

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Total
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
61.9	53.5	50.3	42.0	48.2	54.6	Decreased, 2010-2021	Decreased, 2010-2016 Increased, 2016-2021	Increased
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)								
23.9	20.3	22.3	22.1	14.6	14.8	Decreased, 2010-2021	No quadratic change	No change

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

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

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Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
	6.8	10.1	6.3	5.8	4.5	Decreased, 2012-2021	Not available [§]	No change
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
	46.6	49.4	48.3	50.7	51.4	No linear change	Not available	No change
QN12: 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)								
		8.1	5.4	4.1	3.3	Decreased, 2014-2021	Not available	No change

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§Not enough years of data to calculate.

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2010	2012	2014	2016	2018	2021			
QN14: 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)								
3.8	4.2	6.2	7.5	6.8	6.8	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	No change
QN15: 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)								
6.4	6.4	7.1	7.1	8.0	7.7	No linear change	No quadratic change	No change
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
26.7	20.1	19.7	19.2	19.1	19.9	Decreased, 2010-2021	Decreased, 2010-2014 No change, 2014-2021	No change

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	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
	2010	2012	2014	2016	2018	2021			
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)									
	8.1	8.6	8.3	8.4	8.2	9.7	No linear change	No quadratic change	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 do, 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)									
		10.1	8.8	7.7	7.9	15.8	Increased, 2012-2021	Not available [§]	Increased

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Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
	7.6	8.1	7.4	6.9	7.6	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)								
22.9	20.8	26.3	22.4	21.3	20.7	No linear change	No quadratic change	No change
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
15.8	15.7	18.9	17.5	15.7	17.1	No linear change	No quadratic change	No change

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Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
21.0	19.5	24.1	27.0	32.0	36.4	Increased, 2010-2021	No quadratic change	No change
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
14.2	12.1	14.6	16.1	17.7	19.2	Increased, 2010-2021	No quadratic change	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	9.8	13.3	14.1	15.5	14.3	Increased, 2010-2021	No quadratic change	No change
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
7.7	6.0	8.9	8.0	8.6	10.1	No linear change	No quadratic change	No change

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Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2018-2021 †

2010

2012

2014

2016

2018

2021

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)

2.6

1.8

3.3

2.2

3.3

3.0

No linear change

No quadratic change

No change

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Total Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
38.7	31.9	31.4	24.0	22.8	18.7	Decreased, 2010-2021	No quadratic change	No change
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			8.4	7.1	6.1	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)								
15.0	10.9	13.3	7.4	4.2	3.6	Decreased, 2010-2021	No quadratic change	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
5.8	3.0	3.7	2.1	1.2	0.1	Decreased, 2010-2021	Decreased, 2010-2016 Decreased, 2016-2021	Decreased

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[§]Not enough years of data to calculate.

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Total Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021†
2010	2012	2014	2016	2018	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
4.1	2.4	2.6	1.2	0.9	0.1	Decreased, 2010-2021	No quadratic change	Decreased
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])								
		38.2	36.1	49.2	33.7	No linear change	Not available [§]	Decreased
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)								
		22.3	9.4	17.1	14.7	No linear change	Not available	No change

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Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
		2.3	1.7	6.5	6.1	Increased, 2014-2021	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)								
		1.5	1.2	5.1	4.9	Increased, 2014-2021	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
		24.3	11.9	17.0	14.4	Decreased, 2014-2021	Not available	No change

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Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †			
2010	2012	2014	2016	2018	2021						
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)						5.3	3.6	2.9	No linear change	Not available [§]	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)						1.5	0.9	0.5	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)						1.1	0.6	0.5	No linear change	Not available	No change

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Total Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
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)								
9.6	8.3	8.1	6.7	4.1	3.0	Decreased, 2010-2021	No quadratic change	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)								
			14.2	17.2	14.9	No linear change	Not available [§]	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)								
1.0	0.7	0.8	0.8	0.9	0.1	No linear change	No quadratic change	Decreased

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**Total
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
17.1	13.1	14.8	9.6	5.6	4.7	Decreased, 2010-2021	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)								
0.7	0.5	0.8	0.4	0.6	0.1	No linear change	No quadratic change	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Total Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
16.5	12.9	13.7	13.3	13.4	12.4	Decreased, 2010-2021	No quadratic change	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
26.6	22.1	22.7	24.4	21.0	18.9	Decreased, 2010-2021	No quadratic change	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
			10.5	8.2	9.1	No linear change	Not available [§]	No change

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**Total
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]						
2010	2012	2014	2016	2018	2021									
QN43: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours, during the 30 days before the survey)						1.8	3.6	No linear change	Not available [§]	No change				
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)						35.2	37.5	39.6	31.7	38.0	39.1	No linear change	No quadratic change	No change
QN45: Percentage of students who ever used marijuana (one or more times during their life)						25.0	23.6	26.6	25.4	25.6	18.7	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	Decreased
QN46: Percentage of students who tried marijuana for the first time before age 13 years						4.9	5.5	6.3	5.3	4.8	3.3	Decreased, 2010-2021	No quadratic change	No change

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Total Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
12.7	11.7	13.7	13.4	11.6	11.0	No linear change	No quadratic change	No change
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		7.5	5.2	6.2	4.3	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)								
			14.3	14.7	7.1	Decreased, 2016-2021	Not available	Decreased

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Total Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
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)								
9.7	7.0	8.1	6.0	6.0	7.3	No linear change	Decreased, 2010-2016 No change, 2016-2021	No change
QN55: 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)								
1.9	1.9	4.0	1.6	2.2	0.9	Decreased, 2010-2021	Increased, 2010-2014 Decreased, 2014-2021	Decreased
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
20.3	19.2	19.9	18.5	24.0	10.4	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	Decreased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN57: Percentage of students who ever had sexual intercourse						No linear change	Decreased, 2010-2016 No change, 2016-2021	No change
37.1	35.2	32.5	29.1	33.7	34.5			
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years						Decreased, 2010-2021	No quadratic change	No change
3.8	4.1	3.3	2.8	2.2	2.5			
QN59: Percentage of students who had sexual intercourse with four or more persons during their life						No linear change	Decreased, 2010-2016 Increased, 2016-2021	No change
10.6	9.4	8.0	6.0	9.0	10.4			
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)						No linear change	Decreased, 2010-2016 No change, 2016-2021	No change
27.0	25.7	24.9	20.5	25.0	26.8			

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Total Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
19.8	19.7	17.9	13.7	16.5	20.4	No linear change	Decreased, 2010-2016 No change, 2016-2021	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
62.0	62.5	57.0	53.3	51.4	51.0	Decreased, 2010-2021	No quadratic change	No change
QN82: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
		9.3	8.8	9.7	5.2	Decreased, 2014-2021	Not available [§]	Decreased
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				8.1	4.7	No linear change	Not available	Decreased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
13.6	13.8	16.9	16.6	12.8	15.3	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
11.6	12.7	13.0	14.8	13.3	19.2	Increased, 2010-2021	No quadratic change	Increased
QN67: Percentage of students who were trying to lose weight								
43.0	42.2	43.2	43.8	42.1	48.3	No linear change	No change, 2010-2016 Increased, 2016-2021	Increased
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
21.8	25.7	29.9	31.0	31.2	34.1	Increased, 2010-2021	No quadratic change	No change

