

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total Injury and Violence</b>																
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)																
52.4	28.2					21.9	15.9			15.7	11.9	11.3	8.5	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	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)																
46.1	43.4					38.5	35.6			23.9	20.3	22.3	22.1	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	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)																
											6.8	10.1	6.3	No linear change	Not available <sup>§</sup>	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey

Trend Analysis Report

Total  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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		No linear change	Not available <sup>§</sup>	No change
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																
											8.1	5.4		No linear change	Not available	No change
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																
	3.0					3.1	3.9			3.8	4.2	6.2	7.5	Increased, 1993-2016	No change, 1993-2012 Increased, 2012-2016	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																
	5.8					8.8	9.7			6.4	6.4	7.1	7.1	No linear change	Increased, 1993-2005 Decreased, 2005-2016	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Total Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																
41.7	34.5					29.6	28.5			26.7	20.1	19.7	19.2	Decreased, 1991-2016	No quadratic change	No change
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)																
	12.5					10.6	9.3			7.4	5.7	5.5	6.0	Decreased, 1993-2016	No quadratic change	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)																
						9.9	9.1			8.1	8.6	8.3	8.4	Decreased, 2003-2016	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, 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	No linear change	Not available <sup>§</sup>	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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## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Total  
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016								
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	No linear change	Not available <sup>§</sup>	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	No linear change	Not available	No change		
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)													15.8	15.7	18.9	17.5	No linear change	Not available	No change		
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)													25.3	25.1	21.0	19.5	24.1	27.0	No linear change	Decreased, 2003-2012 Increased, 2012-2016	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Total  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)																
28.3	24.2					17.9	16.5			14.2	12.1	14.6	16.1	Decreased, 1991-2016	Decreased, 1991-2012 Increased, 2012-2016	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																
17.3	20.8					17.2	14.3			10.9	9.8	13.3	14.1	Decreased, 1991-2016	No quadratic change	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)																
7.0	9.1					8.8	9.4			7.7	6.0	8.9	8.0	Decreased, 1991-2016	No change, 1991-2003 Decreased, 2003-2016	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)																
2.0	2.8					3.4	3.2			2.6	1.8	3.3	2.2	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change

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

†Based on t-test analysis, p < 0.05.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Total Tobacco Use														Linear Change*	Quadratic Change*	Change from 2014-2016 †
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)																
72.4	67.1					60.2	53.4			38.7	31.9	31.4	24.0	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	Decreased
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																
29.2	33.7					24.1	21.8			15.0	10.9	13.3	7.4	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																
15.1	14.9					11.2	9.6			5.8	3.0	3.7	2.1	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																
11.3	10.7					8.3	7.0			4.1	2.4	2.6	1.2	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Total Tobacco Use													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN33: Percentage of students who smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)																
16.6	13.9					9.3	8.9			7.1	4.8	8.0	2.3	Decreased, 1991-2016	No quadratic change	Decreased
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])																
												38.2	36.1	No linear change	Not available <sup>§</sup>	No change
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)																
												22.3	9.4	Decreased, 2014-2016	Not available	Decreased
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)																
						18.2	16.8			9.6	8.3	8.1	6.7	Decreased, 2003-2016	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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§Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Total  
Tobacco Use

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2014-2016 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016

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

32.6 28.4

18.8 15.0 16.6 10.2

Decreased, 2003-2016

No quadratic change

Decreased

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

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## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total</b>														<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>
<b>Alcohol and Other Drug Use</b>																
<b>Health Risk Behavior and Percentages</b>																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN40: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)																
82.9	78.8					78.4	73.2			60.6	52.1	51.7	54.0	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	No change
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																
34.2	32.1					26.6	23.9			16.5	12.9	13.7	13.3	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	No change
QN42: 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)																
53.4	51.9					46.5	42.9			26.6	22.1	22.7	24.4	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	No change
QN43: 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	No linear change	Not available <sup>§</sup>	Decreased

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§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total Alcohol and Other Drug Use</b>														<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>
<b>Health Risk Behavior and Percentages</b>																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN46: Percentage of students who ever used marijuana (one or more times during their life)																
22.3	19.3					34.6	32.3			25.0	23.6	26.6	25.4	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change
QN47: Percentage of students who tried marijuana for the first time before age 13 years																
4.9	4.2					7.7	7.0			4.9	5.5	6.3	5.3	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																
10.3	9.4					18.3	17.5			12.7	11.7	13.7	13.4	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change
QN49: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)																
4.6	3.5					6.9	7.5			4.2	3.2	5.3	4.1	Decreased, 1991-2016	Increased, 1991-2005 Decreased, 2005-2016	No change

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

†Based on t-test analysis, p < 0.05.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>	
<b>Alcohol and Other Drug Use</b>																
<b>Health Risk Behavior and Percentages</b>																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN50: 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)																
						11.7	11.3			9.7	7.0	8.1	6.0	Decreased, 2003-2016	No quadratic change	No change
QN51: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)																
						2.7	2.7			1.9	1.2	2.5	2.1	Decreased, 2003-2016	No quadratic change	No change
QN52: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)																
						6.3	5.8			2.7	2.0	4.2	3.0	Decreased, 2003-2016	No quadratic change	No change
QN53: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)																
						5.0	4.9			4.5	3.2	5.1	3.9	Decreased, 2003-2016	No quadratic change	No change

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## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>	
<b>Alcohol and Other Drug Use</b>																
<b>Health Risk Behavior and Percentages</b>																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN54: Percentage of students who ever used synthetic marijuana (also called "K2," "Spice," "fake weed," "King Kong," "Yucatan Fire," "Skunk," or "Moon Rocks," one or more times during their life)																
											7.5	5.2	Decreased, 2014-2016	Not available <sup>§</sup>	No change	
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)																
2.4	3.0					3.6	4.0			2.8	2.3	3.5	3.5	No linear change	No quadratic change	No change
QN57: 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)																
						2.0	3.1			1.9	1.9	4.0	1.6	No linear change	No quadratic change	Decreased
QN58: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																
	11.0					23.3	22.0			20.3	19.2	19.9	18.5	Increased, 1993-2016	Increased, 1993-2005 Decreased, 2005-2016	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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§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

Total Sexual Behaviors	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2014-2016 <sup>†</sup>		
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012				2014	2016
QN59: Percentage of students who ever had sexual intercourse	52.5	47.0					42.8	40.8			37.1	35.2	32.5	29.1	Decreased, 1991-2016	Decreased, 1991-2010 Decreased, 2010-2016	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years	6.8	5.9					5.1	4.4			3.8	4.1	3.3	2.8	Decreased, 1991-2016	No quadratic change	No change
QN61: Percentage of students who had sexual intercourse with four or more persons during their life	18.3	15.1					12.0	11.9			10.6	9.4	8.0	6.0	Decreased, 1991-2016	Decreased, 1991-2010 Decreased, 2010-2016	No change
QN62: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)	37.2	31.9					31.5	29.9			27.0	25.7	24.9	20.5	Decreased, 1991-2016	Decreased, 1991-2010 Decreased, 2010-2016	No change

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## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total Sexual Behaviors</b>														<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>
<b>Health Risk Behavior and Percentages</b>																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN63: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)																
26.1	27.4					30.5	24.0			19.8	19.7	17.9	13.7	Decreased, 1991-2016	No change, 1991-2003 Decreased, 2003-2016	No change
QN64: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)																
53.3	59.6					60.2	61.6			62.0	62.5	57.0	53.3	Increased, 1991-2016	Increased, 1991-2012 Decreased, 2012-2016	No change
QN85: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)																
											9.3	8.8		No linear change	Not available <sup>§</sup>	No change
QN65: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																
22.6	17.6					21.9	21.6			21.9	16.4	20.7	21.2	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Total  
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)													No linear change	Not available <sup>§</sup>	No change	
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)													No linear change	Not available	No change	
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)													No linear change	Not available	No change	

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2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Total  
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																
										9.4	8.6	9.7		No linear change	Not available <sup>§</sup>	No change
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)																
14.6	13.4					11.8	12.8			14.0	12.2	17.8	7.0	Decreased, 1991-2016	No quadratic change	Decreased

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

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## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>	
<b>Weight Management and Dietary Behaviors</b>																
<b>Health Risk Behavior and Percentages</b>																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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) <sup>§</sup>																
						14.5	13.7			13.6	13.8	16.9	16.6	No linear change	No change, 2003-2010 Increased, 2010-2016	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) <sup>§</sup>																
						10.4	10.9			11.6	12.7	13.0	14.6	Increased, 2003-2016	No quadratic change	No change
QN68: Percentage of students who described themselves as slightly or very overweight																
35.2	36.4					32.7	32.5			28.5	27.0	30.3	29.3	Decreased, 1991-2016	No quadratic change	No change
QN69: Percentage of students who were trying to lose weight																
45.5	43.7					45.2	46.3			43.0	42.2	43.2	43.8	Decreased, 1991-2016	No change, 1991-2005 Decreased, 2005-2016	No change
QN70: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																
						18.9	19.2			21.8	25.7	29.9	31.0	Increased, 2003-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total</b>														<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>
<b>Weight Management and Dietary Behaviors</b>																
<b>Health Risk Behavior and Percentages</b>																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN71: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																
						12.9	12.4			12.1	8.1	10.3	12.1	Decreased, 2003-2016	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)																
						5.4	6.2			4.7	4.1	5.6	7.6	No linear change	Decreased, 2003-2012 Increased, 2012-2016	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)																
						57.8	56.4			59.0	62.2	58.7	57.0	No linear change	No quadratic change	No change
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)																
						25.5	23.6			26.9	26.4	26.8	26.2	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,  $p < 0.05$ .

