Nebraska High School Survey

10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		15.7	11.9	11.3	8.5	Decreased, 2010-2016	Not available[§]	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
		23.9	20.3	22.3	22.1	No linear change	Not available	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			6.8	10.1	6.3	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.

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Nebraska High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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)								
		3.8	4.2	6.2	7.5	Increased, 2010-2016	Not available	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
		6.4	6.4	7.1	7.1	No linear change	Not available	No change

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[§]Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		26.7	20.1	19.7	19.2	Decreased, 2010-2016	Not available[§]	No change
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
		7.4	5.7	5.5	6.0	No linear change	Not available	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
		8.1	8.6	8.3	8.4	No linear change	Not available	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			10.1	8.8	7.7	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016[†]
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[§]	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)								
		21.0	19.5	24.1	27.0	Increased, 2010-2016	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016[†]
2007	**2009**	**2010**	**2012**	**2014**	**2016**			
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)								
		14.2	12.1	14.6	16.1	No linear change	Not available[§]	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
		10.9	9.8	13.3	14.1	Increased, 2010-2016	Not available	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)								
		7.7	6.0	8.9	8.0	No linear change	Not available	No change
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)								
		2.6	1.8	3.3	2.2	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
2007	2009	2010	2012	2014	2016			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
		38.7	31.9	31.4	24.0	Decreased, 2010-2016	Not available[§]	Decreased
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
		15.0	10.9	13.3	7.4	Decreased, 2010-2016	Not available	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
		5.8	3.0	3.7	2.1	Decreased, 2010-2016	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
		4.1	2.4	2.6	1.2	Decreased, 2010-2016	Not available	Decreased

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[§]Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		7.1	4.8	8.0	2.3	No linear change	Not available[§]	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	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)								
		9.6	8.3	8.1	6.7	Decreased, 2010-2016	Not available	No change

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[§]Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

**Total
Tobacco Use**

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)

| | | 18.8 | 15.0 | 16.6 | 10.2 | Decreased, 2010-2016 | Not available[§] | Decreased |

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[§]Not enough years of data to calculate.

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Nebraska High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		60.6	52.1	51.7	54.0	Decreased, 2010-2016	Not available[§]	No change
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
		16.5	12.9	13.7	13.3	Decreased, 2010-2016	Not available	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)								
		26.6	22.1	22.7	24.4	No linear change	Not available	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	Decreased

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[§]Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
2007	2009	2010	2012	2014	2016			
QN46: Percentage of students who ever used marijuana (one or more times during their life)								
		25.0	23.6	26.6	25.4	No linear change	Not available§	No change
QN47: Percentage of students who tried marijuana for the first time before age 13 years								
		4.9	5.5	6.3	5.3	No linear change	Not available	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
		12.7	11.7	13.7	13.4	No linear change	Not available	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)								
		4.2	3.2	5.3	4.1	No linear change	Not available	No change

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§Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		9.7	7.0	8.1	6.0	Decreased, 2010-2016	Not available[§]	No change
QN51: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
		1.9	1.2	2.5	2.1	No linear change	Not available	No change
QN52: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)								
		2.7	2.0	4.2	3.0	No linear change	Not available	No change
QN53: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)								
		4.5	3.2	5.1	3.9	No linear change	Not available	No change

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[§]Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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§	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)								
		2.8	2.3	3.5	3.5	No linear change	Not available	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)								
		1.9	1.9	4.0	1.6	No linear change	Not available	Decreased
QN58: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
		20.3	19.2	19.9	18.5	No linear change	Not available	No change

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§Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

**Total
Sexual Behaviors**

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
2007	2009	2010	2012	2014	2016			
QN59: Percentage of students who ever had sexual intercourse								
		37.1	35.2	32.5	29.1	Decreased, 2010-2016	Not available[§]	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years								
		3.8	4.1	3.3	2.8	No linear change	Not available	No change
QN61: Percentage of students who had sexual intercourse with four or more persons during their life								
		10.6	9.4	8.0	6.0	Decreased, 2010-2016	Not available	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)								
		27.0	25.7	24.9	20.5	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.

Nebraska High School Survey
10-year Trend Analysis Report

Total
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
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)								
		19.8	19.7	17.9	13.7	Decreased, 2010-2016	Not available[§]	No change
QN64: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
		62.0	62.5	57.0	53.3	Decreased, 2010-2016	Not available	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	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)								
		21.9	16.4	20.7	21.2	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

**Total
Sexual Behaviors**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
			1.8	3.3	4.3	No linear change	Not available[§]	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))								
			6.5	3.6	5.9	No linear change	Not available	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
			24.8	27.6	31.4	No linear change	Not available	No change

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[§]Not enough years of data to calculate.

Nebraska High School Survey

10-year Trend Analysis Report

**Total
Sexual Behaviors**

		Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2014-2016 †
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§	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	12.2	17.8	7.0	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.