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§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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
12.1	8.1	10.3	12.1	10.6	12.9	No linear change	No quadratic change	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	4.1	5.6	7.6	6.5	8.9	Increased, 2010-2021	No quadratic change	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)								
59.0	62.2	58.7	57.0	55.8	52.0	Decreased, 2010-2021	No quadratic change	No change

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Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
26.9	26.4	26.8	26.2	24.6	22.8	Decreased, 2010-2021	No quadratic change	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
39.8	38.6	39.4	42.7	41.8	42.3	No linear change	No quadratic change	No change
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
27.0	29.3	30.6	31.2	33.8	38.9	Increased, 2010-2021	No quadratic change	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
52.8	51.4	50.0	49.6	50.4	51.3	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Total Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
16.8	17.2	19.1	16.9	19.1	21.3	No linear change	No quadratic change	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)								
4.5	5.4	6.4	5.8	7.5	8.5	Increased, 2010-2021	No quadratic change	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)								
62.0	61.4	63.8	61.3	58.1	57.9	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
26.5	25.8	27.4	23.8	24.4	21.7	Decreased, 2010-2021	No quadratic change	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)								
12.2	11.7	13.2	11.8	11.3	11.2	No linear change	No quadratic change	No change
QN74: 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, one or more times during the 7 days before the survey)								
18.7	22.6	24.3	28.5	29.3	29.4	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	No change

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Total Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
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)								
26.2	22.3	20.4	18.2	16.5	14.0	Decreased, 2010-2021	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
17.0	13.8	11.9	10.3	8.4	7.4	Decreased, 2010-2021	No quadratic change	No change
QN75: Percentage of students who did not drink milk (during the 7 days before the survey)								
14.7	13.3	17.3	17.5	22.4	30.7	Increased, 2010-2021	No change, 2010-2016 Increased, 2016-2021	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Total Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
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)								
47.4	44.0	41.7	38.1	35.0	27.1	Decreased, 2010-2021	No quadratic change	Decreased
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)								
15.6	13.0	13.2	10.0	7.3	7.3	Decreased, 2010-2021	No quadratic change	No change
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
	11.5	13.3	14.2	18.1	20.8	Increased, 2012-2021	Not available [§]	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Total Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
	37.8	36.2	34.9	31.1	26.5	Decreased, 2012-2021	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
53.7	57.6	52.8	51.7	50.1	58.0	No linear change	No change, 2010-2016 Increased, 2016-2021	Increased
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)								
10.4	10.7	14.1	14.8	15.9	12.6	No linear change	Increased, 2010-2016 No change, 2016-2021	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)								
28.0	32.3	29.7	26.8	27.9	30.6	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN79: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
48.1	49.6	49.0	42.1	44.2	52.9	No linear change	Decreased, 2010-2016 Increased, 2016-2021	Increased
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
33.5	34.9	32.8	27.7	28.1	33.5	No linear change	No quadratic change	No change
QN81: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)								
			15.4	15.0	17.1	No linear change	Not available [§]	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Total Other	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
	2010	2012	2014	2016	2018	2021			
QN84: 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)									
	75.1	74.8	75.2	79.2	77.4	70.5	No linear change	Increased, 2010-2016 Decreased, 2016-2021	Decreased
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)									
	1.8	1.4	1.6	1.4	1.3	4.0	No linear change	No change, 2010-2016 Increased, 2016-2021	No change
QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)									
			31.9	26.8	26.3	26.5	Decreased, 2014-2021	Not available [§]	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
	2010	2012	2014	2016	2018	2021			
QN89: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)									
					57.3	57.9	No linear change	Not available [§]	No change
QNSPDRK1: Percentage of students who drank a can, bottle, or glass of a sports drink one or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)									
	17.1	15.9	15.7	11.9	10.4	10.0	Decreased, 2010-2021	No quadratic change	No change
QNSPDRK2: Percentage of students who drank a can, bottle, or glass of a sports drink two or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)									
	10.2	8.3	8.1	7.8	5.6	5.8	Decreased, 2010-2021	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021†
	2010	2012	2014	2016	2018	2021			
QN94: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)									
	60.6	52.1	51.7	54.0	52.2	45.0	Decreased, 2010-2021	No quadratic change	No change
QN96: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not counting low-calorie sports drinks such as Propel or G2, during the 7 days before the survey)									
	31.2	31.9	34.2	42.6	46.2	38.1	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	Decreased
QN97: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, not counting soda or pop, sports drinks, energy drinks, or 100% fruit juice, one or more times per day during the 7 days before the survey)									
	13.0	12.4	13.0	12.5	11.7	13.1	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
	2010	2012	2014	2016	2018	2021			
QN98: Percentage of students who did exercises to strengthen or tone their muscles on three or more days (such as push-ups, sit-ups, or weight lifting, during the 7 days before the survey)									
	57.7	58.8	54.3	51.7	48.7	59.0	No linear change	Decreased, 2010-2016 Increased, 2016-2021	Increased
QN99: Percentage of students who participated in any organized dance activities (such as cheerleading, dance team, flag team, or dance classes, counting any activities run by their school or community groups, during the 12 months before the survey)									
					26.7	24.9	No linear change	Not available [§]	No change
QN102: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)									
			79.4	81.4	79.0	77.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
64.6	57.3	54.0	41.9	47.8	56.9	Decreased, 2010-2021	Decreased, 2010-2016 Increased, 2016-2021	Increased
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)								
21.7	19.3	21.4	19.3	13.5	12.0	Decreased, 2010-2021	No quadratic change	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)								
	7.3	11.2	6.9	5.9	4.2	Decreased, 2012-2021	Not available [§]	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
	46.4	49.1	45.8	48.9	51.9	No linear change	Not available [§]	No change
QN12: 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)								
		10.2	7.8	5.3	5.0	Decreased, 2014-2021	Not available	No change
QN14: 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)								
4.5	3.4	5.1	6.7	6.1	5.5	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN15: 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	7.7	8.3	7.7	7.7	7.8	No linear change	No quadratic change	No change
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
32.1	25.6	22.8	25.5	26.4	24.2	No linear change	No quadratic change	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
5.3	5.9	5.4	3.9	3.9	3.5	Decreased, 2010-2021	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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 do, 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)								
	4.7	3.2	2.7	1.9	5.9	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)								
	5.3	3.7	7.2	4.8	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)								
22.6	17.0	24.4	21.3	18.9	13.8	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
11.8	9.7	13.0	11.5	10.9	8.0	No linear change	No quadratic change	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)								
14.5	11.5	17.1	19.2	21.1	24.7	Increased, 2010-2021	No quadratic change	No change
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
10.8	7.8	11.3	9.2	12.7	13.8	Increased, 2010-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
8.6	6.5	9.8	11.0	12.0	10.9	Increased, 2010-2021	No quadratic change	No change
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
6.8	4.4	7.7	6.0	6.4	5.9	No linear change	No quadratic change	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)								
2.6	1.7	3.5	1.9	2.9	2.1	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Male Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
38.5	32.8	30.1	25.3	22.9	17.9	Decreased, 2010-2021	No quadratic change	No change
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			9.1	7.7	6.3	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)								
14.4	10.9	14.2	7.4	3.3	3.9	Decreased, 2010-2021	No quadratic change	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
6.2	3.3	3.6	1.6	1.4	0.2	Decreased, 2010-2021	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Male Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021†
2010	2012	2014	2016	2018	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
4.9	2.5	2.9	0.9	1.3	0.2	Decreased, 2010-2021	No quadratic change	No change
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])								
		35.3	37.8	49.5	27.4	Decreased, 2014-2021	Not available [§]	Decreased
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)								
		21.2	11.3	17.1	12.1	Decreased, 2014-2021	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
		3.1	2.2	7.4	7.6	Increased, 2014-2021	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)								
		2.2	1.2	5.4	5.4	Increased, 2014-2021	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
		22.8	12.5	16.7	12.6	Decreased, 2014-2021	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †			
2010	2012	2014	2016	2018	2021						
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)						8.3	5.7	4.3	No linear change	Not available [§]	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)						2.5	1.6	1.0	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)						1.8	1.1	1.0	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Male Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
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)								
12.5	10.9	11.0	8.3	4.9	2.9	Decreased, 2010-2021	No quadratic change	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)								
			16.1	17.3	13.5	No linear change	Not available [§]	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)								
1.7	0.9	0.9	0.9	1.2	0.2	No linear change	No quadratic change	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Male
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
17.2	14.4	16.2	10.4	5.2	4.2	Decreased, 2010-2021	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)								
1.2	0.7	0.9	0.8	0.9	0.2	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
18.8	14.8	14.9	15.2	13.5	12.8	Decreased, 2010-2021	No quadratic change	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
25.7	20.8	20.5	21.4	17.4	16.2	Decreased, 2010-2021	No quadratic change	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
			10.6	6.3	8.5	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN43: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours, during the 30 days before the survey)								
				2.8	5.2	No linear change	Not available [§]	No change
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)								
32.3	29.3	30.6	30.6	39.1	38.5	No linear change	No quadratic change	No change
QN45: Percentage of students who ever used marijuana (one or more times during their life)								
26.3	24.6	25.2	25.8	24.1	16.4	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	Decreased
QN46: Percentage of students who tried marijuana for the first time before age 13 years								
6.8	7.3	7.0	5.8	5.4	3.2	Decreased, 2010-2021	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
13.5	13.4	12.7	13.6	10.9	8.6	Decreased, 2010-2021	No quadratic change	No change
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		6.9	6.2	5.4	3.2	Decreased, 2014-2021	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)								
			13.2	11.1	6.5	Decreased, 2016-2021	Not available	Decreased