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>	
<b>Weight Management and Dietary Behaviors</b>																
<b>Health Risk Behavior and Percentages</b>																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																
						14.0	12.4			15.6	14.1	15.2	14.0	No linear change	No quadratic change	No change
QN72: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																
						31.3	34.9			39.8	38.6	39.4	42.7	Increased, 2003-2016	No quadratic change	No change
QN73: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)																
						22.6	26.5			27.0	29.3	30.6	31.2	Increased, 2003-2016	No quadratic change	No change
QN74: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)																
						45.3	47.9			52.8	51.4	50.0	49.6	Increased, 2003-2016	Increased, 2003-2010 No change, 2010-2016	No change

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

†Based on t-test analysis, p < 0.05.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total</b>														<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>
<b>Weight Management and Dietary Behaviors</b>																
<b>Health Risk Behavior and Percentages</b>																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN75: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)																
						13.3	16.6			16.8	17.2	19.1	16.9	Increased, 2003-2016	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)																
						3.2	4.7			4.5	5.4	6.4	5.8	Increased, 2003-2016	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)																
						65.8	61.9			62.0	61.4	63.8	61.3	No linear change	No quadratic change	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																
						27.7	24.2			26.5	25.8	27.4	23.8	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total</b>																
<b>Weight Management and Dietary Behaviors</b>																
<b>Health Risk Behavior and Percentages</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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	9.6			12.2	11.7	13.2	11.8	No linear change	No quadratic change	No change
QN76: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																
										18.7	22.6	24.3	28.5	Increased, 2010-2016	Not available <sup>§</sup>	Increased
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	Decreased, 2010-2016	Not available	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																
										17.0	13.8	11.9	10.3	Decreased, 2010-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total</b>																
<b>Weight Management and Dietary Behaviors</b>																
<b>Health Risk Behavior and Percentages</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three 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)																
										8.9	7.2	5.1	4.7	Decreased, 2010-2016	Not available <sup>§</sup>	No change
QN77: Percentage of students who did not drink milk (during the 7 days before the survey)																
					14.7	12.5				14.7	13.3	17.3	17.5	No linear change	No quadratic change	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)																
						50.3	52.6			47.4	44.0	41.7	38.1	Decreased, 2003-2016	No change, 2003-2010 Decreased, 2010-2016	No change
QNMILK2: Percentage of students who drank two 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)																
						35.0	36.5			31.9	28.1	27.1	21.4	Decreased, 2003-2016	No change, 2003-2010 Decreased, 2010-2016	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Total													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
Weight Management and Dietary Behaviors																
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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)																
						18.4	18.6			15.6	13.0	13.2	10.0	Decreased, 2003-2016	No quadratic change	Decreased
QN78: Percentage of students who did not eat breakfast (during the 7 days before the survey)																
											11.5	13.3	14.2	No linear change	Not available <sup>§</sup>	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																
											37.8	36.2	34.9	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total Physical Activity</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>	
<b>Health Risk Behavior and Percentages</b>																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN79: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	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)													Increased, 2010-2016	Not available	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available	No change	
QN80: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2003-2016	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.



## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Total Physical Activity</b>														<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>															
<b>Health Risk Behavior and Percentages</b>																															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016																		
QN81: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)														21.1	28.1	31.5	38.3	Increased, 2010-2016		Not available <sup>§</sup>		Increased									
QN82: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)														46.6	48.6			49.1	48.9			48.1	49.6	49.0	42.1	No linear change		No quadratic change		Decreased	
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)														34.4	32.1			36.4	34.3			33.5	34.9	32.8	27.7	No linear change		No change, 1991-2012 Decreased, 2012-2016		No change	
QN83: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)																		62.0	63.3			62.9	65.2	64.3	62.8	Increased, 2003-2016		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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Total Other	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †						
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014				2016					
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)													Increased, 2010-2016	Not available <sup>§</sup>	Increased						
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													75.1	74.8	75.2	79.2	Increased, 2010-2016	Not available <sup>§</sup>	Increased		
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													No linear change	Not available	No change						
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													1.8	1.4	1.6	1.4	No linear change	Not available	No change		
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma													No linear change	No quadratic change	No change						
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma													19.4	19.2	19.2	16.9	20.0	20.4	No linear change	No quadratic change	No change
	QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)													Decreased, 2014-2016	Not available	No change						
	QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)													31.9	26.8	Decreased, 2014-2016	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Total Other	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2014-2016 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
	QN89: 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	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

Total Site-Added													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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)													Decreased, 2010-2016	Not available <sup>§</sup>	Decreased	
										17.1	15.9	15.7	11.9			
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)													No linear change	Not available	No change	
										10.2	8.3	8.1	7.8			
QNSPDRK3: Percentage of students who drank a can, bottle, or glass of a sports drink three 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)													No linear change	Not available	No change	
										5.2	4.6	3.3	4.1			
QN90: Percentage of students who rarely or never wore a bicycle helmet (during the 12 months before the survey, among students who had ridden a bicycle)													Decreased, 1991-2016	No quadratic change	No change	
97.7	96.6					91.2	91.7			91.0	89.1	84.8	84.7			

\*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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014				2016
QN91: Percentage of students who reported liquor as the type of alcohol they usually drank (such as vodka, rum, scotch, bourbon, or whiskey, during the 30 days before the survey, among students who drank alcohol and who have a usual type of alcohol that they drink)																	
											43.7	47.0	39.8	47.4	No linear change	Not available <sup>§</sup>	No change
QN92: Percentage of students who reported their home or another person's home as the place they usually drank alcohol (during the 30 days before the survey, among students who drank alcohol)																	
											81.6	82.0	84.5	87.5	Increased, 2010-2016	Not available	No change
QN95: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not including low-calorie sports drinks such as Propel or G2, one or more times per day during the 7 days before the survey)																	
											31.2	31.9	34.2	42.6	Increased, 2010-2016	Not available	Increased
QN96: 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 including 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	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014				2016
	QN97: Percentage of students who have to avoid some foods because eating the food could cause an allergic reaction (such as skin rashes, swelling, itching, vomiting, coughing, or trouble breathing)																
											12.8	10.4		No linear change	Not available <sup>§</sup>	No change	
	QN98: Percentage of students who did exercises to strengthen or tone their muscles (such as push-ups, sit-ups, or weight lifting, on three or more days during the 7 days before the survey)																
											57.7	58.8	54.3	51.7	Decreased, 2010-2016	Not available	No change
	QN100: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan], one or more times during the 12 months before the survey)																
											18.5	16.3	14.2	8.3	Decreased, 2010-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Male Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)																
60.5	36.7					28.1	21.7			18.8	16.4	13.8	8.8	Decreased, 1991-2016	No quadratic change	Decreased
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)																
45.4	43.5					37.0	36.6			21.7	19.3	21.4	19.3	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	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	No linear change	Not available <sup>§</sup>	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)																
											46.4	49.1	45.8	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Male Injury and Violence</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>	
<b>Health Risk Behavior and Percentages</b>																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																
												10.2	7.8	No linear change	Not available <sup>§</sup>	No change
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																
	4.1					3.1	4.4			4.5	3.4	5.1	6.7	No linear change	No quadratic change	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																
	8.8					12.0	12.7			8.3	7.7	8.3	7.7	Decreased, 1993-2016	Increased, 1993-2005 Decreased, 2005-2016	No change
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																
	50.5	45.3				37.8	36.6			32.1	25.6	22.8	25.5	Decreased, 1991-2016	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.



## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Male  
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)																
	18.8					14.9	12.6			9.7	7.5	7.3	8.8	Decreased, 1993-2016	No quadratic change	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)																
						8.3	5.9			5.3	5.9	5.4	3.9	Decreased, 2003-2016	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, 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	No linear change	Not available <sup>§</sup>	No change

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

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

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Male  
Injury and Violence**

Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2014-2016 †															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016									
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	No linear change	Not available <sup>§</sup>	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	No linear change	Not available	No change		
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)														11.8	9.7	13.0	11.5	No linear change	Not available	No change		
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)														19.2	19.0	14.5	11.5	17.1	19.2	Decreased, 2003-2016	Decreased, 2003-2012 Increased, 2012-2016	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Male  
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)																
20.6	18.2					12.2	11.8			10.8	7.8	11.3	9.2	Decreased, 1991-2016	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)																
13.0	16.5					14.5	11.1			8.6	6.5	9.8	11.0	Decreased, 1991-2016	No quadratic change	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)																
4.5	6.4					6.4	7.7			6.8	4.4	7.7	6.0	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)																
1.5	2.5					3.2	3.2			2.6	1.7	3.5	1.9	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,  $p < 0.05$ .