Nebraska High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
2007	**2009**	**2010**	**2012**	**2014**	**2016**			
QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]								
		13.6	13.8	16.9	16.6	Increased, 2010-2016	Not available[¶]	No change
QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]								
		11.6	12.7	13.0	14.6	Increased, 2010-2016	Not available	No change
QN68: Percentage of students who described themselves as slightly or very overweight								
		28.5	27.0	30.3	29.3	No linear change	Not available	No change
QN69: Percentage of students who were trying to lose weight								
		43.0	42.2	43.2	43.8	No linear change	Not available	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)								
		21.8	25.7	29.9	31.0	Increased, 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.
[§]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
[¶]Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		12.1	8.1	10.3	12.1	No linear change	Not available[§]	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		4.7	4.1	5.6	7.6	Increased, 2010-2016	Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		59.0	62.2	58.7	57.0	No linear change	Not available	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)								
		26.9	26.4	26.8	26.2	No linear change	Not available	No change

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

Nebraska High School Survey

10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016[†]
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)								
		15.6	14.1	15.2	14.0	No linear change	Not available[§]	No change
QN72: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
		39.8	38.6	39.4	42.7	No linear change	Not available	No change
QN73: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
		27.0	29.3	30.6	31.2	Increased, 2010-2016	Not available	No change
QN74: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
		52.8	51.4	50.0	49.6	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		16.8	17.2	19.1	16.9	No linear change	Not available[§]	No change
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		4.5	5.4	6.4	5.8	No linear change	Not available	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		62.0	61.4	63.8	61.3	No linear change	Not available	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)								
		26.5	25.8	27.4	23.8	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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	11.7	13.2	11.8	No linear change	Not available§	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	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.

Nebraska High School Survey

10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	No change
QN77: Percentage of students who did not drink milk (during the 7 days before the survey)								
		14.7	13.3	17.3	17.5	No linear change	Not available	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the								
		47.4	44.0	41.7	38.1	Decreased, 2010-2016	Not available	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								
		31.9	28.1	27.1	21.4	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.

Nebraska High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)								
		15.6	13.0	13.2	10.0	Decreased, 2010-2016	Not available§	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	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.

Nebraska High School Survey

10-year Trend Analysis Report

Total
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		53.7	57.6	52.8	51.7	No linear change	Not available[§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
		10.4	10.7	14.1	14.8	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)								
		28.0	32.3	29.7	26.8	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)								
		25.2	22.8	20.1	19.2	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.

Nebraska High School Survey

10-year Trend Analysis Report

Total
Physical Activity

Health Risk Behavior and Percentages						**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2014-2016** [†]
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[§]	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)								
		48.1	49.6	49.0	42.1	Decreased, 2010-2016	Not available	Decreased
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
		33.5	34.9	32.8	27.7	Decreased, 2010-2016	Not available	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)								
		62.9	65.2	64.3	62.8	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.

Nebraska High School Survey
10-year Trend Analysis Report

Total
Other

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		75.1	74.8	75.2	79.2	Increased, 2010-2016	Not available[§]	Increased
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								
		19.2	16.9	20.0	20.4	No linear change	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.

Nebraska High School Survey

10-year Trend Analysis Report

Total
Other

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)

2007	2009	2010	2012	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
				79.4	81.4	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.

Nebraska High School Survey
10-year Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
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)

		17.1	15.9	15.7	11.9	Decreased, 2010-2016	Not available[§]	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)

		10.2	8.3	8.1	7.8	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)

		5.2	4.6	3.3	4.1	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)

		91.0	89.1	84.8	84.7	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.

Nebraska High School Survey
10-year Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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.

Nebraska High School Survey

10-year Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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§	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.

Nebraska High School Survey

10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016[†]
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)								
		18.8	16.4	13.8	8.8	Decreased, 2010-2016	Not available[§]	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)								
		21.7	19.3	21.4	19.3	No linear change	Not available	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			7.3	11.2	6.9	No linear change	Not available	No change
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			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.

Nebraska High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
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[§]	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)								
		4.5	3.4	5.1	6.7	No linear change	Not available	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
		8.3	7.7	8.3	7.7	No linear change	Not available	No change
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
		32.1	25.6	22.8	25.5	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.

Nebraska High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		9.7	7.5	7.3	8.8	No linear change	Not available[§]	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
		5.3	5.9	5.4	3.9	No linear change	Not available	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			4.7	3.2	2.7	No linear change	Not available	No change

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

Nebraska High School Survey

10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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)								
		14.5	11.5	17.1	19.2	Increased, 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.

Nebraska High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
2007	**2009**	**2010**	**2012**	**2014**	**2016**			
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)								
		10.8	7.8	11.3	9.2	No linear change	Not available[§]	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
		8.6	6.5	9.8	11.0	No linear change	Not available	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)								
		6.8	4.4	7.7	6.0	No linear change	Not available	No change
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)								
		2.6	1.7	3.5	1.9	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
2007	2009	2010	2012	2014	2016			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
		38.5	32.8	30.1	25.3	Decreased, 2010-2016	Not available[§]	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
		14.4	10.9	14.2	7.4	Decreased, 2010-2016	Not available	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
		6.2	3.3	3.6	1.6	Decreased, 2010-2016	Not available	Decreased
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
		4.9	2.5	2.9	0.9	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.

Nebraska High School Survey

10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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)								
		12.5	10.9	11.0	8.3	Decreased, 2010-2016	Not available	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
		19.4	16.9	18.6	11.2	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.

