Nebraska High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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 | 7.4 | Decreased, 2010-2018 | 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 | 14.6 | Decreased, 2010-2018 | Not available | Decreased |

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

| | 6.8 | 10.1 | 6.3 | 5.8 | 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
Injury and Violence

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	46.6	49.4	48.3	50.7	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	4.1	Decreased, 2014-2018	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	6.8	Increased, 2010-2018	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	8.0	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

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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 | 19.1 | Decreased, 2010-2018 | 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 | 8.2 | No linear change | Not available | No change |

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

| | | | | 10.1 | 11.6 | 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

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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	7.9	No linear change	Not available[§]	No change

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

		7.6	8.1	7.4	6.9	No linear change	Not available	No change

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

22.9	20.8	26.3	22.4	21.3		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.

4

Nebraska High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**				

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

	15.8	15.7	18.9	17.5	15.7	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	32.0	Increased, 2010-2018	Not available	Increased

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	17.7	Increased, 2010-2018	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	15.5	Increased, 2010-2018	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
Injury and Violence

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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 | 8.6 | 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 | 3.3 | No linear change | Not available | No change |

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

Nebraska High School Survey
10-year Trend Analysis Report

Total
Tobacco Use

		Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018				
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)									
	38.7	31.9	31.4	24.0	22.8		Decreased, 2010-2018	Not available[§]	No change
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)									
				8.4	7.1		No linear change	Not available	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)									
	15.0	10.9	13.3	7.4	4.2		Decreased, 2010-2018	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	1.2		Decreased, 2010-2018	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.

7

Nebraska High School Survey
10-year Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages						**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2016-2018** [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
	4.1	2.4	2.6	1.2	0.9	Decreased, 2010-2018	Not available[§]	No change
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])								
			38.2	36.1	49.2	Increased, 2014-2018	Not available	Increased
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)								
			22.3	9.4	17.1	Decreased, 2014-2018	Not available	Increased

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

Nebraska High School Survey
10-year Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
			2.3	1.7	6.5	Increased, 2014-2018	Not available[§]	Increased
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
			1.5	1.2	5.1	Increased, 2014-2018	Not available	Increased
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
			26.8	13.1	17.9	Decreased, 2014-2018	Not available	Increased

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

Nebraska High School Survey
10-year Trend Analysis Report

Total Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years)

				8.1	7.7	No linear change	Not available[§]	No change

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

				5.3	3.6	No linear change	Not available	No change

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

9.6	8.3	8.1	6.7	4.1		Decreased, 2010-2018	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
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)								
				16.1	18.8	No linear change	Not available[§]	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)								
				12.3	7.9	Decreased, 2016-2018	Not available	Decreased
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	6.5	Decreased, 2010-2018	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 Tobacco Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | | | | 41.2 | 49.9 | 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
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 16.5 | 12.9 | 13.7 | 13.3 | 13.4 | Decreased, 2010-2018 | Not available[§] | No change |

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

| | 26.6 | 22.1 | 22.7 | 24.4 | 21.0 | No linear change | Not available | No change |

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

| | | | | 10.5 | 8.2 | No linear change | Not available | No change |

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

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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

	35.2	37.5	39.6	31.7	38.0	No linear change	Not available[§]	No change

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

	25.0	23.6	26.6	25.4	25.6	No linear change	Not available	No change

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

	4.9	5.5	6.3	5.3	4.8	No linear change	Not available	No change

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

	12.7	11.7	13.7	13.4	11.6	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

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			

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

			7.5	5.2	6.2	No linear change	Not available§	No change

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

			14.3	14.7		No linear change	Not available	No change

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

4.2	3.2	5.3	4.1	3.5		No linear change	Not available	No change

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

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 2016-2018[†]
2009	2010	2012	2014	2016	2018			

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

	9.7	7.0	8.1	6.0	6.0	Decreased, 2010-2018	Not available[§]	No change

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

	1.9	1.2	2.5	2.1	1.9	No linear change	Not available	No change

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

	2.7	2.0	4.2	3.0	2.1	No linear change	Not available	No change

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

	4.5	3.2	5.1	3.9	3.4	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
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)								
	1.9	1.9	4.0	1.6	2.2	No linear change	Not available[§]	No change
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
	20.3	19.2	19.9	18.5	24.0	No linear change	Not available	Increased