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Male Tobacco Use</b>																
<b>Health Risk Behavior and Percentages</b>														<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)																
74.9	70.9					60.9	56.1			38.5	32.8	30.1	25.3	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																
29.8	35.2					22.5	21.6			14.4	10.9	14.2	7.4	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	Decreased
QNFRICIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																
15.0	16.8					11.1	10.1			6.2	3.3	3.6	1.6	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	Decreased
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																
11.6	12.8					9.6	7.6			4.9	2.5	2.9	0.9	Decreased, 1991-2016	No change, 1991-2003 Decreased, 2003-2016	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,  $p < 0.05$ .

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

Male Tobacco Use													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])																
												35.3	37.8	No linear change	Not available <sup>§</sup>	No change
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)																
												21.2	11.3	Decreased, 2014-2016	Not available	Decreased
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)																
						24.2	21.7			12.5	10.9	11.0	8.3	Decreased, 2003-2016	No quadratic change	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)																
						34.2	31.0			19.4	16.9	18.6	11.2	Decreased, 2003-2016	No quadratic change	Decreased

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

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

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Male</b>																
<b>Alcohol and Other Drug Use</b>																
<b>Health Risk Behavior and Percentages</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN40: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)																
83.6	80.8					77.6	73.1			59.1	50.0	46.6	50.0	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	No change
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																
40.3	38.1					31.3	27.8			18.8	14.8	14.9	15.2	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	No change
QN42: 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)																
55.4	53.8					43.8	44.4			25.7	20.8	20.5	21.4	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	No change
QN43: 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	No linear change	Not available <sup>§</sup>	No change

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

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

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Male</b>																
<b>Alcohol and Other Drug Use</b>																
<b>Health Risk Behavior and Percentages</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN46: Percentage of students who ever used marijuana (one or more times during their life)																
24.8	23.3					36.2	35.0			26.3	24.6	25.2	25.8	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change
QN47: Percentage of students who tried marijuana for the first time before age 13 years																
6.1	6.0					10.0	8.9			6.8	7.3	7.0	5.8	Decreased, 1991-2016	Increased, 1991-2003 Decreased, 2003-2016	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																
12.0	12.1					20.5	19.3			13.5	13.4	12.7	13.6	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change
QN49: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)																
5.7	4.6					6.7	8.6			5.0	4.4	5.2	5.0	Decreased, 1991-2016	Increased, 1991-2005 Decreased, 2005-2016	No change

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

†Based on t-test analysis, p < 0.05.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Male</b>																
<b>Alcohol and Other Drug Use</b>																
<b>Health Risk Behavior and Percentages</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN50: 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)																
						11.5	11.2			8.8	7.4	6.8	6.2	Decreased, 2003-2016	No quadratic change	No change
QN51: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)																
						3.6	3.8			2.6	1.6	2.8	3.1	No linear change	No quadratic change	No change
QN52: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)																
						5.8	6.4			3.5	2.6	4.1	3.9	Decreased, 2003-2016	No quadratic change	No change
QN53: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)																
						5.6	6.3			5.6	4.1	5.2	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,  $p < 0.05$ .



## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Male</b>																									
<b>Alcohol and Other Drug Use</b>																									
<b>Health Risk Behavior and Percentages</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>										
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016												
QN54: Percentage of students who ever used synthetic marijuana (also called "K2," "Spice," "fake weed," "King Kong," "Yucatan Fire," "Skunk," or "Moon Rocks," one or more times during their life)													6.9	6.2	No linear change	Not available <sup>§</sup>	No change								
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)													3.6	4.8		4.3	5.1		3.5	3.3	3.3	4.4	Decreased, 1991-2016	No quadratic change	No change
QN57: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)																2.7	3.8		2.3	2.9	4.5	1.5	No linear change	No quadratic change	Decreased
QN58: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)														13.5		27.6	23.9		20.7	21.9	19.1	19.9	No linear change	Increased, 1993-2005 Decreased, 2005-2016	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

Male Sexual Behaviors														Linear Change*	Quadratic Change*	Change from 2014-2016 †
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN59: Percentage of students who ever had sexual intercourse																
55.9	51.8					43.7	40.6			37.2	35.2	32.9	30.0	Decreased, 1991-2016	No quadratic change	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years																
11.0	8.7					7.9	5.5			4.8	6.3	4.5	3.3	Decreased, 1991-2016	No quadratic change	No change
QN61: Percentage of students who had sexual intercourse with four or more persons during their life																
20.7	17.8					13.9	11.7			11.3	10.8	9.0	6.6	Decreased, 1991-2016	No quadratic change	No change
QN62: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)																
37.5	32.7					30.1	30.2			25.7	26.0	23.4	20.2	Decreased, 1991-2016	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Male  
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN63: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)																
26.0	32.3					35.2	25.5			21.3	22.9	17.7	15.2	Decreased, 1991-2016	Increased, 1991-2003 Decreased, 2003-2016	No change
QN64: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)																
59.8	66.7					65.2	66.9			68.6	67.7	58.4	62.6	No linear change	No quadratic change	No change
QN85: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)																
												8.8	8.8	No linear change	Not available <sup>§</sup>	No change
QN65: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																
19.0	16.4					13.8	18.8			17.0	12.7	16.5	15.2	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Male Sexual Behaviors</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>			
<b>Health Risk Behavior and Percentages</b>																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016					
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)													0.7	0.6	3.5	No linear change	Not available <sup>§</sup>	No change
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)													6.9	2.9	4.1	No linear change	Not available	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)													20.3	20.0	22.8	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Male  
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																
											5.9	5.6	5.7	No linear change	Not available <sup>§</sup>	No change
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)																
14.0	12.8					12.2	10.7			9.7	8.8	16.3	6.5	Decreased, 1991-2016	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

Male													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
Weight Management and Dietary Behaviors																
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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) <sup>§</sup>																
						15.9	14.6			13.5	15.7	17.3	15.8	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) <sup>§</sup>																
						14.7	14.0			15.0	17.2	16.5	16.9	No linear change	No quadratic change	No change
QN68: Percentage of students who described themselves as slightly or very overweight																
23.7	22.0					25.2	25.8			24.2	21.5	25.5	25.2	No linear change	No quadratic change	No change
QN69: Percentage of students who were trying to lose weight																
24.4	22.8					26.1	28.7			31.2	29.7	32.1	29.3	Increased, 1991-2016	No quadratic change	No change
QN70: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																
						17.7	19.5			19.8	23.7	29.6	28.3	Increased, 2003-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Male</b>																
<b>Weight Management and Dietary Behaviors</b>																
<b>Health Risk Behavior and Percentages</b>														<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN71: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																
						14.5	14.4			12.9	9.4	13.6	14.7	No linear change	Decreased, 2003-2012 Increased, 2012-2016	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)																
						5.8	7.4			5.3	4.6	7.4	9.2	No linear change	No change, 2003-2012 Increased, 2012-2016	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)																
						60.0	55.6			60.8	61.5	58.6	57.4	No linear change	No quadratic change	No change
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)																
						28.3	24.2			28.2	27.6	26.2	25.6	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Male													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
Weight Management and Dietary Behaviors																
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)													No linear change	No quadratic change	No change	
						16.6	13.7			17.1	15.9	14.6	14.9			
QN72: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													Increased, 2003-2016	No quadratic change	No change	
						34.4	38.9			44.2	45.2	46.3	47.3			
QN73: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)													Increased, 2003-2016	No quadratic change	No change	
						22.3	24.0			25.7	28.6	27.3	30.8			
QN74: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)													Increased, 2003-2016	No quadratic change	No change	
						46.3	46.6			52.5	52.1	49.6	51.0			

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

†Based on t-test analysis, p < 0.05.



2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Male													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
Weight Management and Dietary Behaviors																
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN75: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)																
						14.8	18.8			18.5	18.6	22.4	19.3	Increased, 2003-2016	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			5.5	6.9	8.4	7.6	Increased, 2003-2016	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)																
						65.7	62.7			62.2	60.1	64.1	60.8	No linear change	No quadratic change	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																
						28.8	25.6			27.5	23.7	26.8	26.5	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Male</b>																
<b>Weight Management and Dietary Behaviors</b>																
<b>Health Risk Behavior and Percentages</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016<sup>†</sup></b>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																
						13.1	10.1			12.4	11.1	13.0	13.2	No linear change	No quadratic change	No change
QN76: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																
										16.1	18.8	21.8	22.8	Increased, 2010-2016	Not available <sup>§</sup>	No change
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	Decreased, 2010-2016	Not available	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																
										20.1	17.8	15.6	13.6	Decreased, 2010-2016	Not available	No change

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

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

<sup>§</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Male</b>																
<b>Weight Management and Dietary Behaviors</b>																
<b>Health Risk Behavior and Percentages</b>													<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three 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)																
										10.4	10.3	6.5	6.6	Decreased, 2010-2016	Not available <sup>§</sup>	No change
QN77: Percentage of students who did not drink milk (during the 7 days before the survey)																
					10.6	9.4				10.7	9.7	12.1	12.9	No linear change	No quadratic change	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)																
					57.6	59.8				53.3	48.3	49.1	46.7	Decreased, 2003-2016	No quadratic change	No change
QNMILK2: Percentage of students who drank two 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)																
					42.2	44.6				38.4	32.5	35.2	28.4	Decreased, 2003-2016	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Male													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
Weight Management and Dietary Behaviors																
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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)																
						24.0	23.9			19.7	15.6	17.6	14.0	Decreased, 2003-2016	No quadratic change	No change
QN78: Percentage of students who did not eat breakfast (during the 7 days before the survey)																
											10.7	13.3	14.2	No linear change	Not available <sup>§</sup>	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																
											40.6	38.8	33.8	Decreased, 2012-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