Nebraska High School Survey
10-year Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)								
		59.1	50.0	46.6	50.0	Decreased, 2010-2016	Not available§	No change
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
		18.8	14.8	14.9	15.2	No linear change	Not available	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)								
		25.7	20.8	20.5	21.4	No linear change	Not available	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	No change

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

Nebraska High School Survey

10-year Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
2007	**2009**	**2010**	**2012**	**2014**	**2016**			
QN46: Percentage of students who ever used marijuana (one or more times during their life)								
		26.3	24.6	25.2	25.8	No linear change	Not available[§]	No change
QN47: Percentage of students who tried marijuana for the first time before age 13 years								
		6.8	7.3	7.0	5.8	No linear change	Not available	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
		13.5	13.4	12.7	13.6	No linear change	Not available	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)								
		5.0	4.4	5.2	5.0	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		8.8	7.4	6.8	6.2	No linear change	Not available[§]	No change
QN51: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
		2.6	1.6	2.8	3.1	No linear change	Not available	No change
QN52: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)								
		3.5	2.6	4.1	3.9	No linear change	Not available	No change
QN53: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)								
		5.6	4.1	5.2	5.1	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Male
Alcohol and Other Drug Use

		Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
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[§]	No change
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)								
		3.5	3.3	3.3	4.4	No linear change	Not available	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)								
		2.3	2.9	4.5	1.5	No linear change	Not available	Decreased
QN58: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
		20.7	21.9	19.1	19.9	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.

Nebraska High School Survey
10-year Trend Analysis Report

Male
Sexual Behaviors

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2014-2016[†]
2007	2009	2010	2012	2014	2016			

QN59: Percentage of students who ever had sexual intercourse

| | | 37.2 | 35.2 | 32.9 | 30.0 | Decreased, 2010-2016 | Not available[§] | No change |

QN60: Percentage of students who had sexual intercourse for the first time before age 13 years

| | | 4.8 | 6.3 | 4.5 | 3.3 | No linear change | Not available | No change |

QN61: Percentage of students who had sexual intercourse with four or more persons during their life

| | | 11.3 | 10.8 | 9.0 | 6.6 | Decreased, 2010-2016 | Not available | 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)

| | | 25.7 | 26.0 | 23.4 | 20.2 | 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.

Nebraska High School Survey

10-year Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)								
		21.3	22.9	17.7	15.2	No linear change	Not available§	No change
QN64: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
		68.6	67.7	58.4	62.6	No linear change	Not available	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	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)								
		17.0	12.7	16.5	15.2	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.

Nebraska High School Survey

10-year Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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§	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.

Nebraska High School Survey

10-year Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
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[§]	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)								
		9.7	8.8	16.3	6.5	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.

Nebraska High School Survey
10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
2007	2009	2010	2012	2014	2016			
QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]								
		13.5	15.7	17.3	15.8	No linear change	Not available[¶]	No change
QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]								
		15.0	17.2	16.5	16.9	No linear change	Not available	No change
QN68: Percentage of students who described themselves as slightly or very overweight								
		24.2	21.5	25.5	25.2	No linear change	Not available	No change
QN69: Percentage of students who were trying to lose weight								
		31.2	29.7	32.1	29.3	No linear change	Not available	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)								
		19.8	23.7	29.6	28.3	Increased, 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.
[§]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in
subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning
in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
[¶]Not enough years of data to calculate.

Nebraska High School Survey

10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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	9.4	13.6	14.7	No linear change	Not available[§]	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		5.3	4.6	7.4	9.2	Increased, 2010-2016	Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		60.8	61.5	58.6	57.4	No linear change	Not available	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)								
		28.2	27.6	26.2	25.6	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.

Nebraska High School Survey

10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)								
		17.1	15.9	14.6	14.9	No linear change	Not available§	No change
QN72: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
		44.2	45.2	46.3	47.3	No linear change	Not available	No change
QN73: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
		25.7	28.6	27.3	30.8	No linear change	Not available	No change
QN74: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
		52.5	52.1	49.6	51.0	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.

Nebraska High School Survey
10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)								
		18.5	18.6	22.4	19.3	No linear change	Not available§	No change
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		5.5	6.9	8.4	7.6	No linear change	Not available	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		62.2	60.1	64.1	60.8	No linear change	Not available	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)								
		27.5	23.7	26.8	26.5	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.

Nebraska High School Survey

10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		12.4	11.1	13.0	13.2	No linear change	Not available[§]	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	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, $p < 0.05$.
[†]Based on t-test analysis, $p < 0.05$.
[§]Not enough years of data to calculate.

Nebraska High School Survey

10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2014-2016 †
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§ | No change |

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

| | | 10.7 | 9.7 | 12.1 | 12.9 | No linear change | Not available | No change |

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

| | | 53.3 | 48.3 | 49.1 | 46.7 | No linear change | Not available | 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

| | | 38.4 | 32.5 | 35.2 | 28.4 | 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.

Nebraska High School Survey
10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		19.7	15.6	17.6	14.0	No linear change	Not available[§]	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	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.

Nebraska High School Survey
10-year Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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)								
		26.8	23.9	21.1	20.4	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.