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

Nebraska High School Survey
10-year Trend Analysis Report

**Total
Sexual Behaviors**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			
QN58: Percentage of students who ever had sexual intercourse								
	37.1	35.2	32.5	29.1	33.7	Decreased, 2010-2018	Not available[§]	No change
QN59: Percentage of students who had sexual intercourse for the first time before age 13 years								
	3.8	4.1	3.3	2.8	2.2	Decreased, 2010-2018	Not available	No change
QN60: Percentage of students who had sexual intercourse with four or more persons during their life								
	10.6	9.4	8.0	6.0	9.0	Decreased, 2010-2018	Not available	No change
QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
	27.0	25.7	24.9	20.5	25.0	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

**Total
Sexual Behaviors**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 19.8 | 19.7 | 17.9 | 13.7 | 16.5 | No linear change | Not available[§] | No change |

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

| | 62.0 | 62.5 | 57.0 | 53.3 | 51.4 | Decreased, 2010-2018 | Not available | No change |

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

| | 21.9 | 16.4 | 20.7 | 21.2 | 23.8 | No linear change | Not available | No change |

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

| | | 1.8 | 3.3 | 4.3 | 7.4 | Increased, 2012-2018 | 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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			
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	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)								
		24.8	27.6	31.4	37.4	Increased, 2012-2018	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		9.4	8.6	9.7	10.3	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

**Total
Sexual Behaviors**

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	14.0	12.2	17.8	7.0	13.2	No linear change	Not available[§]	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
			9.3	8.8	9.7	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.

21

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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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 | 12.8 | No linear change | Not available[¶] | Decreased |

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 | 14.8 | 13.3 | No linear change | Not available | No change |

QN68: Percentage of students who were trying to lose weight

| | 43.0 | 42.2 | 43.2 | 43.8 | 42.1 | No linear change | Not available | No change |

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

| | 21.8 | 25.7 | 29.9 | 31.0 | 31.2 | Increased, 2010-2018 | 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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 12.1 | 8.1 | 10.3 | 12.1 | 10.6 | 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 | 6.5 | Increased, 2010-2018 | 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 | 55.8 | Decreased, 2010-2018 | 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.

23

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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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)

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	26.9	26.4	26.8	26.2	24.6	No linear change	Not available[§]	No change

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

	39.8	38.6	39.4	42.7	41.8	No linear change	Not available	No change

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

	27.0	29.3	30.6	31.2	33.8	Increased, 2010-2018	Not available	No change

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

	52.8	51.4	50.0	49.6	50.4	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
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
	16.8	17.2	19.1	16.9	19.1	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	7.5	Increased, 2010-2018	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	58.1	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

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	26.5	25.8	27.4	23.8	24.4	No linear change	Not available§	No change

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

	12.2	11.7	13.2	11.8	11.3	No linear change	Not available	No change

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

	18.7	22.6	24.3	28.5	29.3	Increased, 2010-2018	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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 26.2 | 22.3 | 20.4 | 18.2 | 16.5 | Decreased, 2010-2018 | 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 | 8.4 | Decreased, 2010-2018 | Not available | No change |

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

| | 14.7 | 13.3 | 17.3 | 17.5 | 22.4 | Increased, 2010-2018 | Not available | Increased |

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

| | 47.4 | 44.0 | 41.7 | 38.1 | 35.0 | Decreased, 2010-2018 | 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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 15.6 | 13.0 | 13.2 | 10.0 | 7.3 | Decreased, 2010-2018 | Not available[§] | Decreased |

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

| | | 11.5 | 13.3 | 14.2 | 18.1 | Increased, 2012-2018 | Not available | Increased |

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

| | | 37.8 | 36.2 | 34.9 | 31.1 | Decreased, 2012-2018 | 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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	53.7	57.6	52.8	51.7	50.1	Decreased, 2010-2018	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	15.9	Increased, 2010-2018	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	27.9	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

QN79: 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	16.0	Decreased, 2010-2018	Not available[§]	No change

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

	21.1	28.1	31.5	38.3	39.0	Increased, 2010-2018	Not available	No change

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

	48.1	49.6	49.0	42.1	44.2	Decreased, 2010-2018	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
	33.5	34.9	32.8	27.7	28.1	Decreased, 2010-2018	Not available[§]	No change
QN83: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)								
				15.4	15.0	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

Total
Other

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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)

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change
	75.1	74.8	75.2	79.2	77.4	Increased, 2010-2018	Not available[§]	No change

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

	1.8	1.4	1.6	1.4	1.3	Decreased, 2010-2018	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	20.9	No linear change	Not available	No change