Male																							
Physical Activity																							
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016										
QN79: 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	Decreased, 2010-2016	Not available <sup>§</sup>	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	Increased, 2010-2016	Not available	No change				
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													35.8	40.4	35.6	32.5	No linear change	Not available	No change				
QN80: Percentage of students who watched television 3 or more hours per day (on an average school day)															30.3	27.5	26.8	23.9	21.1	20.4	Decreased, 2003-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

Male																											
Physical Activity																											
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †												
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016														
QN81: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)													25.3	29.0	31.1	38.9	Increased, 2010-2016	Not available <sup>§</sup>	Increased								
QN82: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													55.2	52.1			55.9	56.1			55.3	57.7	56.6	46.4	No linear change	No change, 1991-2012 Decreased, 2012-2016	Decreased
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													40.7	35.9			42.1	40.2			38.7	39.3	38.9	32.9	No linear change	No quadratic change	No change
QN83: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)																	66.8	67.4			66.1	69.2	66.7	64.9	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,  $p < 0.05$ .

§Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Male Other	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014			
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)													No linear change	Not available <sup>§</sup>	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													No linear change	Not available	No change
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma													No linear change	No change, 2003-2012 Increased, 2012-2016	No change
	QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)													Decreased, 2014-2016	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Male Other	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2014-2016 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
	QN89: 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	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.



## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

Male Site-Added													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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	Decreased, 2010-2016	Not available <sup>§</sup>	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	Decreased, 2010-2016	Not available	No change
QNSPDRK3: Percentage of students who drank a can, bottle, or glass of a sports drink three 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)																
										7.9	7.2	5.2	5.7	No linear change	Not available	No change
QN90: Percentage of students who rarely or never wore a bicycle helmet (during the 12 months before the survey, among students who had ridden a bicycle)																
97.3	95.2					91.2	92.5			91.0	90.1	85.7	82.8	Decreased, 1991-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

Male Site-Added													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN91: Percentage of students who reported liquor as the type of alcohol they usually drank (such as vodka, rum, scotch, bourbon, or whiskey, during the 30 days before the survey, among students who drank alcohol and who have a usual type of alcohol that they drink)													No linear change	Not available <sup>§</sup>	No change	
QN92: Percentage of students who reported their home or another person's home as the place they usually drank alcohol (during the 30 days before the survey, among students who drank alcohol)													Increased, 2010-2016	Not available	No change	
QN95: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not including low-calorie sports drinks such as Propel or G2, one or more times per day during the 7 days before the survey)													Increased, 2010-2016	Not available	Increased	
QN96: 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 including soda or pop, sports drinks, energy drinks, or 100% fruit juice, one or more times per day during the 7 days before the survey)													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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Male  
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN97: Percentage of students who have to avoid some foods because eating the food could cause an allergic reaction (such as skin rashes, swelling, itching, vomiting, coughing, or trouble breathing)																
												10.7	9.0	No linear change	Not available <sup>§</sup>	No change
QN98: Percentage of students who did exercises to strengthen or tone their muscles (such as push-ups, sit-ups, or weight lifting, on three or more days during the 7 days before the survey)																
										67.3	68.5	62.5	57.4	Decreased, 2010-2016	Not available	No change
QN100: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan], one or more times during the 12 months before the survey)																
										7.5	7.2	9.5	4.7	No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Female  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)																
44.2	19.3					15.3	9.8			12.3	6.9	8.5	7.8	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	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)																
46.7	43.3					39.9	34.6			26.1	21.3	23.2	24.4	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	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	No linear change	Not available <sup>§</sup>	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)																
											47.0	49.8	51.0	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Female Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																
												5.3	2.7	No linear change	Not available <sup>§</sup>	No change
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																
	1.9					3.2	3.4			2.8	5.2	6.8	8.1	Increased, 1993-2016	No quadratic change	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																
	2.8					5.5	6.5			4.2	5.0	5.1	5.9	No linear change	Increased, 1993-2005 No change, 2005-2016	No change
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																
32.8	23.6					21.0	19.9			20.6	14.4	16.1	12.2	Decreased, 1991-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Female  
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)																
	6.0					6.1	5.8			5.0	3.8	3.1	3.0	Decreased, 1993-2016	No change, 1993-2005 Decreased, 2005-2016	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)																
						11.7	12.4			11.1	11.4	11.4	13.0	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, 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	No linear change	Not available <sup>§</sup>	No change

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

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

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Female Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †					
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016							
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)													No linear change	Not available <sup>§</sup>	No change					
								10.0			11.7		7.2							
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)													No linear change	Not available	No change					
								23.2		24.9		28.0		23.5						
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)													No linear change	Not available	No change					
								20.1		22.2		25.1		23.2						
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)													No linear change	Decreased, 2003-2012 Increased, 2012-2016	No change					
										31.6		31.5		27.7		27.9		31.4		35.2

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Female Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)																
35.7	30.5					24.0	21.5			18.0	16.8	18.0	23.0	Decreased, 1991-2016	Decreased, 1991-2012 Increased, 2012-2016	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																
21.4	25.2					20.1	17.7			13.4	13.3	17.0	16.8	Decreased, 1991-2016	No quadratic change	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)																
9.3	11.8					11.3	11.1			8.5	7.6	9.4	9.8	Decreased, 1991-2016	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)																
2.4	3.2					3.7	3.1			2.5	2.0	3.0	2.5	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,  $p < 0.05$ .



## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

Female Tobacco Use														Linear Change*	Quadratic Change*	Change from 2014-2016 †
Health Risk Behavior and Percentages																
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)																
69.9	63.2					59.5	50.7			38.8	31.1	32.7	22.5	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	Decreased
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																
28.5	32.1					25.8	21.8			15.5	10.8	12.2	7.0	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																
15.1	12.9					11.3	9.1			5.3	2.7	3.6	2.4	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																
11.0	8.5					7.1	6.4			3.3	2.3	2.1	1.3	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	No change

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

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

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Female  
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016								
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])													41.0	34.2	Decreased, 2014-2016	Not available <sup>§</sup>	Decreased				
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)													22.8	7.1	Decreased, 2014-2016	Not available	Decreased				
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)													11.7	11.5	6.5	5.5	4.9	4.3	Decreased, 2003-2016	No quadratic change	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													30.8	25.6	18.2	13.1	14.2	8.4	Decreased, 2003-2016	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Female

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN40: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)																
82.3	76.8					79.3	73.3			62.0	54.2	56.5	57.7	Decreased, 1991-2016	No change, 1991-2003 Decreased, 2003-2016	No change
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																
28.1	25.9					21.8	19.8			14.0	10.9	11.8	11.0	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	No change
QN42: 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)																
51.4	49.9					49.3	41.2			27.5	23.5	24.9	27.2	Decreased, 1991-2016	No change, 1991-2003 Decreased, 2003-2016	No change
QN43: 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	No linear change	Not available <sup>§</sup>	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Female

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN46: Percentage of students who ever used marijuana (one or more times during their life)																
19.7	15.2					32.9	29.6			23.6	22.7	27.6	24.7	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change
QN47: Percentage of students who tried marijuana for the first time before age 13 years																
3.7	2.3					5.2	4.9			2.7	3.7	5.6	4.5	No linear change	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																
8.6	6.6					16.0	15.7			12.0	9.9	14.4	13.0	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change
QN49: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)																
3.4	2.3					7.0	6.2			3.1	2.0	5.2	2.8	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change

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

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

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey

Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN50: 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)																
						11.9	11.3			10.6	6.6	9.3	4.9	Decreased, 2003-2016	No quadratic change	Decreased
QN51: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)																
						1.7	1.5			1.1	0.9	1.9	0.7	Decreased, 2003-2016	No quadratic change	No change
QN52: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)																
						6.9	5.2			1.8	1.4	3.8	1.3	Decreased, 2003-2016	Decreased, 2003-2010 No change, 2010-2016	Decreased
QN53: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)																
						4.3	3.4			3.3	2.4	5.0	2.0	Decreased, 2003-2016	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Female

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †										
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016												
QN54: Percentage of students who ever used synthetic marijuana (also called "K2," "Spice," "fake weed," "King Kong," "Yucatan Fire," "Skunk," or "Moon Rocks," one or more times during their life)													7.6	3.5	Decreased, 2014-2016	Not available <sup>§</sup>	Decreased								
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)													1.0	1.0		2.9	2.6		2.0	1.2	3.4	2.0	No linear change	Increased, 1991-2003 No change, 2003-2016	No change
QN57: 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	2.3		1.4	0.8	3.1	1.4	No linear change	No quadratic change	Decreased
QN58: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)													8.4			18.6	20.0		19.8	16.4	20.8	16.8	Increased, 1993-2016	Increased, 1993-2005 No change, 2005-2016	No change