Nebraska High School Survey
10-year Trend Analysis Report

Male
Physical Activity

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§] | 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)

| | | 55.3 | 57.7 | 56.6 | 46.4 | Decreased, 2010-2016 | Not available | Decreased |

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

| | | 38.7 | 39.3 | 38.9 | 32.9 | No linear change | Not available | 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)

| | | 66.1 | 69.2 | 66.7 | 64.9 | 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.

Nebraska High School Survey
10-year Trend Analysis Report

Male
Other

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		73.3	73.3	73.6	75.4	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)								
		2.2	1.6	1.8	2.2	No linear change	Not available	No change
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma								
		19.2	16.7	20.5	22.7	No linear change	Not available	No change
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)								
				35.1	28.9	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.

Nebraska High School Survey
10-year Trend Analysis Report

**Male
Other**

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)

				2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
				74.2	77.1	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.

Nebraska High School Survey

10-year Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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§	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)								
		91.0	90.1	85.7	82.8	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.

Nebraska High School Survey

10-year Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		42.3	45.5	39.6	47.1	No linear change	Not available[§]	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)								
		81.3	78.9	80.2	88.2	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)								
		23.6	24.2	26.2	35.4	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)								
		15.8	14.7	13.7	14.1	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.

Nebraska High School Survey
10-year Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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§	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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)

| | | 12.3 | 6.9 | 8.5 | 7.8 | No linear change | Not available[§] | No change |

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

| | | 26.1 | 21.3 | 23.2 | 24.4 | No linear change | Not available | No change |

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

| | | | 6.3 | 9.1 | 5.7 | No linear change | Not available | No change |

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

| | | | 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.

Nebraska High School Survey

10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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)								
		2.8	5.2	6.8	8.1	Increased, 2010-2016	Not available	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
		4.2	5.0	5.1	5.9	No linear change	Not available	No change
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
		20.6	14.4	16.1	12.2	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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		5.0	3.8	3.1	3.0	Decreased, 2010-2016	Not available[§]	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
		11.1	11.4	11.4	13.0	No linear change	Not available	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			15.6	13.8	12.0	No linear change	Not available	No change

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

Nebraska High School Survey

10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)								
			10.0	11.7	7.2	No linear change	Not available§	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
		23.2	24.9	28.0	23.5	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)								
		20.1	22.2	25.1	23.2	No linear change	Not available	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)								
		27.7	27.9	31.4	35.2	Increased, 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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
2007	2009	2010	2012	2014	2016			
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)								
		18.0	16.8	18.0	23.0	Increased, 2010-2016	Not available[§]	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
		13.4	13.3	17.0	16.8	No linear change	Not available	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)								
		8.5	7.6	9.4	9.8	No linear change	Not available	No change
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)								
		2.5	2.0	3.0	2.5	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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
2007	2009	2010	2012	2014	2016			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
		38.8	31.1	32.7	22.5	Decreased, 2010-2016	Not available[§]	Decreased
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
		15.5	10.8	12.2	7.0	Decreased, 2010-2016	Not available	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
		5.3	2.7	3.6	2.4	Decreased, 2010-2016	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
		3.3	2.3	2.1	1.3	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.

Nebraska High School Survey

10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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)								
		6.5	5.5	4.9	4.3	No linear change	Not available	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
		18.2	13.1	14.2	8.4	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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)								
		62.0	54.2	56.5	57.7	No linear change	Not available§	No change
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
		14.0	10.9	11.8	11.0	No linear change	Not available	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)								
		27.5	23.5	24.9	27.2	No linear change	Not available	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	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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
2007	2009	2010	2012	2014	2016			

QN46: Percentage of students who ever used marijuana (one or more times during their life)

| | | 23.6 | 22.7 | 27.6 | 24.7 | No linear change | Not available§ | No change |

QN47: Percentage of students who tried marijuana for the first time before age 13 years

| | | 2.7 | 3.7 | 5.6 | 4.5 | No linear change | Not available | No change |

QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

| | | 12.0 | 9.9 | 14.4 | 13.0 | No linear change | Not available | 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)

| | | 3.1 | 2.0 | 5.2 | 2.8 | 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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		10.6	6.6	9.3	4.9	Decreased, 2010-2016	Not available[§]	Decreased
QN51: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
		1.1	0.9	1.9	0.7	No linear change	Not available	No change
QN52: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)								
		1.8	1.4	3.8	1.3	No linear change	Not available	Decreased
QN53: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)								
		3.3	2.4	5.0	2.0	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.

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Nebraska High School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	Decreased
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)								
		2.0	1.2	3.4	2.0	No linear change	Not available	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)								
		1.4	0.8	3.1	1.4	No linear change	Not available	Decreased
QN58: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
		19.8	16.4	20.8	16.8	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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
2007	**2009**	**2010**	**2012**	**2014**	**2016**			

QN59: Percentage of students who ever had sexual intercourse

| | | 37.2 | 35.4 | 31.7 | 28.2 | Decreased, 2010-2016 | Not available[§] | No change |

QN60: Percentage of students who had sexual intercourse for the first time before age 13 years

| | | 2.7 | 1.8 | 2.1 | 2.2 | No linear change | Not available | No change |

QN61: Percentage of students who had sexual intercourse with four or more persons during their life

| | | 9.9 | 7.9 | 7.1 | 5.4 | Decreased, 2010-2016 | Not available | 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)

| | | 28.5 | 25.4 | 26.2 | 20.8 | 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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)								
		18.3	16.3	17.6	12.3	No linear change	Not available§	No change
QN64: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
		56.0	56.9	56.3	44.6	No linear change	Not available	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	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)								
		26.4	20.4	24.6	26.9	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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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§	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.