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
8.8	7.4	6.8	6.2	6.2	7.4	No linear change	No quadratic change	No change
QN55: 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)								
2.3	2.9	4.5	1.5	3.0	1.0	Decreased, 2010-2021	No quadratic change	Decreased
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
20.7	21.9	19.1	19.9	21.6	10.5	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Male Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN57: Percentage of students who ever had sexual intercourse								
37.2	35.2	32.9	30.0	31.3	29.2	Decreased, 2010-2021	No quadratic change	No change
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years								
4.8	6.3	4.5	3.3	2.2	2.5	Decreased, 2010-2021	No quadratic change	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life								
11.3	10.8	9.0	6.6	7.2	10.0	No linear change	Decreased, 2010-2016 No change, 2016-2021	No change
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
25.7	26.0	23.4	20.2	21.4	22.4	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Male Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
21.3	22.9	17.7	15.2	21.0	24.1	No linear change	No quadratic change	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
68.6	67.7	58.4	62.6	53.1	53.0	Decreased, 2010-2021	No quadratic change	No change
QN82: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
		8.8	8.8	8.0	4.8	No linear change	Not available [§]	No change
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				6.8	4.2	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
13.5	15.7	17.3	15.8	11.3	11.8	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
15.0	17.2	16.5	17.4	16.1	22.1	Increased, 2010-2021	No quadratic change	Increased
QN67: Percentage of students who were trying to lose weight								
31.2	29.7	32.1	29.3	31.2	41.0	Increased, 2010-2021	No change, 2010-2016 Increased, 2016-2021	Increased
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
19.8	23.7	29.6	28.3	30.3	29.0	Increased, 2010-2021	Increased, 2010-2014 No change, 2014-2021	No change

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

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

[§]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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Male Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
12.9	9.4	13.6	14.7	11.9	11.7	No linear change	No quadratic change	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)								
5.3	4.6	7.4	9.2	7.4	8.7	Increased, 2010-2021	No quadratic change	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)								
60.8	61.5	58.6	57.4	56.3	58.9	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
28.2	27.6	26.2	25.6	25.0	25.6	No linear change	No quadratic change	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
44.2	45.2	46.3	47.3	44.7	45.9	No linear change	No quadratic change	No change
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
25.7	28.6	27.3	30.8	34.5	36.6	Increased, 2010-2021	No quadratic change	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
52.5	52.1	49.6	51.0	50.1	50.0	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
18.5	18.6	22.4	19.3	21.8	20.5	No linear change	No quadratic change	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)								
5.5	6.9	8.4	7.6	8.2	7.4	No linear change	No quadratic change	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)								
62.2	60.1	64.1	60.8	56.9	60.0	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
27.5	23.7	26.8	26.5	25.0	24.0	No linear change	No quadratic change	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)								
12.4	11.1	13.0	13.2	12.2	12.8	No linear change	No quadratic change	No change
QN74: 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, one or more times during the 7 days before the survey)								
16.1	18.8	21.8	22.8	26.7	31.9	Increased, 2010-2021	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
29.7	27.0	24.4	24.2	20.3	15.3	Decreased, 2010-2021	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
20.1	17.8	15.6	13.6	10.2	9.2	Decreased, 2010-2021	No quadratic change	No change
QN75: Percentage of students who did not drink milk (during the 7 days before the survey)								
10.7	9.7	12.1	12.9	16.2	28.9	Increased, 2010-2021	No change, 2010-2016 Increased, 2016-2021	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
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)								
53.3	48.3	49.1	46.7	42.3	31.2	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	Decreased
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)								
19.7	15.6	17.6	14.0	10.2	8.3	Decreased, 2010-2021	No quadratic change	No change
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
	10.7	13.3	14.2	18.0	20.2	Increased, 2012-2021	Not available [§]	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey
10-year Trend Analysis Report

Male Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
	40.6	38.8	33.8	32.6	29.3	Decreased, 2012-2021	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Male
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN77: 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)								
61.3	65.2	59.0	56.6	57.6	65.5	No linear change	Decreased, 2010-2016 Increased, 2016-2021	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)								
8.5	7.2	12.7	13.0	14.0	11.1	No linear change	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
35.8	40.4	35.6	32.5	35.3	35.8	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Male Physical Activity