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

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

§Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Female  
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN59: Percentage of students who ever had sexual intercourse																
49.1	41.9					42.0	40.9			37.2	35.4	31.7	28.2	Decreased, 1991-2016	Decreased, 1991-2010 Decreased, 2010-2016	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years																
2.6	3.1					2.3	3.3			2.7	1.8	2.1	2.2	Decreased, 1991-2016	No quadratic change	No change
QN61: Percentage of students who had sexual intercourse with four or more persons during their life																
16.0	12.3					10.2	12.2			9.9	7.9	7.1	5.4	Decreased, 1991-2016	Decreased, 1991-2010 Decreased, 2010-2016	No change
QN62: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)																
37.0	31.1					32.9	29.6			28.5	25.4	26.2	20.8	Decreased, 1991-2016	Decreased, 1991-2010 Decreased, 2010-2016	No change

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

†Based on t-test analysis, p < 0.05.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Female  
Sexual Behaviors**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN63: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)																
26.1	22.0					26.1	22.5			18.3	16.3	17.6	12.3	Decreased, 1991-2016	No change, 1991-2003 Decreased, 2003-2016	No change
QN64: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)																
46.7	52.1					55.8	56.2			56.0	56.9	56.3	44.6	Increased, 1991-2016	Increased, 1991-2012 Decreased, 2012-2016	No change
QN85: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)																
											9.8	8.0		No linear change	Not available <sup>§</sup>	No change
QN65: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																
26.2	18.8					29.3	24.5			26.4	20.4	24.6	26.9	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,  $p < 0.05$ .

§Not enough years of data to calculate.



2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Female  
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																
											3.1	5.0	5.1	No linear change	Not available <sup>§</sup>	No change
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																
											6.1	4.3	7.6	No linear change	Not available	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																
											29.5	33.8	39.6	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Female  
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																
										13.2	11.3	13.4		No linear change	Not available <sup>§</sup>	No change
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)																
15.0	14.0					11.5	14.9			17.7	15.9	19.0	7.4	No linear change	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Female

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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) <sup>§</sup>																
						12.9	12.7			13.6	11.8	16.4	17.5	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) <sup>§</sup>																
						5.9	7.7			8.0	7.9	9.3	12.1	Increased, 2003-2016	No quadratic change	No change
QN68: Percentage of students who described themselves as slightly or very overweight																
46.7	51.3					40.5	39.6			33.1	32.9	35.6	33.8	Decreased, 1991-2016	No quadratic change	No change
QN69: Percentage of students who were trying to lose weight																
66.6	65.4					65.4	64.8			55.5	55.4	55.2	58.3	Decreased, 1991-2016	No quadratic change	No change
QN70: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																
						20.1	19.0			23.9	28.0	30.5	33.4	Increased, 2003-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Female

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN71: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																
						11.1	10.3			11.1	6.7	6.9	9.0	Decreased, 2003-2016	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)																
						4.9	4.9			4.0	3.5	3.8	5.5	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)																
						55.4	57.2			57.1	62.9	58.7	56.6	No linear change	No quadratic change	No change
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)																
						22.6	23.0			25.8	25.2	27.4	26.7	Increased, 2003-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Female

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																
						11.2	11.0			14.2	12.2	15.8	13.0	No linear change	No quadratic change	No change
QN72: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																
						28.0	30.7			35.2	31.6	32.7	37.7	Increased, 2003-2016	No quadratic change	No change
QN73: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)																
						23.0	29.1			28.2	30.3	34.2	31.6	Increased, 2003-2016	No quadratic change	No change
QN74: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)																
						44.3	49.2			53.1	50.7	50.9	48.1	No linear change	Increased, 2003-2010 No change, 2010-2016	No change

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

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

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Female

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN75: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)																
						11.7	14.4			15.0	15.8	15.6	13.9	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)																
						1.8	3.8			3.6	3.9	4.3	3.6	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)																
						65.9	61.0			61.9	62.8	63.2	62.1	No linear change	No quadratic change	No change
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)																
						26.6	22.7			25.3	28.0	27.9	21.1	No linear change	No quadratic change	Decreased

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

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

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Female

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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)																
						11.2	9.1			11.7	12.2	13.3	10.2	No linear change	No quadratic change	No change
QN76: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																
										21.4	26.5	26.9	34.4	Increased, 2010-2016	Not available <sup>§</sup>	Increased
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	Decreased, 2010-2016	Not available	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																
										13.6	9.4	7.8	6.7	Decreased, 2010-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Female

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016								
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three 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)													7.2	3.5	3.3	2.8	Decreased, 2010-2016	Not available <sup>§</sup>	No change		
QN77: Percentage of students who did not drink milk (during the 7 days before the survey)													18.9	15.6	18.7	17.3	22.7	21.7	No linear change	No quadratic change	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)													42.8	45.0	41.5	39.3	33.9	29.7	Decreased, 2003-2016	No change, 2003-2012 Decreased, 2012-2016	No change
QNMILK2: Percentage of students who drank two 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)													27.6	28.1	25.1	23.5	18.6	14.2	Decreased, 2003-2016	No change, 2003-2012 Decreased, 2012-2016	No change

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

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

§Not enough years of data to calculate.



2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2014-2016 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016

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)

12.6 13.1 11.3 10.1 8.4 5.9 Decreased, 2003-2016 No change, 2003-2012  
Decreased, 2012-2016 No change

QN78: Percentage of students who did not eat breakfast (during the 7 days before the survey)

12.5 13.3 13.8 No linear change Not available‡ No change

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

34.8 33.9 36.4 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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Female  
Physical Activity**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016								
QN79: 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	No linear change	Not available <sup>§</sup>	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)													12.5	14.5	15.7	16.3	No linear change	Not available	No change		
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													19.8	23.9	23.6	21.2	No linear change	Not available	No change		
QN80: Percentage of students who watched television 3 or more hours per day (on an average school day)													25.6	25.5	23.6	21.6	19.1	18.1	Decreased, 2003-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Female  
Physical Activity**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016				
QN81: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)													Increased, 2010-2016	Not available <sup>§</sup>	No change		
	16.7	27.1	31.9	38.0													
QN82: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													No linear change	No quadratic change	No change		
38.5	45.0					42.1	41.6				40.4	41.0	41.1	37.9			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)													No linear change	No quadratic change	No change		
28.2	28.2					30.5	28.1				27.9	30.0	26.9	22.4			
QN83: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)													Increased, 2003-2016	No quadratic change	No change		
					57.0	59.0				59.5	61.0	61.5	60.9				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Female Other	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014			
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)													Increased, 2010-2016	Not available <sup>§</sup>	Increased
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													No linear change	Not available	No change
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma													No linear change	No quadratic change	No change
	QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)													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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Female  
Other

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2014-2016 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016

QN89: 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

No linear change

Not available<sup>§</sup>

No change

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

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

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †												
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016														
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	No linear change	Not available <sup>§</sup>	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	No linear change	Not available	No change								
QNSPDRK3: Percentage of students who drank a can, bottle, or glass of a sports drink three 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)													2.3	1.8	1.3	2.3	No linear change	Not available	No change								
QN90: Percentage of students who rarely or never wore a bicycle helmet (during the 12 months before the survey, among students who had ridden a bicycle)													98.2	97.9			91.1	90.9			91.1	87.8	83.5	86.7	Decreased, 1991-2016	Decreased, 1991-2010 Decreased, 2010-2016	No change

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

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

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Female  
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016						
QN91: Percentage of students who reported liquor as the type of alcohol they usually drank (such as vodka, rum, scotch, bourbon, or whiskey, during the 30 days before the survey, among students who drank alcohol and who have a usual type of alcohol that they drink)													45.4	48.3	40.1	47.9	No linear change	Not available <sup>§</sup>	No change
QN92: Percentage of students who reported their home or another person's home as the place they usually drank alcohol (during the 30 days before the survey, among students who drank alcohol)													82.0	85.0	88.1	87.0	No linear change	Not available	No change
QN95: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not including low-calorie sports drinks such as Propel or G2, one or more times per day during the 7 days before the survey)													39.0	40.1	42.4	50.4	Increased, 2010-2016	Not available	Increased
QN96: 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 including 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	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Female  
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN97: Percentage of students who have to avoid some foods because eating the food could cause an allergic reaction (such as skin rashes, swelling, itching, vomiting, coughing, or trouble breathing)																
											15.1	11.7		No linear change	Not available <sup>§</sup>	No change
QN98: Percentage of students who did exercises to strengthen or tone their muscles (such as push-ups, sit-ups, or weight lifting, on three or more days during the 7 days before the survey)																
										47.8	48.5	45.3	46.1	No linear change	Not available	No change
QN100: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan], one or more times during the 12 months before the survey)																
										30.0	25.9	18.9	11.6	Decreased, 2010-2016	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.



## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**White\***  
**Injury and Violence**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)																
51.9	27.7					20.4	15.2			13.0	9.6	9.7	6.6	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	Decreased
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)																
46.7	43.5					38.4	34.5			23.6	19.2	20.9	18.5	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	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		No linear change	Not available <sup>¶</sup>	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)																
										49.2	49.9	50.6		No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**White\***  
**Injury and Violence**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016										
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)													5.7	4.6	No linear change	Not available <sup>¶</sup>	No change						
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													2.3	2.7	3.0	2.8	2.7	4.2	5.9	Increased, 1993-2016	No change, 1993-2012 Increased, 2012-2016	No change	
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)													4.7	8.3	8.5	4.8	5.2	5.1	5.9	No linear change	Increased, 1993-2005 Decreased, 2005-2016	No change	
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													41.0	33.7	27.9	25.3	23.3	16.7	15.9	17.6	Decreased, 1991-2016	No quadratic change	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**White\***  
**Injury and Violence**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)																
	11.6					9.0	8.1			6.1	4.4	3.9	5.2	Decreased, 1993-2016	No quadratic change	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)																
						8.6	8.2			7.9	8.0	7.3	6.5	Decreased, 2003-2016	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, 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)																
											9.4	7.5	4.8	Decreased, 2012-2016	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

White\*  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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)																
											6.5	7.3	6.4	No linear change	Not available <sup>¶</sup>	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																
										23.8	21.3	26.2	21.9	No linear change	Not available	Decreased
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	No linear change	Not available	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																
						24.1	24.1			19.8	17.9	20.9	25.6	No linear change	Decreased, 2003-2012 Increased, 2012-2016	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**White\***  
**Injury and Violence**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)																
28.0	23.3					17.0	16.1			13.6	11.6	12.4	13.9	Decreased, 1991-2016	Decreased, 1991-2012 No change, 2012-2016	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																
16.5	19.6					17.2	13.7			10.2	8.8	11.6	10.7	Decreased, 1991-2016	No quadratic change	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)																
6.2	8.2					7.7	8.3			6.0	4.0	7.4	5.3	Decreased, 1991-2016	No change, 1991-2005 Decreased, 2005-2016	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)																
1.5	2.6					2.8	2.7			2.1	1.0	2.6	1.6	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change

\*Non-Hispanic.

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

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

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**White\***  
**Tobacco Use**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)																
72.0	66.1					58.8	50.3			36.8	28.7	27.3	22.4	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	Decreased
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																
30.1	33.3					24.2	20.9			15.5	11.0	12.0	7.4	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																
15.3	14.5					10.8	9.6			6.1	3.1	3.7	2.2	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																
11.6	10.6					8.0	7.1			4.2	2.3	2.7	1.2	Decreased, 1991-2016	Decreased, 1991-2005 Decreased, 2005-2016	Decreased

\*Non-Hispanic.

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

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

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

White\*

Tobacco Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016								
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])													34.4	33.2	No linear change	Not available <sup>¶</sup>	No change				
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)													19.1	9.8	Decreased, 2014-2016	Not available	Decreased				
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)													18.1	16.1	8.6	7.7	7.0	6.2	Decreased, 2003-2016	No quadratic change	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													32.8	27.0	18.8	14.8	15.0	10.1	Decreased, 2003-2016	No quadratic change	Decreased

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

White\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN40: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)																
83.7	78.9					78.4	72.1			59.8	51.5	50.5	55.0	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	No change
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																
34.3	31.8					24.8	21.4			14.8	10.0	11.3	12.1	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	No change
QN42: 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)																
54.8	52.1					47.3	42.1			25.7	22.4	21.2	24.6	Decreased, 1991-2016	Decreased, 1991-2003 Decreased, 2003-2016	No change
QN43: 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	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.



2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

White\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN46: Percentage of students who ever used marijuana (one or more times during their life)																
20.2	18.1					31.9	29.1			21.2	19.3	20.8	21.8	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change
QN47: Percentage of students who tried marijuana for the first time before age 13 years																
3.7	3.4					5.7	5.2			2.8	3.5	4.4	2.6	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																
8.9	8.6					16.0	15.0			10.3	9.0	10.4	11.0	No linear change	Increased, 1991-2003 Decreased, 2003-2016	No change
QN49: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)																
4.3	2.7					5.8	5.9			2.7	2.3	3.5	3.4	No linear change	Increased, 1991-2005 Decreased, 2005-2016	No change

\*Non-Hispanic.

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

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

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

White\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN50: 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)													Decreased, 2003-2016	No quadratic change	No change	
						11.1	10.9			7.7	6.2	6.3	4.8			
QN51: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)													No linear change	No quadratic change	No change	
						2.0	1.8			1.1	0.9	1.7	1.3			
QN52: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)													Decreased, 2003-2016	Decreased, 2003-2010 No change, 2010-2016	No change	
						5.4	4.7			1.6	1.5	2.9	2.0			
QN53: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)													No linear change	No quadratic change	No change	
						3.8	3.6			3.3	2.2	4.4	2.9			

\*Non-Hispanic.

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

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

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

White\*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>										
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016												
QN54: Percentage of students who ever used synthetic marijuana (also called "K2," "Spice," "fake weed," "King Kong," "Yucatan Fire," "Skunk," or "Moon Rocks," one or more times during their life)													5.5	4.3	No linear change	Not available <sup>¶</sup>	No change								
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)													2.3	2.5		2.8	3.1		2.0	2.0	1.9	2.0	No linear change	No quadratic change	No change
QN57: 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)																1.5	2.6		1.2	1.4	3.0	1.1	No linear change	No quadratic change	Decreased
QN58: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)														10.2		21.4	20.0		19.6	16.6	17.8	17.1	Increased, 1993-2016	Increased, 1993-2005 Decreased, 2005-2016	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

White\*  
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN59: Percentage of students who ever had sexual intercourse																
50.8	45.8					41.0	37.7			34.7	32.6	28.0	29.8	Decreased, 1991-2016	No quadratic change	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years																
5.5	5.0					3.6	3.4			3.0	2.4	1.9	3.3	Decreased, 1991-2016	No quadratic change	No change
QN61: Percentage of students who had sexual intercourse with four or more persons during their life																
16.8	13.8					10.1	10.1			9.4	7.4	6.8	6.2	Decreased, 1991-2016	No quadratic change	No change
QN62: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)																
36.1	31.3					30.0	27.7			25.5	24.4	21.8	21.9	Decreased, 1991-2016	No quadratic change	No change

\*Non-Hispanic.

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

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

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

White\*

Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN63: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)																
26.0	26.5					29.1	23.1			18.1	17.7	15.4	11.1	Decreased, 1991-2016	No change, 1991-2003 Decreased, 2003-2016	No change
QN64: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)																
54.6	60.4					61.4	63.6			63.3	61.6	57.7	53.2	No linear change	Increased, 1991-2010 Decreased, 2010-2016	No change
QN85: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)																
											7.6	7.6		No linear change	Not available <sup>¶</sup>	No change
QN65: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																
24.1	18.2					22.7	21.8			25.3	19.0	24.0	22.0	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### White\*

#### Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)													No linear change	Not available <sup>¶</sup>	No change	
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)													No linear change	Not available	No change	
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)													No linear change	Not available	No change	

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

White\*  
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																
										10.4	11.7	9.9		No linear change	Not available <sup>¶</sup>	No change
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)																
13.0	11.9					9.4	11.4			12.4	13.0	14.1	7.1	No linear change	No quadratic change	Decreased

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

White\*

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>‡</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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) <sup>¶</sup>																
						13.7	12.4			12.4	12.7	15.6	14.9	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) <sup>¶</sup>																
						9.4	10.0			10.4	11.9	12.7	13.5	Increased, 2003-2016	No quadratic change	No change
QN68: Percentage of students who described themselves as slightly or very overweight																
35.4	36.2					32.8	31.9			27.7	27.0	29.7	28.1	Decreased, 1991-2016	No quadratic change	No change
QN69: Percentage of students who were trying to lose weight																
45.8	43.6					45.9	45.7			41.0	39.4	40.1	41.9	Decreased, 1991-2016	No quadratic change	No change
QN70: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																
						18.6	18.9			22.7	27.1	30.4	32.9	Increased, 2003-2016	No quadratic change	No change

\*Non-Hispanic.

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

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

<sup>§</sup>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.



## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

White\*

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN71: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																
						12.2	11.4			11.1	7.2	9.8	11.1	Decreased, 2003-2016	Decreased, 2003-2012 Increased, 2012-2016	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)																
						5.1	5.1			4.3	3.3	5.2	6.4	No linear change	Decreased, 2003-2012 Increased, 2012-2016	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)																
						57.5	56.8			58.4	62.9	59.8	56.5	No linear change	No quadratic change	No change
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)																
						24.7	23.2			25.9	26.9	26.5	24.4	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

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

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

White\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2014-2016<sup>§</sup>

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016

QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)

13.3 11.8 14.3 13.8 13.8 12.2 No linear change No quadratic change No change

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

28.3 34.0 39.4 37.0 40.0 39.6 Increased, 2003-2016 Increased, 2003-2010  
No change, 2010-2016 No change

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

20.7 25.0 24.0 28.4 29.1 27.4 Increased, 2003-2016 No quadratic change No change

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

43.9 46.9 51.2 49.4 49.4 48.5 Increased, 2003-2016 Increased, 2003-2010  
No change, 2010-2016 No change

\*Non-Hispanic.

