No change

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

	22.4			28.8	34.5	Increased, 2011-2019	Not available	Increased

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

	47.8			52.2	49.3	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
	14.4			19.6	20.9	Increased, 2011-2019	Not available[¶]	No change
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
	3.9			7.6	7.0	Increased, 2011-2019	Not available	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
	66.0			57.8	57.5	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)

	27.8			21.2	23.6	Decreased, 2011-2019	Not available[¶]	No change

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

	13.2			8.8	11.2	No linear change	Not available	No change

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

	20.1			27.0	27.4	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	27.9			18.2	16.7	Decreased, 2011-2019	Not available[¶]	No change

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

	17.8			10.4	10.3	Decreased, 2011-2019	Not available	No change

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

				18.2	22.4	No linear change	Not available	No change

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

				43.3	38.8	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			

QNMILK3: Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)

				2017	2019			
				15.9	12.1	No linear change	Not available[¶]	No change

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

				14.3	14.0	No linear change	Not available	No change

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

				32.1	31.6	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

White*
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | 52.2 | | | 51.1 | 52.2 | No linear change | Not available[¶] | No change |

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

| | 8.1 | | | 9.4 | 11.4 | Increased, 2011-2019 | Not available | 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)

| | 29.2 | | | 30.9 | 27.9 | No linear change | Not available | No change |

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

Iowa High School Survey
10-year Trend Analysis Report

White*
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			

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

	21.2			19.1	19.2	No linear change	Not available[¶]	No change

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

	23.7			37.1	39.1	Increased, 2011-2019	Not available	No change

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

	70.9			62.0	76.7	No linear change	Not available	No change

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[*]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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
	22.3			15.8	10.7	No linear change	Not available[¶]	No change
QN82: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)								
	65.3			61.6	63.3	No linear change	Not available	No change
QN83: 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)								
				14.9	12.7	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Other

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)

				81.0	82.5	No linear change	Not available[¶]	No change

QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)

				0.8	1.1	No linear change	Not available	No change

QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma

	15.8			20.6	18.9	No linear change	Not available	No change

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

				23.0	26.5	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.

Iowa High School Survey
10-year Trend Analysis Report

White*
Other

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
				78.4	81.0	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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)

| | 4.7 | | | 12.5 | 8.4 | No linear change | Not available[§] | No change |

QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)

| | 27.5 | | | 20.7 | 15.3 | Decreased, 2011-2019 | Not available | No change |

QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)

| | | | | 12.6 | 12.2 | No linear change | Not available | No change |

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

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)

				47.8	43.0	No linear change	Not available[§]	No change

QN12: Percentage of students who carried a weapon (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)

	12.4			18.4	14.4	No linear change	Not available	No change

QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)

	6.6			6.0	4.5	No linear change	Not available	No change

QN14: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)

				5.8	6.5	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)								
	7.2			12.0	6.3	No linear change	Not available[§]	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
	8.3			9.0	9.7	No linear change	Not available	No change
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
	36.0			17.7	19.5	Decreased, 2011-2019	Not available	No change
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
	14.3			10.4	7.6	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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)

	11.1			17.6	16.4	No linear change	Not available[§]	No change

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

				13.8	11.1	No linear change	Not available	No change

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

				15.0	6.5	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

| | 19.4 | | | 20.4 | 20.3 | No linear change | Not available[§] | No change |

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

| | 14.6 | | | 16.7 | 19.4 | No linear change | Not available | No change |

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

| | 27.0 | | | 31.7 | 47.4 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	20.4			17.3	22.8	No linear change	Not available[§]	No change

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

	16.5			16.9	13.9	No linear change	Not available	No change

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

	15.2			17.2	12.4	No linear change	Not available	No change

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

	6.0			11.2	6.9	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
	56.1			38.9	34.7	Decreased, 2011-2019	Not available[§]	No change
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
				12.7	9.2	No linear change	Not available	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
	14.7			15.0	5.9	Decreased, 2011-2019	Not available	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
	4.7			4.9	0.7	Decreased, 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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| | 2.1 | | | 2.8 | 0.7 | No linear change | Not available[§] | No change |

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

| | | | | 46.6 | 49.8 | No linear change | Not available | No change |

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

| | | | | 8.8 | 19.2 | No linear change | Not available | No change |

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

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
				1.7	7.8	Increased, 2017-2019	Not available[§]	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
				1.7	7.2	Increased, 2017-2019	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
				20.2	19.9	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

| | | | | 2.2 | 5.0 | No linear change | Not available[§] | No change |

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

| | 10.3 | | | 9.2 | 6.6 | Decreased, 2011-2019 | Not available | No change |

QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)

| | | | | 22.8 | 22.4 | No linear change | Not available | No change |

QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)

| | | | | 17.3 | 11.0 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	18.1			16.7	9.4	Decreased, 2011-2019	Not available[§]	Decreased

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

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	24.6			18.0	21.6	No linear change	Not available[§]	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	40.1			22.6	24.7	Decreased, 2011-2019	Not available	No change

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

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				6.0	10.0	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	43.9			30.6	36.5	No linear change	Not available[§]	No change