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN79: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
55.3	57.7	56.6	46.4	50.5	58.8	No linear change	Decreased, 2010-2016 Increased, 2016-2021	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
38.7	39.3	38.9	32.9	32.3	38.6	No linear change	No quadratic change	No change
QN81: 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)								
			18.2	16.0	19.3	No linear change	Not available [§]	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Male Other	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
	2010	2012	2014	2016	2018	2021			
	QN84: 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)								
	73.3	73.3	73.6	75.4	74.9	69.2	No linear change	No quadratic change	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
	2.2	1.6	1.8	2.2	1.3	7.0	Increased, 2010-2021	No change, 2010-2016 Increased, 2016-2021	Increased
	QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)								
			35.1	28.9	31.1	25.3	Decreased, 2014-2021	Not available [§]	Decreased

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †						
2010	2012	2014	2016	2018	2021									
QN89: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)						57.6	56.2	No linear change	Not available [§]	No change				
QNSPDRK1: Percentage of students who drank a can, bottle, or glass of a sports drink one or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)						24.4	22.7	21.3	16.9	13.7	13.8	Decreased, 2010-2021	No quadratic change	No change
QNSPDRK2: Percentage of students who drank a can, bottle, or glass of a sports drink two or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)						15.6	12.5	11.8	10.9	7.7	6.4	Decreased, 2010-2021	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021†
2010	2012	2014	2016	2018	2021			
QN94: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)								
59.1	50.0	46.6	50.0	49.5	43.4	Decreased, 2010-2021	No quadratic change	No change
QN96: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not counting low-calorie sports drinks such as Propel or G2, during the 7 days before the survey)								
23.6	24.2	26.2	35.4	37.5	31.5	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	No change
QN97: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, not counting soda or pop, sports drinks, energy drinks, or 100% fruit juice, one or more times per day during the 7 days before the survey)								
15.8	14.7	13.7	14.1	12.5	15.4	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey
10-year Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN98: Percentage of students who did exercises to strengthen or tone their muscles on three or more days (such as push-ups, sit-ups, or weight lifting, during the 7 days before the survey)								
67.3	68.5	62.5	57.4	59.1	69.6	No linear change	Decreased, 2010-2016 Increased, 2016-2021	Increased
QN99: Percentage of students who participated in any organized dance activities (such as cheerleading, dance team, flag team, or dance classes, counting any activities run by their school or community groups, during the 12 months before the survey)								
				18.4	14.1	No linear change	Not available [§]	No change
QN102: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
		74.2	77.1	73.5	75.3	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
58.9	49.3	46.5	41.8	48.8	52.0	No linear change	Decreased, 2010-2016 No change, 2016-2021	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)								
26.1	21.3	23.2	24.4	15.3	18.0	Decreased, 2010-2021	No quadratic change	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)								
	6.3	9.1	5.7	5.2	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
	47.0	49.8	51.0	52.4	51.9	No linear change	Not available [§]	No change
QN12: 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)								
		5.3	2.7	2.2	1.6	Decreased, 2014-2021	Not available	No change
QN14: 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)								
2.8	5.2	6.8	8.1	6.9	8.3	Increased, 2010-2021	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN15: 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)								
4.2	5.0	5.1	5.9	7.9	7.8	Increased, 2010-2021	No quadratic change	No change
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
20.6	14.4	16.1	12.2	10.9	15.7	No linear change	Decreased, 2010-2016 No change, 2016-2021	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
11.1	11.4	11.4	13.0	12.7	16.5	Increased, 2010-2021	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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 do, 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)								
	15.6	13.8	12.0	13.6	25.7	Increased, 2012-2021	Not available [§]	Increased
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)								
	10.0	11.7	7.2	8.6	11.0	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)								
23.2	24.9	28.0	23.5	24.0	27.7	No linear change	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
20.1	22.2	25.1	23.2	20.6	26.4	No linear change	No quadratic change	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)								
27.7	27.9	31.4	35.2	43.0	48.8	Increased, 2010-2021	No quadratic change	No change
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
18.0	16.8	18.0	23.0	22.8	25.3	Increased, 2010-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
13.4	13.3	17.0	16.8	18.8	18.2	Increased, 2010-2021	No quadratic change	No change
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
8.5	7.6	9.4	9.8	10.0	14.8	Increased, 2010-2021	No quadratic change	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)								
2.5	2.0	3.0	2.5	3.7	4.0	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
38.8	31.1	32.7	22.5	22.5	19.2	Decreased, 2010-2021	No quadratic change	No change
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			7.6	6.3	5.4	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)								
15.5	10.8	12.2	7.0	4.8	3.4	Decreased, 2010-2021	No quadratic change	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
5.3	2.7	3.6	2.4	1.0	0.0	Not available	Not available	Not available

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021†
2010	2012	2014	2016	2018	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
3.3	2.3	2.1	1.3	0.4	0.0	Not available	Not available [§]	Not available
Q34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])								
		41.0	34.2	48.6	40.3	No linear change	Not available	No change
Q35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)								
		22.8	7.1	16.7	17.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Female
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
		1.3	1.2	5.4	4.5	Increased, 2014-2021	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)								
		0.6	1.1	4.7	4.3	Increased, 2014-2021	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
		25.5	11.0	16.9	16.7	No linear change	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Female
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †			
2010	2012	2014	2016	2018	2021						
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)						1.6	1.1	1.3	No linear change	Not available [§]	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)						0.2	0.2	0.0	Not available	Not available	Not available
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)						0.1	0.0	0.0	Not available	Not available	Not available

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
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)								
6.5	5.5	4.9	4.3	2.7	2.4	Decreased, 2010-2021	No quadratic change	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)								
			11.8	16.6	16.7	No linear change	Not available [§]	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)								
0.2	0.4	0.7	0.6	0.5	0.0	Not available	Not available	Not available

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Female
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
16.9	11.9	13.3	8.3	5.7	4.7	Decreased, 2010-2021	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)								
0.2	0.3	0.7	0.1	0.4	0.0	Not available	Not available [§]	Not available

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
14.0	10.9	11.8	11.0	12.5	11.6	No linear change	No quadratic change	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
27.5	23.5	24.9	27.2	24.7	21.4	No linear change	No quadratic change	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
			10.3	10.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]						
Health Risk Behavior and Percentages														
2010	2012	2014	2016	2018	2021									
QN43: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours, during the 30 days before the survey)						0.7	1.3	No linear change	Not available [§]	No change				
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)						37.7	45.4	47.6	32.7	37.7	37.7	No linear change	No quadratic change	No change
QN45: Percentage of students who ever used marijuana (one or more times during their life)						23.6	22.7	27.6	24.7	26.9	20.9	No linear change	No quadratic change	No change
QN46: Percentage of students who tried marijuana for the first time before age 13 years						2.7	3.7	5.6	4.5	3.9	3.5	No linear change	No quadratic change	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
12.0	9.9	14.4	13.0	12.4	13.1	No linear change	No quadratic change	No change
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		7.6	3.5	6.9	5.5	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)								
			15.0	18.1	7.8	Decreased, 2016-2021	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
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)						No linear change	Decreased, 2010-2016 No change, 2016-2021	No change
10.6	6.6	9.3	4.9	5.6	7.3			
QN55: 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)						No linear change	No quadratic change	No change
1.4	0.8	3.1	1.4	0.8	0.9			
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)						Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	Decreased
19.8	16.4	20.8	16.8	26.0	10.5			