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

			31.9	26.8	26.3	Decreased, 2014-2018	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						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
		Health Risk Behavior and Percentages						
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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	2018	Linear Change	Quadratic Change	Change from 2016-2018
			79.4	81.4	79.0	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

Total Site-Added

		Health Risk Behavior and Percentages					**Linear Change***	**Quadratic Change***	**Change from 2016-2018 †**
2009	**2010**	**2012**	**2014**	**2016**	**2018**				

QNSPDRK1: Percentage of students who drank a can, bottle, or glass of a sports drink one or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)

	17.1	15.9	15.7	11.9	10.4	Decreased, 2010-2018	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)

	10.2	8.3	8.1	7.8	5.6	Decreased, 2010-2018	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	3.0	Decreased, 2010-2018	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 2016-2018** [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**				

QN91: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)

| | 60.6 | 52.1 | 51.7 | 54.0 | 52.2 | | Decreased, 2010-2018 | Not available[§] | No change |

QN92: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)

| | | | | 6.3 | 6.4 | | No linear change | Not available | No change |

QN94: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not counting low-calorie sports drinks such as Propel or G2, during the 7 days before the survey)

| | 31.2 | 31.9 | 34.2 | 42.6 | 46.2 | | Increased, 2010-2018 | 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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

QN95: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, not counting soda or pop, sports drinks, energy drinks, or 100% fruit juice, one or more times per day during the 7 days before the survey)

	13.0	12.4	13.0	12.5	11.7	No linear change	Not available[§]	No change

QN96: Percentage of students who did exercises to strengthen or tone their muscles on three or more days (such as push-ups, sit-ups, or weight lifting, during the 7 days before the survey)

	57.7	58.8	54.3	51.7	48.7	Decreased, 2010-2018	Not available	No change

QN98: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not counting getting a spray-on tan], one or more times during the 12 months before the survey)

	18.5	16.3	14.2	8.3	6.4	Decreased, 2010-2018	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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	9.0	Decreased, 2010-2018	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)

	21.7	19.3	21.4	19.3	13.5	Decreased, 2010-2018	Not available	Decreased

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

	7.3	11.2	6.9	5.9		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
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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)

	2010	2012	2014	2016	2018	Linear	Quadratic	Change
		46.4	49.1	45.8	48.9	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)

		10.2	7.8	5.3		Decreased, 2014-2018	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	6.1		Increased, 2010-2018	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	7.7		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 2016-2018** [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**				

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	26.4		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	3.9		Decreased, 2010-2018	Not available	No change

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

				4.1	5.9		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
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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	1.9	No linear change	Not available[§]	No change

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

		5.3	3.7	7.2	4.8	No linear change	Not available	No change

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

22.6	17.0	24.4	21.3	18.9		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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

	11.8	9.7	13.0	11.5	10.9	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	21.1	Increased, 2010-2018	Not available	No change

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	12.7	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)

	8.6	6.5	9.8	11.0	12.0	Increased, 2010-2018	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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 | 6.4 | No linear change | Not available[§] | No change |

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

| | 2.6 | 1.7 | 3.5 | 1.9 | 2.9 | 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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	38.5	32.8	30.1	25.3	22.9	Decreased, 2010-2018	Not available[§]	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
				9.1	7.7	No linear change	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	14.4	10.9	14.2	7.4	3.3	Decreased, 2010-2018	Not available	Decreased

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	6.2	3.3	3.6	1.6	1.4	Decreased, 2010-2018	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 4.9 | 2.5 | 2.9 | 0.9 | 1.3 | Decreased, 2010-2018 | Not available[§] | No change |

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

| | | | 35.3 | 37.8 | 49.5 | Increased, 2014-2018 | Not available | Increased |

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

| | | | 21.2 | 11.3 | 17.1 | No linear change | Not available | Increased |

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

44

Nebraska High School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
			3.1	2.2	7.4	Increased, 2014-2018	Not available[§]	Increased
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
			2.2	1.2	5.4	Increased, 2014-2018	Not available	Increased
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
			26.1	14.0	18.0	Decreased, 2014-2018	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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

				8.3	5.7	No linear change	Not available[§]	No change

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

12.5	10.9	11.0	8.3	4.9		Decreased, 2010-2018	Not available	No change

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

				18.3	19.5	No linear change	Not available	No change

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

				14.6	8.9	Decreased, 2016-2018	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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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	6.4	Decreased, 2010-2018	Not available[§]	Decreased