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

	10.0			5.6	4.6	Decreased, 2011-2019	Not available	No change

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

	22.3			14.4	20.1	No linear change	Not available	No change

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

				11.7	8.3	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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)

| | | | | 14.1 | 18.2 | No linear change | Not available[§] | No change |

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

| | 9.4 | | | 7.2 | 6.6 | No linear change | Not available | No change |

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

| | 15.7 | | | 10.4 | 7.3 | Decreased, 2011-2019 | Not available | No change |

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

| | 1.2 | | | 5.0 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
	6.1			5.3	5.3	No linear change	Not available[§]	No change
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)								
	5.8			7.7	6.6	No linear change	Not available	No change
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)								
	3.5			7.2	3.5	No linear change	Not available	No change
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)								
	1.2			5.5	1.7	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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

						Linear Change	Quadratic Change	Change from 2017-2019
24.3				24.4	26.3	No linear change	Not available[§]	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Sexual Behaviors

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**				

QN58: Percentage of students who ever had sexual intercourse

	49.2			41.3	43.5	No linear change	Not available[§]	No change

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

	7.0			7.7	2.9	No linear change	Not available	No change

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

	15.2			9.6	13.0	No linear change	Not available	No change

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

	32.3			34.9	32.2	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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
				17.4	13.3	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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]

	2011			2017	2019	Linear	Quadratic	Change
	20.1			18.2	15.5	No linear change	Not available[¶]	No change

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

| | 27.3 | | | 19.7 | 26.9 | No linear change | Not available | No change |

QN67: Percentage of students who described themselves as slightly or very overweight

| | 39.1 | | | 39.1 | 41.7 | No linear change | Not available | No change |

QN68: Percentage of students who were trying to lose weight

| | 56.7 | | | 47.6 | 52.7 | 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, $p < 0.05$.
[§]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
[¶]Not enough years of data to calculate.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019[†]
2009	2011	2013	2015	2017	2019			

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

| | 23.9 | | | 23.1 | 35.7 | No linear change | Not available[§] | Increased |

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

| | 9.7 | | | 13.3 | 7.1 | No linear change | Not available | No change |

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

| | 5.7 | | | 6.7 | 4.3 | No linear change | Not available | No change |

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

| | 62.9 | | | 62.0 | 53.4 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

| | 41.1 | | | 34.1 | 29.9 | No linear change | Not available[§] | No change |

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

| | 47.1 | | | 37.6 | 49.5 | No linear change | Not available | No change |

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

| | 40.4 | | | 38.7 | 37.1 | No linear change | Not available | No change |

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

| | 59.1 | | | 50.9 | 57.1 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

	2011			2017	2019			
	21.3			24.7	23.3	No linear change	Not available[§]	No change

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

	8.6			11.0	11.4	No linear change	Not available	No change

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

	49.5			50.5	55.4	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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)

| | 23.9 | | | 23.0 | 23.6 | No linear change | Not available[§] | No change |

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

| | 10.3 | | | 13.4 | 11.2 | No linear change | Not available | No change |

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

| | 14.3 | | | 19.5 | 29.4 | 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.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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

| | 30.3 | | | 19.6 | 17.6 | Decreased, 2011-2019 | Not available[§] | No change |

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

| | 19.0 | | | 11.2 | 13.0 | Decreased, 2011-2019 | Not available | No change |

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

| | | | | 23.2 | 16.5 | No linear change | Not available | No change |

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

| | | | | 32.4 | 25.2 | No linear change | Not available | No change |

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[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNMILK3: Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)

				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				6.9	7.5	No linear change	Not available[§]	No change

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

| | | | | 23.5 | 20.9 | No linear change | Not available | No change |

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

| | | | | 24.7 | 23.8 | No linear change | Not available | No change |

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[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Physical Activity

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN78: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	49.5			37.6	35.7	No linear change	Not available[§]	No change

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	9.2			18.4	19.5	Increased, 2011-2019	Not available	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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	32.2			23.7	17.1	Decreased, 2011-2019	Not available	No change

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[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Physical Activity

		Health Risk Behavior and Percentages				**Linear Change***	**Quadratic Change***	**Change from 2017-2019 †**
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

	40.1			16.4	21.1	Decreased, 2011-2019	Not available§	No change

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

	29.5			37.1	42.9	Increased, 2011-2019	Not available	No change

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

	77.7			63.6	73.4	No linear change	Not available	No change

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

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
	32.8			12.9	20.6	No linear change	Not available[§]	No change
QN82: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)								
	54.9			57.5	43.5	No linear change	Not available	Decreased
QN83: 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	12.3	No linear change	Not available	No change

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[†]Based on t-test analysis, p < 0.05.
[§]Not enough years of data to calculate.

Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)								
				66.7	73.8	No linear change	Not available[§]	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
				4.8	0.7	Decreased, 2017-2019	Not available	No change
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma								
	16.0			22.8	22.5	No linear change	Not available	No change
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)								
				30.3	17.4	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.

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Iowa High School Survey
10-year Trend Analysis Report

Hispanic
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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

				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				58.1	63.2	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.