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021†
2010	2012	2014	2016	2018	2021			
QN57: Percentage of students who ever had sexual intercourse						No linear change	Decreased, 2010-2016 Increased, 2016-2021	No change
37.2	35.4	31.7	28.2	36.1	39.0			
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years						No linear change	No quadratic change	No change
2.7	1.8	2.1	2.2	1.8	2.5			
QN59: Percentage of students who had sexual intercourse with four or more persons during their life						No linear change	Decreased, 2010-2014 Increased, 2014-2021	No change
9.9	7.9	7.1	5.4	10.5	10.9			
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)						No linear change	Decreased, 2010-2016 Increased, 2016-2021	No change
28.5	25.4	26.2	20.8	28.4	30.7			

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
18.3	16.3	17.6	12.3	12.7	18.3	No linear change	No quadratic change	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
56.0	56.9	56.3	44.6	50.8	50.8	No linear change	No quadratic change	No change
QN82: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
		9.8	8.0	11.1	5.6	Decreased, 2014-2021	Not available [§]	Decreased
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				9.2	5.3	Decreased, 2018-2021	Not available	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
13.6	11.8	16.4	17.5	14.3	19.4	Increased, 2010-2021	No quadratic change	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
8.0	7.9	9.3	12.1	10.3	15.9	Increased, 2010-2021	No quadratic change	Increased
QN67: Percentage of students who were trying to lose weight								
55.5	55.4	55.2	58.3	53.5	56.1	No linear change	No quadratic change	No change
QN68: 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	28.0	30.5	33.4	32.2	39.8	Increased, 2010-2021	No quadratic change	No change

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

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

§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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
11.1	6.7	6.9	9.0	9.2	14.4	No linear change	Decreased, 2010-2014 Increased, 2014-2021	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)								
4.0	3.5	3.8	5.5	5.3	9.3	Increased, 2010-2021	No quadratic change	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)								
57.1	62.9	58.7	56.6	55.4	44.3	Decreased, 2010-2021	No change, 2010-2014 Decreased, 2014-2021	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, $p < 0.05$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
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)								
25.8	25.2	27.4	26.7	24.3	19.6	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
35.2	31.6	32.7	37.7	38.8	39.0	Increased, 2010-2021	No quadratic change	No change
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
28.2	30.3	34.2	31.6	33.0	42.1	Increased, 2010-2021	No quadratic change	Increased
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
53.1	50.7	50.9	48.1	51.2	52.8	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
15.0	15.8	15.6	13.9	16.1	22.4	No linear change	No quadratic change	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)								
3.6	3.9	4.3	3.6	6.5	9.8	Increased, 2010-2021	No quadratic change	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)								
61.9	62.8	63.2	62.1	59.4	55.3	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2018-2021 †
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
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)								
25.3	28.0	27.9	21.1	23.3	19.7	Decreased, 2010-2021	No quadratic change	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)								
11.7	12.2	13.3	10.2	10.2	9.6	No linear change	No quadratic change	No change
QN74: 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, one or more times during the 7 days before the survey)								
21.4	26.5	26.9	34.4	31.6	27.0	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	No change

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
22.5	17.2	15.8	11.9	12.7	12.2	Decreased, 2010-2021	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
13.6	9.4	7.8	6.7	6.6	5.6	Decreased, 2010-2021	No quadratic change	No change
QN75: Percentage of students who did not drink milk (during the 7 days before the survey)								
18.7	17.3	22.7	21.7	28.2	32.4	Increased, 2010-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
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)								
41.5	39.3	33.9	29.7	27.8	22.9	Decreased, 2010-2021	No quadratic change	No change
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)								
11.3	10.1	8.4	5.9	4.3	6.4	Decreased, 2010-2021	No quadratic change	No change
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
	12.5	13.3	13.8	18.1	21.9	Increased, 2012-2021	Not available [§]	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
	34.8	33.9	36.4	29.7	23.8	Decreased, 2012-2021	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN77: 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)								
45.9	49.5	46.3	47.2	42.6	50.0	No linear change	No quadratic change	Increased
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)								
12.5	14.5	15.7	16.3	17.3	14.4	No linear change	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
19.8	23.9	23.6	21.2	20.4	24.8	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN79: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
40.4	41.0	41.1	37.9	37.5	46.8	No linear change	No quadratic change	Increased
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
27.9	30.0	26.9	22.4	24.2	28.7	No linear change	No quadratic change	No change
QN81: 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)								
			11.8	14.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Female Other	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
	2010	2012	2014	2016	2018	2021			
	QN84: 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)								
	77.3	76.5	77.3	83.1	80.5	71.7	No linear change	Increased, 2010-2016 Decreased, 2016-2021	Decreased
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
	1.3	1.2	1.4	0.4	0.7	1.1	No linear change	No quadratic change	No change
	QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)								
			28.9	24.8	21.5	27.4	No linear change	Not available [§]	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021†						
2010	2012	2014	2016	2018	2021									
QN89: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)						57.1	59.0	No linear change	Not available [§]	No change				
QNSPDRK1: Percentage of students who drank a can, bottle, or glass of a sports drink one or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)						9.6	8.8	9.8	6.7	6.8	6.2	Decreased, 2010-2021	No quadratic change	No change
QNSPDRK2: Percentage of students who drank a can, bottle, or glass of a sports drink two or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)						4.6	3.8	4.1	4.5	3.4	5.1	No linear change	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN94: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)								
62.0	54.2	56.5	57.7	54.7	46.8	Decreased, 2010-2021	No quadratic change	No change
QN96: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not counting low-calorie sports drinks such as Propel or G2, during the 7 days before the survey)								
39.0	40.1	42.4	50.4	55.7	44.9	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	Decreased
QN97: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, not counting soda or pop, sports drinks, energy drinks, or 100% fruit juice, one or more times per day during the 7 days before the survey)								
10.1	10.0	12.4	10.9	10.5	11.0	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN98: Percentage of students who did exercises to strengthen or tone their muscles on three or more days (such as push-ups, sit-ups, or weight lifting, during the 7 days before the survey)								
47.8	48.5	45.3	46.1	38.6	48.2	No linear change	No quadratic change	Increased
QN99: Percentage of students who participated in any organized dance activities (such as cheerleading, dance team, flag team, or dance classes, counting any activities run by their school or community groups, during the 12 months before the survey)								
				34.8	35.8	No linear change	Not available [§]	No change
QN102: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
		84.8	85.6	85.1	80.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
59.3	50.5	47.3	38.2	45.6	56.5	No linear change	Decreased, 2010-2016 Increased, 2016-2021	Increased
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)								
23.6	19.2	20.9	18.5	14.8	16.3	Decreased, 2010-2021	No quadratic change	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)								
	6.9	8.2	5.7	3.7	5.2	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**White*
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
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)								
	49.2	49.9	50.6	53.8	55.1	Increased, 2012-2021	Not available [¶]	No change
QN12: 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)								
		5.7	4.6	4.3	3.6	No linear change	Not available	No change
QN14: 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)								
2.8	2.7	4.2	5.9	5.8	7.3	Increased, 2010-2021	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**White*
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QN15: 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)								
4.8	5.2	5.1	5.9	6.6	6.5	No linear change	No quadratic change	No change
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
23.3	16.7	15.9	17.6	18.8	17.4	No linear change	Decreased, 2010-2014 No change, 2014-2021	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
7.9	8.0	7.3	6.5	7.5	10.2	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**White*
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
<p>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 do, 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)</p>								
	9.4	7.5	4.8	7.5	15.6	Increased, 2012-2021	Not available [¶]	Increased
<p>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)</p>								
	6.5	7.3	6.4	7.1	8.5	No linear change	Not available	No change
<p>QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)</p>								
23.8	21.3	26.2	21.9	21.5	22.7	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
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)								
16.4	16.8	18.8	16.5	16.5	17.9	No linear change	No quadratic change	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)								
19.8	17.9	20.9	25.6	29.4	34.6	Increased, 2010-2021	No quadratic change	No change
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
13.6	11.6	12.4	13.9	17.2	19.3	Increased, 2010-2021	No quadratic change	No change