Nebraska High School Survey

10-year Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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)								
		17.7	15.9	19.0	7.4	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.

Nebraska High School Survey

10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
2007	2009	2010	2012	2014	2016			
QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]								
		13.6	11.8	16.4	17.5	Increased, 2010-2016	Not available[¶]	No change
QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]								
		8.0	7.9	9.3	12.1	Increased, 2010-2016	Not available	No change
QN68: Percentage of students who described themselves as slightly or very overweight								
		33.1	32.9	35.6	33.8	No linear change	Not available	No change
QN69: Percentage of students who were trying to lose weight								
		55.5	55.4	55.2	58.3	No linear change	Not available	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)								
		23.9	28.0	30.5	33.4	Increased, 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, $p < 0.05$.
[§]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
[¶]Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016[†]
Health Risk Behavior and Percentages								
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 | 6.7 | 6.9 | 9.0 | No linear change | Not available[§] | No change |

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

| | | 4.0 | 3.5 | 3.8 | 5.5 | No linear change | Not available | No change |

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

| | | 57.1 | 62.9 | 58.7 | 56.6 | No linear change | Not available | 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)

| | | 25.8 | 25.2 | 27.4 | 26.7 | 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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
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)								
		14.2	12.2	15.8	13.0	No linear change	Not available[§]	No change
QN72: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
		35.2	31.6	32.7	37.7	No linear change	Not available	No change
QN73: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
		28.2	30.3	34.2	31.6	No linear change	Not available	No change
QN74: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
		53.1	50.7	50.9	48.1	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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 [†]
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)								
		15.0	15.8	15.6	13.9	No linear change	Not available[§]	No change
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		3.6	3.9	4.3	3.6	No linear change	Not available	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		61.9	62.8	63.2	62.1	No linear change	Not available	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)								
		25.3	28.0	27.9	21.1	No linear change	Not available	Decreased

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

Nebraska High School Survey

10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)								
		11.7	12.2	13.3	10.2	No linear change	Not available§	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	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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	No change
QN77: Percentage of students who did not drink milk (during the 7 days before the survey)								
		18.7	17.3	22.7	21.7	No linear change	Not available	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the								
		41.5	39.3	33.9	29.7	Decreased, 2010-2016	Not available	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								
		25.1	23.5	18.6	14.2	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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)								
		11.3	10.1	8.4	5.9	Decreased, 2010-2016	Not available§	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.

Nebraska High School Survey

10-year Trend Analysis Report

Female
Physical Activity

		Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2014-2016 †
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§	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)								
		23.6	21.6	19.1	18.1	Decreased, 2010-2016	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Female
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)

2007	2009	2010	2012	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
		16.7	27.1	31.9	38.0	Increased, 2010-2016	Not available[§]	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)

2007	2009	2010	2012	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
		40.4	41.0	41.1	37.9	No linear change	Not available	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)

2007	2009	2010	2012	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
		27.9	30.0	26.9	22.4	Decreased, 2010-2016	Not available	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)

2007	2009	2010	2012	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
		59.5	61.0	61.5	60.9	No linear change	Not available	No change

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

Nebraska High School Survey

10-year Trend Analysis Report

Female
Other

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		77.3	76.5	77.3	83.1	Increased, 2010-2016	Not available[§]	Increased
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
		1.3	1.2	1.4	0.4	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								
		19.1	17.2	19.3	18.1	No linear change	Not available	No change
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)								
				28.9	24.8	No linear change	Not available	No change

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

Nebraska High School Survey

10-year Trend Analysis Report

Female
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)

				2014	**2016**	Linear Change	Quadratic Change	Change from 2014-2016
				84.8	85.6	No linear change	Not available[§]	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Female
Site-Added

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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)

		91.1	87.8	83.5	86.7	Decreased, 2010-2016	Not available	No change

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

Nebraska High School Survey

10-year Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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.

Nebraska High School Survey
10-year Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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

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

Nebraska High School Survey

10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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)								
		13.0	9.6	9.7	6.6	Decreased, 2010-2016	Not available[¶]	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)								
		23.6	19.2	20.9	18.5	Decreased, 2010-2016	Not available	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			6.9	8.2	5.7	No linear change	Not available	No change
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			49.2	49.9	50.6	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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[¶]	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)								
		2.8	2.7	4.2	5.9	Increased, 2010-2016	Not available	No change
QN16: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)								
		4.8	5.2	5.1	5.9	No linear change	Not available	No change
QN17: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
		23.3	16.7	15.9	17.6	Decreased, 2010-2016	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2014-2016** [§]
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)								
		6.1	4.4	3.9	5.2	No linear change	Not available[¶]	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
		7.9	8.0	7.3	6.5	No linear change	Not available	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			9.4	7.5	4.8	Decreased, 2012-2016	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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[¶]	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)		19.8	17.9	20.9	25.6	Increased, 2010-2016	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
2007	**2009**	**2010**	**2012**	**2014**	**2016**			
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)								
		13.6	11.6	12.4	13.9	No linear change	Not available[¶]	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
		10.2	8.8	11.6	10.7	No linear change	Not available	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)								
		6.0	4.0	7.4	5.3	No linear change	Not available	No change
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)								
		2.1	1.0	2.6	1.6	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
2007	2009	2010	2012	2014	2016			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
		36.8	28.7	27.3	22.4	Decreased, 2010-2016	Not available[¶]	Decreased
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
		15.5	11.0	12.0	7.4	Decreased, 2010-2016	Not available	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
		6.1	3.1	3.7	2.2	Decreased, 2010-2016	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
		4.2	2.3	2.7	1.2	Decreased, 2010-2016	Not available	Decreased