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

				41.7	50.8	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
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018[†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 18.8 | 14.8 | 14.9 | 15.2 | 13.5 | Decreased, 2010-2018 | Not available[§] | No change |

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

| | 25.7 | 20.8 | 20.5 | 21.4 | 17.4 | Decreased, 2010-2018 | Not available | No change |

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

| | | | | 10.6 | 6.3 | Decreased, 2016-2018 | 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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
	32.3	29.3	30.6	30.6	39.1	No linear change	Not available[§]	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
	26.3	24.6	25.2	25.8	24.1	No linear change	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
	6.8	7.3	7.0	5.8	5.4	No linear change	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
	13.5	13.4	12.7	13.6	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

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | | | 6.9 | 6.2 | 5.4 | No linear change | Not available[§] | No change |

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

| | | | 13.2 | 11.1 | | No linear change | Not available | No change |

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

| 5.0 | 4.4 | 5.2 | 5.0 | 4.5 | | No linear change | Not available | No change |

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

50

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 2016-2018** [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 8.8 | 7.4 | 6.8 | 6.2 | 6.2 | No linear change | Not available[§] | No change |

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

| | 2.6 | 1.6 | 2.8 | 3.1 | 3.0 | No linear change | Not available | No change |

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

| | 3.5 | 2.6 | 4.1 | 3.9 | 2.9 | No linear change | Not available | No change |

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

| | 5.6 | 4.1 | 5.2 | 5.1 | 4.3 | No linear change | Not available | No change |

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

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 2016-2018** [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)								
	2.3	2.9	4.5	1.5	3.0	No linear change	Not available[§]	No change
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
	20.7	21.9	19.1	19.9	21.6	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
Sexual Behaviors

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

QN58: Percentage of students who ever had sexual intercourse

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	37.2	35.2	32.9	30.0	31.3	Decreased, 2010-2018	Not available[§]	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	4.8	6.3	4.5	3.3	2.2	Decreased, 2010-2018	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	11.3	10.8	9.0	6.6	7.2	Decreased, 2010-2018	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	25.7	26.0	23.4	20.2	21.4	Decreased, 2010-2018	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	21.3	22.9	17.7	15.2	21.0	No linear change	Not available[§]	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	68.6	67.7	58.4	62.6	53.1	Decreased, 2010-2018	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	17.0	12.7	16.5	15.2	26.7	No linear change	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	0.7	0.6	3.5	5.7		Increased, 2012-2018	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			
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	4.7	No linear change	Not available[§]	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		20.3	20.0	22.8	37.1	Increased, 2012-2018	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		5.9	5.6	5.7	11.5	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.

55

Nebraska High School Survey
10-year Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			
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	13.7	No linear change	Not available[§]	No change
QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
			8.8	8.8	8.0	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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**				

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	11.3	No linear change	Not available[¶]	Decreased

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	17.4	16.1	No linear change	Not available	No change

QN68: Percentage of students who were trying to lose weight

	31.2	29.7	32.1	29.3	31.2	No linear change	Not available	No change

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

	19.8	23.7	29.6	28.3	30.3	Increased, 2010-2018	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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 12.9 | 9.4 | 13.6 | 14.7 | 11.9 | 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 | 7.4 | Increased, 2010-2018 | 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 | 56.3 | Decreased, 2010-2018 | 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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 28.2 | 27.6 | 26.2 | 25.6 | 25.0 | No linear change | Not available[§] | No change |

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

| | 44.2 | 45.2 | 46.3 | 47.3 | 44.7 | No linear change | Not available | No change |

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

| | 25.7 | 28.6 | 27.3 | 30.8 | 34.5 | Increased, 2010-2018 | Not available | No change |

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

| | 52.5 | 52.1 | 49.6 | 51.0 | 50.1 | 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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 18.5 | 18.6 | 22.4 | 19.3 | 21.8 | 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 | 8.2 | 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 | 56.9 | 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
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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)

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change
	27.5	23.7	26.8	26.5	25.0	No linear change	Not available[§]	No change

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change
	12.4	11.1	13.0	13.2	12.2	No linear change	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change
	16.1	18.8	21.8	22.8	26.7	Increased, 2010-2018	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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change 2016-2018
	29.7	27.0	24.4	24.2	20.3	Decreased, 2010-2018	Not available[§]	No change