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**White*
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
10.2	8.8	11.6	10.7	14.8	14.5	Increased, 2010-2021	No quadratic change	No change
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
6.0	4.0	7.4	5.3	7.8	10.1	Increased, 2010-2021	No quadratic change	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)								
2.1	1.0	2.6	1.6	2.8	3.4	Increased, 2010-2021	No quadratic change	No change

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**White*
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
36.8	28.7	27.3	22.4	21.4	18.8	Decreased, 2010-2021	No quadratic change	No change
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			6.9	6.8	5.4	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)								
15.5	11.0	12.0	7.4	4.5	4.0	Decreased, 2010-2021	No quadratic change	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
6.1	3.1	3.7	2.2	1.4	0.2	Decreased, 2010-2021	No quadratic change	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

White* Tobacco Use						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
4.2	2.3	2.7	1.2	1.1	0.2	Decreased, 2010-2021	No quadratic change	Decreased
Q34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])								
		34.4	33.2	48.2	37.7	No linear change	Not available [¶]	Decreased
Q35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)								
		19.1	9.8	18.6	16.6	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
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	2.3	8.0	7.1	Increased, 2014-2021	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)								
		1.0	1.5	6.3	5.5	Increased, 2014-2021	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
		21.1	12.3	18.7	16.2	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**White*
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
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	4.0	3.8	No linear change	Not available [¶]	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
			1.7	0.8	0.7	No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)								
			1.2	0.6	0.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

White* Tobacco Use						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
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)								
8.6	7.7	7.0	6.2	3.3	3.9	Decreased, 2010-2021	No quadratic change	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)								
			15.1	18.9	17.0	No linear change	Not available [¶]	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)								
0.7	0.5	0.5	0.6	0.6	0.2	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**White*
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
17.6	13.4	13.8	9.8	5.6	5.6	Decreased, 2010-2021	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)								
0.5	0.3	0.5	0.3	0.4	0.2	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
14.8	10.0	11.3	12.1	12.9	13.7	No linear change	Decreased, 2010-2014 No change, 2014-2021	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)								
25.7	22.4	21.2	24.6	21.6	21.6	No linear change	No quadratic change	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
			10.1	8.8	11.3	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

White* Alcohol and Other Drug Use						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]						
Health Risk Behavior and Percentages														
2010	2012	2014	2016	2018	2021									
QN43: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours, during the 30 days before the survey)						1.6	3.9	No linear change	Not available [¶]	No change				
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)						37.3	41.0	43.2	34.9	38.1	38.9	No linear change	No quadratic change	No change
QN45: Percentage of students who ever used marijuana (one or more times during their life)						21.2	19.3	20.8	21.8	23.5	18.0	No linear change	No quadratic change	No change
QN46: Percentage of students who tried marijuana for the first time before age 13 years						2.8	3.5	4.4	2.6	4.1	2.5	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
10.3	9.0	10.4	11.0	10.3	10.5	No linear change	No quadratic change	No change
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		5.5	4.3	5.1	4.2	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)								
			13.3	12.5	7.4	Decreased, 2016-2021	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
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)								
7.7	6.2	6.3	4.8	6.0	7.2	No linear change	Decreased, 2010-2016 No change, 2016-2021	No change
QN55: 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	1.4	3.0	1.1	1.4	1.4	No linear change	No quadratic change	No change
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
19.6	16.6	17.8	17.1	22.6	9.5	Decreased, 2010-2021	No change, 2010-2014 Decreased, 2014-2021	Decreased

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**White*
Sexual Behaviors**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QN57: Percentage of students who ever had sexual intercourse								
34.7	32.6	28.0	29.8	31.7	35.3	No linear change	No quadratic change	No change
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years								
3.0	2.4	1.9	3.3	1.2	2.4	No linear change	No quadratic change	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life								
9.4	7.4	6.8	6.2	7.6	11.9	No linear change	Decreased, 2010-2016 Increased, 2016-2021	No change
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
25.5	24.4	21.8	21.9	23.7	27.7	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

White* Sexual Behaviors								
Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
18.1	17.7	15.4	11.1	14.9	20.8	No linear change	Decreased, 2010-2016 Increased, 2016-2021	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
63.3	61.6	57.7	53.2	54.9	53.9	No linear change	No quadratic change	No change
QN82: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
		7.6	7.6	8.3	4.5	Decreased, 2014-2021	Not available [¶]	Decreased
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				6.7	4.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]								
12.4	12.7	15.6	14.9	13.0	16.0	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]								
10.4	11.9	12.7	13.7	11.9	16.3	Increased, 2010-2021	No quadratic change	Increased
QN67: Percentage of students who were trying to lose weight								
41.0	39.4	40.1	41.9	38.7	46.9	No linear change	No quadratic change	Increased
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
22.7	27.1	30.4	32.9	31.8	36.5	Increased, 2010-2021	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
11.1	7.2	9.8	11.1	10.8	11.2	No linear change	No quadratic change	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	3.3	5.2	6.4	6.4	7.2	Increased, 2010-2021	No quadratic change	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)								
58.4	62.9	59.8	56.5	57.7	51.1	Decreased, 2010-2021	No quadratic change	No change

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

White* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
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)								
25.9	26.9	26.5	24.4	24.5	23.4	Decreased, 2010-2021	No quadratic change	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
39.4	37.0	40.0	39.6	38.7	38.6	No linear change	No quadratic change	No change
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
24.0	28.4	29.1	27.4	30.1	37.3	Increased, 2010-2021	No quadratic change	Increased
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
51.2	49.4	49.4	48.5	50.5	48.9	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
14.4	15.2	16.8	15.6	16.8	18.4	No linear change	No quadratic change	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	4.7	5.1	4.7	5.3	7.1	Increased, 2010-2021	No quadratic change	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)								
63.6	62.9	65.2	64.3	60.9	59.1	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
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)								
26.5	26.6	27.6	23.7	26.1	22.2	Decreased, 2010-2021	No quadratic change	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)								
11.5	11.2	12.2	11.2	11.5	10.8	No linear change	No quadratic change	No change
QN74: 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, one or more times during the 7 days before the survey)								
18.7	23.5	23.7	28.0	27.6	28.9	Increased, 2010-2021	No quadratic change	No change