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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[¶]	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)								
		8.6	7.7	7.0	6.2	No linear change	Not available	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
		18.8	14.8	15.0	10.1	Decreased, 2010-2016	Not available	Decreased

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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)								
		59.8	51.5	50.5	55.0	No linear change	Not available[¶]	No change
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
		14.8	10.0	11.3	12.1	No linear change	Not available	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)								
		25.7	22.4	21.2	24.6	No linear change	Not available	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	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
2007	2009	2010	2012	2014	2016			

QN46: Percentage of students who ever used marijuana (one or more times during their life)

		21.2	19.3	20.8	21.8	No linear change	Not available[¶]	No change

QN47: Percentage of students who tried marijuana for the first time before age 13 years

		2.8	3.5	4.4	2.6	No linear change	Not available	No change

QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

		10.3	9.0	10.4	11.0	No linear change	Not available	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)

		2.7	2.3	3.5	3.4	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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)								
		7.7	6.2	6.3	4.8	Decreased, 2010-2016	Not available[¶]	No change
QN51: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
		1.1	0.9	1.7	1.3	No linear change	Not available	No change
QN52: Percentage of students who ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)								
		1.6	1.5	2.9	2.0	No linear change	Not available	No change
QN53: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)								
		3.3	2.2	4.4	2.9	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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[¶]	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)								
		2.0	2.0	1.9	2.0	No linear change	Not available	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	1.4	3.0	1.1	No linear change	Not available	Decreased
QN58: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
		19.6	16.6	17.8	17.1	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
2007	**2009**	**2010**	**2012**	**2014**	**2016**			

QN59: Percentage of students who ever had sexual intercourse

| | | 34.7 | 32.6 | 28.0 | 29.8 | Decreased, 2010-2016 | Not available[¶] | No change |

QN60: Percentage of students who had sexual intercourse for the first time before age 13 years

| | | 3.0 | 2.4 | 1.9 | 3.3 | No linear change | Not available | No change |

QN61: Percentage of students who had sexual intercourse with four or more persons during their life

| | | 9.4 | 7.4 | 6.8 | 6.2 | Decreased, 2010-2016 | Not available | 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)

| | | 25.5 | 24.4 | 21.8 | 21.9 | Decreased, 2010-2016 | Not available | No change |

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

Nebraska High School Survey

10-year Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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)								
		18.1	17.7	15.4	11.1	Decreased, 2010-2016	Not available[¶]	No change
QN64: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
		63.3	61.6	57.7	53.2	Decreased, 2010-2016	Not available	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	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)								
		25.3	19.0	24.0	22.0	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change†	Quadratic Change†	Change from 2014-2016 §
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)								
			2.2	3.2	4.7	No linear change	Not available¶	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))								
			5.6	5.1	6.1	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)								
			26.8	32.3	32.8	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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[¶]	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)								
		12.4	13.0	14.1	7.1	No linear change	Not available	Decreased

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
2007	**2009**	**2010**	**2012**	**2014**	**2016**			
QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[¶]								
		12.4	12.7	15.6	14.9	No linear change	Not available**	No change
QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[¶]								
		10.4	11.9	12.7	13.5	Increased, 2010-2016	Not available	No change
QN68: Percentage of students who described themselves as slightly or very overweight								
		27.7	27.0	29.7	28.1	No linear change	Not available	No change
QN69: Percentage of students who were trying to lose weight								
		41.0	39.4	40.1	41.9	No linear change	Not available	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)								
		22.7	27.1	30.4	32.9	Increased, 2010-2016	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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	7.2	9.8	11.1	No linear change	Not available[¶]	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		4.3	3.3	5.2	6.4	Increased, 2010-2016	Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		58.4	62.9	59.8	56.5	No linear change	Not available	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)								
		25.9	26.9	26.5	24.4	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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)								
		14.3	13.8	13.8	12.2	No linear change	Not available[¶]	No change
QN72: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
		39.4	37.0	40.0	39.6	No linear change	Not available	No change
QN73: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
		24.0	28.4	29.1	27.4	No linear change	Not available	No change
QN74: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
		51.2	49.4	49.4	48.5	No linear change	Not available	No change

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

Nebraska High School Survey

10-year Trend Analysis Report

White*

Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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)								
		14.4	15.2	16.8	15.6	No linear change	Not available[¶]	No change
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		3.9	4.7	5.1	4.7	No linear change	Not available	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		63.6	62.9	65.2	64.3	No linear change	Not available	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)								
		26.5	26.6	27.6	23.7	No linear change	Not available	No change