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change 2016-2018
	20.1	17.8	15.6	13.6	10.2	Decreased, 2010-2018	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change 2016-2018
	10.7	9.7	12.1	12.9	16.2	Increased, 2010-2018	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change 2016-2018
	53.3	48.3	49.1	46.7	42.3	Decreased, 2010-2018	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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 19.7 | 15.6 | 17.6 | 14.0 | 10.2 | Decreased, 2010-2018 | Not available[§] | No change |

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

| | | 10.7 | 13.3 | 14.2 | 18.0 | Increased, 2012-2018 | 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 | 32.6 | Decreased, 2012-2018 | 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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

	61.3	65.2	59.0	56.6	57.6	Decreased, 2010-2018	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	14.0	Increased, 2010-2018	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	35.3	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Male
Physical Activity

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018				

QN79: 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	14.8	Decreased, 2010-2018	Not available[§]	Decreased

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

	25.3	29.0	31.1	38.9	39.6	Increased, 2010-2018	Not available	No change

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

	55.3	57.7	56.6	46.4	50.5	Decreased, 2010-2018	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 38.7 | 39.3 | 38.9 | 32.9 | 32.3 | Decreased, 2010-2018 | Not available[§] | No change |

QN83: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

| | | | | 18.2 | 16.0 | No linear change | Not available | No change |

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

66

Nebraska High School Survey
10-year Trend Analysis Report

Male
Other

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
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	74.9	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	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								
	19.2	16.7	20.5	22.7	20.1	No linear change	Not available	No change
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)								
			35.1	28.9	31.1	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
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

			74.2	77.1	73.5	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
Site-Added

Health Risk Behavior and Percentages						**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2016-2018** [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QNSPDRK1: Percentage of students who drank a can, bottle, or glass of a sports drink one or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)								
	24.4	22.7	21.3	16.9	13.7	Decreased, 2010-2018	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	7.7	Decreased, 2010-2018	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	4.8	Decreased, 2010-2018	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

QN91: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)

| | 59.1 | 50.0 | 46.6 | 50.0 | 49.5 | Decreased, 2010-2018 | Not available[§] | No change |

QN92: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)

| | | | | 6.3 | 5.9 | No linear change | Not available | No change |

QN94: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not counting low-calorie sports drinks such as Propel or G2, during the 7 days before the survey)

| | 23.6 | 24.2 | 26.2 | 35.4 | 37.5 | Increased, 2010-2018 | 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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

QN95: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, not counting soda or pop, sports drinks, energy drinks, or 100% fruit juice, one or more times per day during the 7 days before the survey)

| | 15.8 | 14.7 | 13.7 | 14.1 | 12.5 | Decreased, 2010-2018 | Not available[§] | No change |

QN96: Percentage of students who did exercises to strengthen or tone their muscles on three or more days (such as push-ups, sit-ups, or weight lifting, during the 7 days before the survey)

| | 67.3 | 68.5 | 62.5 | 57.4 | 59.1 | Decreased, 2010-2018 | Not available | No change |

QN98: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not counting getting a spray-on tan], one or more times during the 12 months before the survey)

| | 7.5 | 7.2 | 9.5 | 4.7 | 4.4 | Decreased, 2010-2018 | 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.

71

Nebraska High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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	5.2	Decreased, 2010-2018	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	15.3	Decreased, 2010-2018	Not available	Decreased

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

	6.3	9.1	5.7	5.2	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

Female
Injury and Violence

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

		47.0	49.8	51.0	52.4	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)

			5.3	2.7	2.2	Decreased, 2014-2018	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	6.9	Increased, 2010-2018	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	7.9	Increased, 2010-2018	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	20.6	14.4	16.1	12.2	10.9	Decreased, 2010-2018	Not available[§]	No change

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

	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	11.1	11.4	11.4	13.0	12.7	No linear change	Not available	No change

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

	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
				16.4	17.1	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
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	13.6	No linear change	Not available[§]	No change
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
		10.0	11.7	7.2	8.6	No linear change	Not available	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
	23.2	24.9	28.0	23.5	24.0	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 20.1 | 22.2 | 25.1 | 23.2 | 20.6 | 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 | 43.0 | Increased, 2010-2018 | Not available | Increased |

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 | 22.8 | Increased, 2010-2018 | 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 | 18.8 | Increased, 2010-2018 | 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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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 | 10.0 | 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)

| | 2.5 | 2.0 | 3.0 | 2.5 | 3.7 | 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
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 38.8 | 31.1 | 32.7 | 22.5 | 22.5 | Decreased, 2010-2018 | Not available[§] | No change |