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021[§]
2010	2012	2014	2016	2018	2021			
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)								
26.1	22.8	19.5	17.6	15.3	15.1	Decreased, 2010-2021	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
16.5	13.6	11.7	9.0	7.9	7.8	Decreased, 2010-2021	No quadratic change	No change
QN75: Percentage of students who did not drink milk (during the 7 days before the survey)								
13.8	11.8	14.8	15.6	20.6	29.7	Increased, 2010-2021	No change, 2010-2016 Increased, 2016-2021	Increased

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021[§]
2010	2012	2014	2016	2018	2021			
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)								
49.9	48.1	46.0	41.0	37.4	28.6	Decreased, 2010-2021	No quadratic change	Decreased
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)								
16.7	15.1	14.7	10.6	8.0	8.0	Decreased, 2010-2021	No quadratic change	No change
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
	9.8	10.3	11.4	17.4	18.6	Increased, 2012-2021	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey
10-year Trend Analysis Report

White* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
Health Risk Behavior and Percentages								
2010	2012	2014	2016	2018	2021			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
	41.6	39.6	38.0	32.0	29.0	Decreased, 2012-2021	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

White* Physical Activity						Health Risk Behavior and Percentages	Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021				
QN77: 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)									
57.6	62.3	57.8	54.8	53.4	59.1	No linear change	No quadratic change	No change	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)									
8.5	8.9	11.5	12.8	14.5	11.4	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	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	34.8	32.1	28.8	29.8	30.3	No linear change	No quadratic change	No change	

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

White* Physical Activity						Health Risk Behavior and Percentages	Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021				
QN79: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)									
46.8	48.6	48.9	43.6	42.5	50.6	No linear change	No quadratic change	Increased	
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)									
33.6	35.7	34.6	29.5	28.8	35.0	No linear change	No quadratic change	No change	
QN81: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)									
			15.1	15.0	15.8	No linear change	Not available [¶]	No change	

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey
10-year Trend Analysis Report

White* Other	Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
	2010	2012	2014	2016	2018	2021			
	QN84: 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	79.6	78.8	82.9	82.1	78.0	No linear change	Increased, 2010-2016 No change, 2016-2021	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
	1.0	0.9	1.4	1.3	0.8	2.2	No linear change	No quadratic change	Increased
	QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)								
			33.7	26.9	26.9	28.0	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QN94: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)								
59.8	51.5	50.5	55.0	52.9	48.7	Decreased, 2010-2021	No quadratic change	No change
QN96: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not counting low-calorie sports drinks such as Propel or G2, during the 7 days before the survey)								
31.7	32.4	34.3	43.1	46.9	40.2	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	No change
QN97: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, not counting soda or pop, sports drinks, energy drinks, or 100% fruit juice, one or more times per day during the 7 days before the survey)								
11.6	10.9	12.3	10.6	10.4	13.3	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 [§]
2010	2012	2014	2016	2018	2021			
QN98: Percentage of students who did exercises to strengthen or tone their muscles on three or more days (such as push-ups, sit-ups, or weight lifting, during the 7 days before the survey)								
58.9	60.4	56.6	53.1	50.9	55.6	Decreased, 2010-2021	Decreased, 2010-2016 No change, 2016-2021	No change
QN99: Percentage of students who participated in any organized dance activities (such as cheerleading, dance team, flag team, or dance classes, counting any activities run by their school or community groups, during the 12 months before the survey)								
				25.2	27.0	No linear change	Not available [¶]	No change
QN102: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
		83.1	85.0	80.5	81.4	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
75.2	61.3	65.7	49.2	53.1	57.2	Decreased, 2010-2021	Decreased, 2010-2016 No change, 2016-2021	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)								
23.9	26.9	27.2	32.1	13.1	12.2	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	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)								
	6.2	13.0	7.5	7.2	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
	39.9	50.6	39.9	45.9	38.6	No linear change	Not available [§]	No change
QN12: 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)								
		8.4	6.6	3.2	3.0	No linear change	Not available	No change
QN14: 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)								
5.3	11.3	9.8	10.3	10.0	6.3	No linear change	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN15: 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)								
10.7	8.7	12.8	10.2	11.3	6.8	No linear change	No quadratic change	No change
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
37.2	27.4	30.1	24.5	18.4	19.0	Decreased, 2010-2021	No quadratic change	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
10.1	11.8	11.4	12.2	9.0	10.3	No linear change	No quadratic change	No change

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†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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 do, 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)								
	13.2	10.4	12.9	7.8	16.3	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)								
	7.9	10.6	8.0	4.8	4.2	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)								
20.1	21.4	21.5	21.4	18.2	17.0	No linear change	No quadratic change	No change

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
12.3	13.8	17.0	23.1	12.9	14.1	No linear change	No quadratic change	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)								
24.5	26.9	32.7	30.0	41.6	37.4	Increased, 2010-2021	No quadratic change	No change
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
16.7	15.5	20.4	24.7	19.7	14.6	No linear change	No quadratic change	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
12.9	12.9	19.3	23.8	17.1	9.4	No linear change	Increased, 2010-2016 Decreased, 2016-2021	Decreased
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)								
13.9	13.3	15.9	15.8	13.8	4.7	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	Decreased
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)								
4.6	3.5	5.4	5.7	5.5	1.8	No linear change	No quadratic change	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021†
2010	2012	2014	2016	2018	2021			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
46.0	40.5	46.5	32.1	26.1	20.6	Decreased, 2010-2021	No quadratic change	No change
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			14.9	7.6	8.6	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)								
14.6	9.6	16.7	5.3	2.3	2.1	Decreased, 2010-2021	No quadratic change	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
5.7	2.7	3.3	0.6	0.5	0.0	Not available	Not available	Not available

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
4.7	2.7	1.6	0.6	0.0	0.0	Not available	Not available [§]	Not available
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])								
		55.6	41.3	51.7	30.2	Decreased, 2014-2021	Not available	Decreased
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)								
		33.7	8.2	12.5	14.0	Decreased, 2014-2021	Not available	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
		4.7	0.5	2.2	6.8	No linear change	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)								
		3.1	0.5	1.2	5.6	No linear change	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
		37.6	9.9	12.2	13.3	Decreased, 2014-2021	Not available	No change

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
			2.3	1.9	0.0	Not available	Not available [§]	Not available
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
			0.0	0.4	0.0	Not available	Not available	Not available
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)								
			0.0	0.0	0.0	Not available	Not available	Not available

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021†
2010	2012	2014	2016	2018	2021			
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)								
13.9	10.7	9.4	5.1	3.1	2.2	Decreased, 2010-2021	No quadratic change	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)								
			10.6	12.4	13.3	No linear change	Not available [§]	No change
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)								
2.2	1.1	0.0	0.0	0.0	0.0	Not available	Not available	Not available

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
16.4	10.6	17.1	6.9	3.8	2.2	Decreased, 2010-2021	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)								
2.0	0.8	0.0	0.0	0.0	0.0	Not available	Not available [§]	Not available