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

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

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

White\*

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN75: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)																
						12.1	14.7			14.4	15.2	16.8	15.6	Increased, 2003-2016	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)																
						2.2	4.0			3.9	4.7	5.1	4.7	Increased, 2003-2016	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)																
						67.4	63.6			63.6	62.9	65.2	64.3	No linear change	No quadratic change	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)																
						28.4	24.8			26.5	26.6	27.6	23.7	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

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

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

White\*

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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)																
						12.7	9.6			11.5	11.2	12.2	11.2	No linear change	No quadratic change	No change
QN76: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																
										18.7	23.5	23.7	28.0	Increased, 2010-2016	Not available <sup>¶</sup>	Increased
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	Decreased, 2010-2016	Not available	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																
										16.5	13.6	11.7	9.0	Decreased, 2010-2016	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

White\*

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016								
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three 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)													8.4	6.1	4.9	3.6	Decreased, 2010-2016	Not available <sup>¶</sup>	No change		
QN77: Percentage of students who did not drink milk (during the 7 days before the survey)													13.8	11.9	13.8	11.8	14.8	15.6	No linear change	No quadratic change	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)													52.4	55.6	49.9	48.1	46.0	41.0	Decreased, 2003-2016	Decreased, 2003-2012 Decreased, 2012-2016	Decreased
QNMILK2: Percentage of students who drank two 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)													37.0	39.1	33.7	32.7	30.8	23.1	Decreased, 2003-2016	Decreased, 2003-2012 Decreased, 2012-2016	Decreased

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

White\*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change<sup>†</sup>

Quadratic Change<sup>†</sup>

Change from  
2014-2016<sup>§</sup>

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016

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)

19.5 20.4 16.7 15.1 14.7 10.6 Decreased, 2003-2016 Decreased, 2003-2012  
Decreased, 2012-2016 Decreased

QN78: Percentage of students who did not eat breakfast (during the 7 days before the survey)

9.8 10.3 11.4 No linear change Not available<sup>¶</sup> No change

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

41.6 39.6 38.0 No linear change Not available No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**White\***

**Physical Activity**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016								
QN79: 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	No linear change	Not available <sup>¶</sup>	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	Increased, 2010-2016	Not available	No change		
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													29.2	34.8	32.1	28.8	No linear change	Not available	No change		
QN80: Percentage of students who watched television 3 or more hours per day (on an average school day)													25.5	24.4	23.1	19.8	17.9	18.7	Decreased, 2003-2016	No quadratic change	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**White\***

**Physical Activity**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>												
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016														
QN81: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)													20.7	25.5	29.8	38.1	Increased, 2010-2016	Not available <sup>¶</sup>	Increased								
QN82: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													45.2	49.1			49.0	47.3			46.8	48.6	48.9	43.6	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)													34.4	32.3			36.5	33.6			33.6	35.7	34.6	29.5	No linear change	No quadratic change	No change
QN83: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)																	63.5	65.2			66.1	67.9	67.7	65.4	No linear change	No quadratic change	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.



2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

White* Other	Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>						
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014				2016					
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)													Increased, 2010-2016	Not available <sup>¶</sup>	Increased						
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													78.5	79.6	78.8	82.9	Increased, 2010-2016	Not available <sup>¶</sup>	Increased		
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													No linear change	Not available	No change						
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													1.0	0.9	1.4	1.3	No linear change	Not available	No change		
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma													No linear change	No quadratic change	No change						
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma													18.6	18.6	18.9	15.9	19.1	19.9	No linear change	No quadratic change	No change
	QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)													Decreased, 2014-2016	Not available	Decreased						
	QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)													33.7	26.9	Decreased, 2014-2016	Not available	Decreased				

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

White* Other	Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014				2016
	QN89: 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	No linear change	Not available <sup>¶</sup>	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016											
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)													16.2	16.1	15.5	9.8	Decreased, 2010-2016	Not available <sup>¶</sup>	Decreased					
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)													9.3	7.6	7.8	6.1	Decreased, 2010-2016	Not available	No change					
QNSPDRK3: Percentage of students who drank a can, bottle, or glass of a sports drink three 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)													4.4	4.0	3.2	2.7	Decreased, 2010-2016	Not available	No change					
QN90: Percentage of students who rarely or never wore a bicycle helmet (during the 12 months before the survey, among students who had ridden a bicycle)													97.8	96.9		91.7	91.2	90.5	89.0	83.4	83.8	Decreased, 1991-2016	No quadratic change	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**White\*  
Site-Added**

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016						
QN91: Percentage of students who reported liquor as the type of alcohol they usually drank (such as vodka, rum, scotch, bourbon, or whiskey, during the 30 days before the survey, among students who drank alcohol and who have a usual type of alcohol that they drink)													44.2	41.8	37.8	46.0	No linear change	Not available <sup>¶</sup>	No change
QN92: Percentage of students who reported their home or another person's home as the place they usually drank alcohol (during the 30 days before the survey, among students who drank alcohol)													82.7	83.1	86.0	89.7	No linear change	Not available	No change
QN95: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not including low-calorie sports drinks such as Propel or G2, one or more times per day during the 7 days before the survey)													31.7	32.4	34.3	43.1	Increased, 2010-2016	Not available	Increased
QN96: 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 including 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	No linear change	Not available	No change

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

White\*  
Site-Added

Health Risk Behavior and Percentages													Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2014-2016 <sup>§</sup>	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN97: Percentage of students who have to avoid some foods because eating the food could cause an allergic reaction (such as skin rashes, swelling, itching, vomiting, coughing, or trouble breathing)																
										11.5	9.6			No linear change	Not available <sup>¶</sup>	No change
QN98: Percentage of students who did exercises to strengthen or tone their muscles (such as push-ups, sit-ups, or weight lifting, on three or more days during the 7 days before the survey)																
										58.9	60.4	56.6	53.1	Decreased, 2010-2016	Not available	No change
QN100: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan], one or more times during the 12 months before the survey)																
										19.8	17.3	14.1	9.7	Decreased, 2010-2016	Not available	Decreased

\*Non-Hispanic.

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

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

<sup>¶</sup>Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)																
	38.9					31.7	21.5			24.9	17.6	14.7	10.5	Decreased, 1993-2016	No quadratic change	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)																
	54.2					37.6	37.6			23.9	26.9	27.2	32.1	Decreased, 1993-2016	Decreased, 1993-2012 No change, 2012-2016	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	No linear change	Not available <sup>§</sup>	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)																
											39.9	50.6	39.9	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN13: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)																
											8.4	6.6		No linear change	Not available <sup>§</sup>	No change
QN15: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)																
	6.0					8.9	7.8			5.3	11.3	9.8	10.3	No linear change	No quadratic change	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)																
	13.5					13.9	12.6			10.7	8.7	12.8	10.2	No linear change	No quadratic change	No change
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)																
	44.2					32.5	38.9			37.2	27.4	30.1	24.5	Decreased, 1993-2016	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)																
	23.3					18.5	16.4			11.6	6.8	6.7	5.5	Decreased, 1993-2016	No quadratic change	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)																
					20.2	7.6				10.1	11.8	11.4	12.2	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, 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	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.



2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Hispanic  
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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		No linear change	Not available <sup>§</sup>	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	No linear change	Not available	No change
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																
										12.3	13.8	17.0	23.1	Increased, 2010-2016	Not available	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)																
						35.9	31.5			24.5	26.9	32.7	30.0	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)																
	32.0					19.9	16.6			16.7	15.5	20.4	24.7	No linear change	Decreased, 1993-2012 No change, 2012-2016	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)																
	23.4					16.9	16.1			12.9	12.9	19.3	23.8	No linear change	Decreased, 1993-2012 Increased, 2012-2016	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)																
	16.5					13.8	13.3			13.9	13.3	15.9	15.8	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)																
	4.2					4.9	3.1			4.6	3.5	5.4	5.7	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,  $p < 0.05$ .

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

<b>Hispanic Tobacco Use</b>																
<b>Health Risk Behavior and Percentages</b>														<b>Linear Change*</b>	<b>Quadratic Change*</b>	<b>Change from 2014-2016 †</b>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)																
	80.9					68.2	67.1			46.0	40.5	46.5	32.1	Decreased, 1993-2016	No quadratic change	Decreased
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																
	36.2					25.1	25.0			14.6	9.6	16.7	5.3	Decreased, 1993-2016	No change, 1993-2005 Decreased, 2005-2016	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																
	14.5					13.4	9.5			5.7	2.7	3.3	0.6	Decreased, 1993-2016	No change, 1993-2005 Decreased, 2005-2016	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																
	10.1					9.0	5.8			4.7	2.7	1.6	0.6	Decreased, 1993-2016	No change, 1993-2005 Decreased, 2005-2016	No change

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

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

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016								
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])													55.6	41.3	Decreased, 2014-2016	Not available <sup>§</sup>	Decreased				
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)													33.7	8.2	Decreased, 2014-2016	Not available	Decreased				
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)													18.9	11.1	13.9	10.7	9.4	5.1	Decreased, 2003-2016	No quadratic change	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													30.9	26.4	19.9	14.8	19.3	8.0	Decreased, 2003-2016	No quadratic change	Decreased

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

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

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN40: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)																
						79.2	76.9			65.2	54.9	60.0	53.4	Decreased, 2003-2016	No quadratic change	No change
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																
						37.9	32.4			23.9	22.4	18.9	19.0	Decreased, 2003-2016	No quadratic change	No change
QN42: 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)																
	59.6					40.5	43.4			32.8	22.1	30.3	27.0	Decreased, 1993-2016	No quadratic change	No change
QN46: Percentage of students who ever used marijuana (one or more times during their life)																
	35.3					47.8	39.5			38.2	32.6	47.0	29.3	Decreased, 1993-2016	No change, 1993-2005 No change, 2005-2016	Decreased
QN47: Percentage of students who tried marijuana for the first time before age 13 years																
	13.9					18.8	12.1			13.0	7.8	11.8	10.9	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,  $p < 0.05$ .