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

Nebraska High School Survey

10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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)								
		11.5	11.2	12.2	11.2	No linear change	Not available[¶]	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	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.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.
[§]Based on t-test analysis, $p < 0.05$.
[¶]Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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[¶]	No change
QN77: Percentage of students who did not drink milk (during the 7 days before the survey)								
		13.8	11.8	14.8	15.6	No linear change	Not available	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the								
		49.9	48.1	46.0	41.0	Decreased, 2010-2016	Not available	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								
		33.7	32.7	30.8	23.1	Decreased, 2010-2016	Not available	Decreased

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

Nebraska High School Survey

10-year Trend Analysis Report

White*
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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)

2007	2009	2010	2012	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
		16.7	15.1	14.7	10.6	Decreased, 2010-2016	Not available[¶]	Decreased

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

2007	2009	2010	2012	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
			9.8	10.3	11.4	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)

2007	2009	2010	2012	2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
			41.6	39.6	38.0	No linear change	Not available	No change

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

Nebraska High School Survey

10-year Trend Analysis Report

White*
Physical Activity

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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[¶] | 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)

| | | 23.1 | 19.8 | 17.9 | 18.7 | Decreased, 2010-2016 | Not available | No change |

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Physical Activity

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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[¶]	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)

		46.8	48.6	48.9	43.6	No linear change	Not available	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)

		33.6	35.7	34.6	29.5	No linear change	Not available	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)

		66.1	67.9	67.7	65.4	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Other

Health Risk Behavior and Percentages						Linear Change†	Quadratic Change†	Change from 2014-2016 §
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)								
		78.5	79.6	78.8	82.9	Increased, 2010-2016	Not available¶	Increased
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								
		18.9	15.9	19.1	19.9	No linear change	Not available	No change
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)								
				33.7	26.9	Decreased, 2014-2016	Not available	Decreased

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

Nebraska High School Survey

10-year Trend Analysis Report

White*
Other

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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)

				2014	2016			
				83.1	85.0	No linear change	Not available[¶]	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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[¶] | 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)

| | | 90.5 | 89.0 | 83.4 | 83.8 | Decreased, 2010-2016 | Not available | No change |

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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[¶]	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.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Nebraska High School Survey

10-year Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2014-2016 [§]
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[¶]	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.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		24.9	17.6	14.7	10.5	Decreased, 2010-2016	Not available[§]	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
		23.9	26.9	27.2	32.1	No linear change	Not available	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			6.2	13.0	7.5	No linear change	Not available	No change
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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)

	5.3	11.3	9.8	10.3		No linear change	Not available	No change

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

	10.7	8.7	12.8	10.2		No linear change	Not available	No change

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

	37.2	27.4	30.1	24.5		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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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 | 6.8 | 6.7 | 5.5 | Decreased, 2010-2016 | Not available[§] | No change |

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

| | | 10.1 | 11.8 | 11.4 | 12.2 | No linear change | Not available | No change |

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

| | | | 13.2 | 10.4 | 12.9 | 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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)

2007	2009	2010	2012	2014	2016	Linear Change	Quadratic Change	Change
			7.9	10.6	8.0	No linear change	Not available[§]	No change

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

| | | 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)

| | | 24.5 | 26.9 | 32.7 | 30.0 | 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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
2007	2009	2010	2012	2014	2016			
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)								
		16.7	15.5	20.4	24.7	No linear change	Not available[§]	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
		12.9	12.9	19.3	23.8	Increased, 2010-2016	Not available	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)								
		13.9	13.3	15.9	15.8	No linear change	Not available	No change
QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)								
		4.6	3.5	5.4	5.7	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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
2007	2009	2010	2012	2014	2016			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
		46.0	40.5	46.5	32.1	Decreased, 2010-2016	Not available§	Decreased
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
		14.6	9.6	16.7	5.3	Decreased, 2010-2016	Not available	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
		5.7	2.7	3.3	0.6	Decreased, 2010-2016	Not available	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
		4.7	2.7	1.6	0.6	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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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)								
		13.9	10.7	9.4	5.1	Decreased, 2010-2016	Not available	No change
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
		19.9	14.8	19.3	8.0	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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		65.2	54.9	60.0	53.4	No linear change	Not available[§]	No change
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
		23.9	22.4	18.9	19.0	No linear change	Not available	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)								
		32.8	22.1	30.3	27.0	No linear change	Not available	No change
QN46: Percentage of students who ever used marijuana (one or more times during their life)								
		38.2	32.6	47.0	29.3	No linear change	Not available	Decreased
QN47: Percentage of students who tried marijuana for the first time before age 13 years								
		13.0	7.8	11.8	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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)

| | | 21.0 | 15.8 | 25.2 | 16.0 | No linear change | Not available§ | 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)

| | | 10.6 | 7.0 | 9.0 | 6.0 | No linear change | Not available | 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)

| | | 16.6 | 8.7 | 10.7 | 10.6 | No linear change | Not available | No change |

QN51: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)

| | | 4.5 | 2.8 | 1.5 | 3.2 | 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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

		Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)

| | | 8.6 | 4.3 | 4.4 | 5.3 | No linear change | Not available§ | No change |

QN53: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)

| | | 7.6 | 5.3 | 6.9 | 7.2 | No linear change | Not available | 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 | 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)

| | | 5.3 | 3.9 | 7.4 | 8.4 | 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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)								
		4.0	2.7	6.5	2.0	No linear change	Not available§	Decreased
QN58: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
		20.4	27.3	24.3	22.8	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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
2007	2009	2010	2012	2014	2016			
QN59: Percentage of students who ever had sexual intercourse								
		48.8	42.7	38.3	32.8	Decreased, 2010-2016	Not available[§]	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years								
		8.7	6.5	5.5	2.8	Decreased, 2010-2016	Not available	No change
QN61: Percentage of students who had sexual intercourse with four or more persons during their life								
		18.2	13.3	11.8	5.9	Decreased, 2010-2016	Not available	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)								
		34.3	25.7	32.2	18.1	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.

Nebraska High School Survey

10-year Trend Analysis Report

Hispanic
Sexual Behaviors

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
2007	2009	2010	2012	2014	2016			

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

| | | 17.6 | 16.5 | 21.5 | 23.1 | No linear change | Not available[¶] | No change |

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

| | | 15.9 | 21.2 | 14.4 | 19.0 | No linear change | Not available | No change |

QN68: Percentage of students who described themselves as slightly or very overweight

| | | 32.9 | 32.4 | 31.4 | 38.1 | No linear change | Not available | No change |

QN69: Percentage of students who were trying to lose weight

| | | 55.5 | 53.9 | 53.1 | 55.9 | No linear change | Not available | 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)

| | | 20.6 | 21.7 | 26.4 | 27.8 | 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, $p < 0.05$.
[§]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.
[¶]Not enough years of data to calculate.

Nebraska High School Survey

10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		12.6	10.0	11.9	11.5	No linear change	Not available[§]	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		6.3	5.6	6.7	8.5	No linear change	Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
		59.1	57.3	59.7	60.9	No linear change	Not available	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)								
		26.8	23.7	25.5	31.6	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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		20.2	14.9	18.5	20.8	No linear change	Not available[§]	No change
QN72: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)								
		39.6	41.4	40.5	49.7	Increased, 2010-2016	Not available	No change
QN73: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
		39.9	36.3	37.1	41.0	No linear change	Not available	No change
QN74: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
		57.9	52.1	51.1	48.9	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.

Nebraska High School Survey

10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		23.9	23.2	25.0	17.7	No linear change	Not available[§]	No change
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		6.7	7.8	9.4	8.7	No linear change	Not available	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
		56.3	56.4	58.0	56.8	No linear change	Not available	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)								
		26.8	24.3	25.1	27.7	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.

Nebraska High School Survey

10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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)								
		14.1	13.2	14.2	16.0	No linear change	Not available§	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	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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2014-2016 †
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§	No change
QN77: Percentage of students who did not drink milk (during the 7 days before the survey)								
		17.1	17.5	22.9	18.3	No linear change	Not available	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the								
		36.8	33.3	32.2	32.8	No linear change	Not available	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								
		25.2	16.9	17.2	15.4	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.

Nebraska High School Survey

10-year Trend Analysis Report

Hispanic
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		10.5	6.1	8.3	7.3	No linear change	Not available[§]	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.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		43.5	42.3	39.6	40.6	No linear change	Not available[§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)								
		15.2	16.7	22.3	18.0	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)								
		23.3	21.7	20.7	18.9	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)								
		31.0	30.9	30.8	16.3	Decreased, 2010-2016	Not available	Decreased

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

Nebraska High School Survey

10-year Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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)								
		52.3	49.5	50.5	39.7	Decreased, 2010-2016	Not available	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
		34.7	31.2	26.5	25.7	No linear change	Not available	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)								
		52.8	55.6	52.9	54.2	No linear change	Not available	No change

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[§]Not enough years of data to calculate.

Nebraska High School Survey

10-year Trend Analysis Report

Hispanic
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)								
		62.9	59.4	66.0	70.7	Increased, 2010-2016	Not available[§]	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
		5.9	2.9	2.6	2.2	No linear change	Not available	No change
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma								
		19.9	17.2	18.9	21.3	No linear change	Not available	No change
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)								
				28.6	22.1	No linear change	Not available	No change

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

Nebraska High School Survey

10-year Trend Analysis Report

Hispanic
Other

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)

				2014	2016	Linear Change	Quadratic Change	Change from 2014-2016
				67.6	72.8	No linear change	Not available[§]	No change

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[§]Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)

		20.4	14.8	14.8	18.2	No linear change	Not available[§]	No change

QNSPDRK2: Percentage of students who drank a can, bottle, or glass of a sports drink two or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)

		12.8	7.9	7.3	11.5	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)

		8.5	4.1	2.0	7.3	No linear change	Not available	Increased

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)

		97.2	89.8	90.4	89.0	No linear change	Not available	No change

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[§]Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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[§]	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

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[§]Not enough years of data to calculate.

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Site-Added

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2014-2016 [†]
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)

		2010	**2012**	**2014**	**2016**	Linear Change	Quadratic Change	Change from 2014-2016
		16.1	15.7	10.6	4.7	Decreased, 2010-2016	Not available[§]	Decreased

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[§]Not enough years of data to calculate.