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
23.9	22.4	18.9	19.0	17.1	10.3	Decreased, 2010-2021	No quadratic change	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
32.8	22.1	30.3	27.0	20.9	15.5	Decreased, 2010-2021	No quadratic change	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
			13.4	9.3	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021†						
2010	2012	2014	2016	2018	2021									
QN43: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours, during the 30 days before the survey)						0.4	5.6	Increased, 2018-2021	Not available [§]	No change				
QN45: Percentage of students who ever used marijuana (one or more times during their life)						38.2	32.6	47.0	29.3	30.8	23.9	Decreased, 2010-2021	No quadratic change	No change
QN46: Percentage of students who tried marijuana for the first time before age 13 years						13.0	7.8	11.8	10.9	6.4	5.3	No linear change	No quadratic change	No change
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)						21.0	15.8	25.2	16.0	14.3	16.1	No linear change	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
		9.6	9.2	10.4	4.8	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)								
			19.3	17.8	6.0	Decreased, 2016-2021	Not available	Decreased
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)								
16.6	8.7	10.7	10.6	5.7	8.0	No linear change	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN55: 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)								
4.0	2.7	6.5	2.0	2.7	0.0	Not available	Not available [§]	Not available
QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
20.4	27.3	24.3	22.8	24.6	12.0	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	Decreased

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021†
2010	2012	2014	2016	2018	2021			
QN57: Percentage of students who ever had sexual intercourse								
48.8	42.7	38.3	32.8	44.0	37.7	No linear change	No quadratic change	No change
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years								
8.7	6.5	5.5	2.8	2.6	1.0	Decreased, 2010-2021	No quadratic change	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life								
18.2	13.3	11.8	5.9	8.7	5.7	Decreased, 2010-2021	No quadratic change	No change
QN60: 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	25.7	32.2	18.1	32.8	28.4	No linear change	No quadratic change	No change

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN82: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
		9.6	13.4	14.1	9.7	No linear change	Not available [§]	No change
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				11.5	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
17.6	16.5	21.5	23.1	11.5	15.5	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
15.9	21.2	14.4	19.0	17.6	31.2	Increased, 2010-2021	No change, 2010-2016 Increased, 2016-2021	Increased
QN67: Percentage of students who were trying to lose weight								
55.5	53.9	53.1	55.9	55.2	63.4	No linear change	No change, 2010-2016 No change, 2016-2021	No change
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
20.6	21.7	26.4	27.8	30.8	24.8	No linear change	No quadratic change	No change

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

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

§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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
12.6	10.0	11.9	11.5	9.1	11.5	No linear change	No quadratic change	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)								
6.3	5.6	6.7	8.5	4.5	8.9	No linear change	No quadratic change	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)								
59.1	57.3	59.7	60.9	54.8	56.5	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
26.8	23.7	25.5	31.6	23.5	20.7	No linear change	No quadratic change	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
39.6	41.4	40.5	49.7	42.3	45.1	No linear change	No quadratic change	No change
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
39.9	36.3	37.1	41.0	42.2	34.1	No linear change	No quadratic change	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
57.9	52.1	51.1	48.9	53.2	47.0	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
23.9	23.2	25.0	17.7	24.1	21.5	No linear change	No quadratic change	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)								
6.7	7.8	9.4	8.7	9.7	3.3	No linear change	No change, 2010-2016 Decreased, 2016-2021	Decreased
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)								
56.3	56.4	58.0	56.8	53.3	61.7	No linear change	No quadratic change	Increased

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
26.8	24.3	25.1	27.7	18.3	23.7	No linear change	No quadratic change	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)								
14.1	13.2	14.2	16.0	8.9	13.9	No linear change	No quadratic change	No change
QN74: 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, one or more times during the 7 days before the survey)								
18.4	20.0	22.6	26.4	27.6	29.9	Increased, 2010-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
26.4	19.0	20.0	20.1	15.5	8.4	Decreased, 2010-2021	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
17.0	12.5	11.7	13.1	5.7	2.0	Decreased, 2010-2021	No quadratic change	No change
QN75: Percentage of students who did not drink milk (during the 7 days before the survey)								
17.1	17.5	22.9	18.3	23.0	28.2	Increased, 2010-2021	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
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)								
36.8	33.3	32.2	32.8	24.9	23.1	Decreased, 2010-2021	No quadratic change	No change
QNMILK3: Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)								
10.5	6.1	8.3	7.3	4.6	4.0	Decreased, 2010-2021	No quadratic change	No change
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
	19.2	24.2	22.0	20.7	21.7	No linear change	Not available [§]	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska 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 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
	26.4	28.9	24.2	29.9	20.1	No linear change	Not available [§]	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Physical Activity

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN77: 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)								
43.5	42.3	39.6	40.6	39.8	55.2	No linear change	No quadratic change	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
15.2	16.7	22.3	18.0	19.4	10.4	No linear change	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
23.3	21.7	20.7	18.9	21.8	25.7	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Physical Activity

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN79: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
52.3	49.5	50.5	39.7	47.8	59.5	No linear change	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
34.7	31.2	26.5	25.7	22.3	32.6	No linear change	No quadratic change	No change
QN81: 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)								
			14.7	14.7	16.3	No linear change	Not available [§]	No change

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
	2010	2012	2014	2016	2018	2021			
	QN84: 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)						No linear change	Increased, 2010-2016 Decreased, 2016-2021	No change
	62.9	59.4	66.0	70.7	64.8	58.5			
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)						No linear change	No change, 2010-2016 No change, 2016-2021	No change
	5.9	2.9	2.6	2.2	1.7	4.6			
	QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)						No linear change	Not available [§]	No change
			28.6	22.1	24.4	26.7			

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

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

[§]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †						
2010	2012	2014	2016	2018	2021									
QN89: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)						53.4	51.1	No linear change	Not available [§]	No change				
QNSPDRK1: Percentage of students who drank a can, bottle, or glass of a sports drink one or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)						20.4	14.8	14.8	18.2	7.6	8.6	Decreased, 2010-2021	No quadratic change	No change
QNSPDRK2: Percentage of students who drank a can, bottle, or glass of a sports drink two or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)						12.8	7.9	7.3	11.5	4.6	5.1	Decreased, 2010-2021	No quadratic change	No change

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

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

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Site-Added

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN94: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)								
65.2	54.9	60.0	53.4	55.7	39.6	Decreased, 2010-2021	No quadratic change	No change
QN96: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not counting low-calorie sports drinks such as Propel or G2, during the 7 days before the survey)								
27.2	27.2	31.9	40.9	47.8	36.0	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	No change
QN97: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, not counting soda or pop, sports drinks, energy drinks, or 100% fruit juice, one or more times per day during the 7 days before the survey)								
18.3	10.3	16.0	18.1	10.8	12.8	No linear change	No quadratic change	No change

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

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey 10-year Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN98: Percentage of students who did exercises to strengthen or tone their muscles on three or more days (such as push-ups, sit-ups, or weight lifting, during the 7 days before the survey)								
55.6	51.5	47.8	46.7	42.8	65.0	No linear change	No change, 2010-2016 Increased, 2016-2021	Increased
QN99: Percentage of students who participated in any organized dance activities (such as cheerleading, dance team, flag team, or dance classes, counting any activities run by their school or community groups, during the 12 months before the survey)								
				30.7	16.4	Decreased, 2018-2021	Not available [§]	Decreased
QN102: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)								
		67.6	72.8	73.1	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.