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)																
	15.3					27.3	19.2			21.0	15.8	25.2	16.0	No linear change	No quadratic change	No change
QN49: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)																
	11.3					17.4	16.0			10.6	7.0	9.0	6.0	Decreased, 1993-2016	No change, 1993-2005 Decreased, 2005-2016	No change
QN50: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)																
						15.6	11.8			16.6	8.7	10.7	10.6	No linear change	No quadratic change	No change
QN51: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)																
						7.8	5.2			4.5	2.8	1.5	3.2	Decreased, 2003-2016	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,  $p < 0.05$ .

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic

#### Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN52: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)																
						15.4	11.4			8.6	4.3	4.4	5.3	Decreased, 2003-2016	No quadratic change	No change
QN53: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)																
						10.1	8.1			7.6	5.3	6.9	7.2	No linear change	No quadratic change	No change
QN54: Percentage of students who ever used synthetic marijuana (also called "K2," "Spice," "fake weed," "King Kong," "Yucatan Fire," "Skunk," or "Moon Rocks," one or more times during their life)																
												9.6	9.2	No linear change	Not available <sup>§</sup>	No change
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)																
	8.0					7.9	8.2			5.3	3.9	7.4	8.4	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,  $p < 0.05$ .

§Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Hispanic

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN57: 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)																
						6.2	2.4			4.0	2.7	6.5	2.0	No linear change	No quadratic change	Decreased
QN58: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)																
	21.6					30.1	27.4			20.4	27.3	24.3	22.8	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.



## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN59: Percentage of students who ever had sexual intercourse																
	68.6					47.0	51.2			48.8	42.7	38.3	32.8	Decreased, 1993-2016	No quadratic change	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years																
	11.9					9.4	9.1			8.7	6.5	5.5	2.8	Decreased, 1993-2016	No quadratic change	No change
QN61: Percentage of students who had sexual intercourse with four or more persons during their life																
	31.2					16.9	16.7			18.2	13.3	11.8	5.9	Decreased, 1993-2016	No quadratic change	No change
QN62: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)																
	42.5					34.3	36.5			34.3	25.7	32.2	18.1	Decreased, 1993-2016	No change, 1993-2010 Decreased, 2010-2016	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Hispanic  
Sexual Behaviors

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2014-2016 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016

QN85: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)

9.6 13.4

No linear change

Not available<sup>§</sup>

No change

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

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

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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) <sup>§</sup>																
						16.6	19.7			17.6	16.5	21.5	23.1	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) <sup>§</sup>																
						15.1	16.2			15.9	21.2	14.4	19.0	No linear change	No quadratic change	No change
QN68: Percentage of students who described themselves as slightly or very overweight																
	49.6					36.0	35.9			32.9	32.4	31.4	38.1	No linear change	No quadratic change	No change
QN69: Percentage of students who were trying to lose weight																
	52.2					50.8	55.8			55.5	53.9	53.1	55.9	No linear change	No quadratic change	No change
QN70: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)																
						20.1	20.0			20.6	21.7	26.4	27.8	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN71: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																
						13.7	15.5			12.6	10.0	11.9	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)																
						5.6	7.4			6.3	5.6	6.7	8.5	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)																
						56.9	52.6			59.1	57.3	59.7	60.9	No linear change	No quadratic change	No change
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)																
						27.2	21.8			26.8	23.7	25.5	31.6	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,  $p < 0.05$ .

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																
						13.7	13.8			20.2	14.9	18.5	20.8	No linear change	No quadratic change	No change
QN72: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																
						50.2	39.0			39.6	41.4	40.5	49.7	No linear change	No change, 2003-2012 No change, 2012-2016	No change
QN73: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)																
						28.5	32.6			39.9	36.3	37.1	41.0	Increased, 2003-2016	No quadratic change	No change
QN74: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)																
						52.1	49.1			57.9	52.1	51.1	48.9	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,  $p < 0.05$ .

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN75: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)																
						18.3	21.3			23.9	23.2	25.0	17.7	No linear change	No change, 2003-2010 No change, 2010-2016	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)																
						5.2	6.0			6.7	7.8	9.4	8.7	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)																
						54.8	52.6			56.3	56.4	58.0	56.8	No linear change	No quadratic change	No change
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)																
						22.0	17.7			26.8	24.3	25.1	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,  $p < 0.05$ .

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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)																
						9.1	7.2			14.1	13.2	14.2	16.0	No linear change	No quadratic change	No change
QN76: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																
										18.4	20.0	22.6	26.4	No linear change	Not available <sup>§</sup>	No change
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	No linear change	Not available	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																
										17.0	12.5	11.7	13.1	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

#### Hispanic

#### Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016								
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three 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)													9.2	7.0	4.6	7.5	No linear change	Not available <sup>§</sup>	No change		
QN77: Percentage of students who did not drink milk (during the 7 days before the survey)													17.8	12.5	17.1	17.5	22.9	18.3	No linear change	No quadratic change	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)													37.6	39.4	36.8	33.3	32.2	32.8	No linear change	No quadratic change	No change
QNMILK2: Percentage of students who drank two 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)													19.5	21.6	25.2	16.9	17.2	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,  $p < 0.05$ .

§Not enough years of data to calculate.



2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Hispanic

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2014-2016 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016

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)

8.5 9.1 10.5 6.1 8.3 7.3 No linear change No quadratic change No change

QN78: Percentage of students who did not eat breakfast (during the 7 days before the survey)

19.2 24.2 22.0 No linear change Not available‡ No change

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

26.4 28.9 24.2 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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Hispanic  
Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
QN79: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available <sup>§</sup>	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)													No linear change	Not available	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available	No change	
QN80: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2003-2016	No change, 2003-2012 Decreased, 2012-2016	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.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Hispanic  
Physical Activity**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †													
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016															
QN81: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)													21.7	32.3	36.6	38.8	Increased, 2010-2016		Not available <sup>§</sup>		No change							
QN82: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)													36.3		51.0	54.4		52.3	49.5	50.5	39.7	No linear change		Increased, 1993-2010 Decreased, 2010-2016		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)													26.6		37.9	39.5		34.7	31.2	26.5	25.7	No linear change		No change, 1993-2005 Decreased, 2005-2016		No change		
QN83: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)													44.6	51.8		52.8	55.6	52.9	54.2	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014			
	QN86: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)													Increased, 2010-2016	Not available <sup>§</sup>	No change
	QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)													No linear change	Not available	No change
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma													No linear change	No quadratic change	No change
	QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)													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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2014-2016 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
	QN89: 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	No linear change	Not available <sup>§</sup>	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016			
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)													No linear change	Not available <sup>§</sup>	No change	
										20.4	14.8	14.8	18.2			
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)													No linear change	Not available	No change	
										12.8	7.9	7.3	11.5			
QNSPDRK3: Percentage of students who drank a can, bottle, or glass of a sports drink three 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)													No linear change	Not available	Increased	
										8.5	4.1	2.0	7.3			
QN90: Percentage of students who rarely or never wore a bicycle helmet (during the 12 months before the survey, among students who had ridden a bicycle)													No linear change	Not available	No change	
										93.9	97.2	89.8	90.4	89.0		

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

## 2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

### Nebraska High School Survey Trend Analysis Report

**Hispanic  
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2014-2016 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016						
QN95: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not including low-calorie sports drinks such as Propel or G2, one or more times per day during the 7 days before the survey)													27.2	27.2	31.9	40.9	Increased, 2010-2016	Not available <sup>§</sup>	No change
QN96: 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 including 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	No linear change	Not available	No change
QN97: Percentage of students who have to avoid some foods because eating the food could cause an allergic reaction (such as skin rashes, swelling, itching, vomiting, coughing, or trouble breathing)													15.8	13.4			No linear change	Not available	No change
QN98: Percentage of students who did exercises to strengthen or tone their muscles (such as push-ups, sit-ups, or weight lifting, on three or more days during the 7 days before the survey)													55.6	51.5	47.8	46.7	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.

2016 YOUTH RISK BEHAVIOR SURVEY RESULTS

Nebraska High School Survey  
Trend Analysis Report

Hispanic  
Site-Added

Health Risk Behavior and Percentages

Linear Change\*

Quadratic Change\*

Change from  
2014-2016 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016

QN100: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan], one or more times during the 12 months before the survey)

16.1 15.7 10.6 4.7 Decreased, 2010-2016 Not available<sup>§</sup> 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.