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

| | | | | 7.6 | 6.3 | No linear change | Not available | No change |

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

| | 15.5 | 10.8 | 12.2 | 7.0 | 4.8 | Decreased, 2010-2018 | Not available | No change |

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

| | 5.3 | 2.7 | 3.6 | 2.4 | 1.0 | Decreased, 2010-2018 | 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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	3.3	2.3	2.1	1.3	0.4	Decreased, 2010-2018	Not available[§]	No change

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

			41.0	34.2	48.6	No linear change	Not available	Increased

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

			22.8	7.1	16.7	Decreased, 2014-2018	Not available	Increased

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

Nebraska High School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | | | 1.3 | 1.2 | 5.4 | Increased, 2014-2018 | Not available[§] | Increased |

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

| | | | 0.6 | 1.1 | 4.7 | Increased, 2014-2018 | Not available | Increased |

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

| | | | 27.0 | 11.6 | 17.4 | Decreased, 2014-2018 | 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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | | | | 1.6 | 1.1 | No linear change | Not available[§] | No change |

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

| 6.5 | 5.5 | 4.9 | 4.3 | 2.7 | | Decreased, 2010-2018 | Not available | No change |

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

| | | | | 12.6 | 17.4 | No linear change | Not available | No change |

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

| | | | | 9.0 | 6.2 | 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

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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 | 6.0 | Decreased, 2010-2018 | Not available[§] | No change |

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

| | | | | 39.6 | 50.2 | 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

Female
Alcohol and Other Drug Use

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018[†]
2009	2010	2012	2014	2016	2018			

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

	14.0	10.9	11.8	11.0	12.5	No linear change	Not available[§]	No change

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

	27.5	23.5	24.9	27.2	24.7	No linear change	Not available	No change

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

			10.3	10.1		No linear change	Not available	No change

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

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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 37.7 | 45.4 | 47.6 | 32.7 | 37.7 | No linear change | Not available[§] | No change |

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

| | 23.6 | 22.7 | 27.6 | 24.7 | 26.9 | No linear change | Not available | No change |

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

| | 2.7 | 3.7 | 5.6 | 4.5 | 3.9 | No linear change | Not available | No change |

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

| | 12.0 | 9.9 | 14.4 | 13.0 | 12.4 | 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
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018[†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

			7.6	3.5	6.9	No linear change	Not available[§]	Increased

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

			15.0		18.1	No linear change	Not available	No change

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

3.1	2.0	5.2	2.8	2.1		No linear change	Not available	No change

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

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 2016-2018 [†]
2009	2010	2012	2014	2016	2018				

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

	10.6	6.6	9.3	4.9	5.6	Decreased, 2010-2018	Not available[§]	No change

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

	1.1	0.9	1.9	0.7	0.4	No linear change	Not available	No change

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

	1.8	1.4	3.8	1.3	1.0	No linear change	Not available	No change

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

	3.3	2.4	5.0	2.0	2.1	No linear change	Not available	No change

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

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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)								
	1.4	0.8	3.1	1.4	0.8	No linear change	Not available[§]	No change
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
	19.8	16.4	20.8	16.8	26.0	Increased, 2010-2018	Not available	Increased

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

Nebraska High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

QN58: Percentage of students who ever had sexual intercourse

| | 37.2 | 35.4 | 31.7 | 28.2 | 36.1 | No linear change | Not available[§] | No change |

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

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

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

| | 9.9 | 7.9 | 7.1 | 5.4 | 10.5 | No linear change | Not available | Increased |

QN61: 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 | 28.4 | No linear change | Not available | Increased |

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

Nebraska High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

	18.3	16.3	17.6	12.3	12.7	No linear change	Not available[§]	No change

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

	56.0	56.9	56.3	44.6	50.8	No linear change	Not available	No change

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

	26.4	20.4	24.6	26.9	21.6	No linear change	Not available	No change

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

	3.1	5.0	5.1	8.3		No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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	7.2	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	37.2	No linear change	Not available	No change

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

		13.2	11.3	13.4	9.5	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
Sexual Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
	17.7	15.9	19.0	7.4	13.1	Decreased, 2010-2018	Not available[§]	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
			9.8	8.0	11.1	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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	14.3	No linear change	Not available[¶]	No change

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

	8.0	7.9	9.3	12.1	10.3	Increased, 2010-2018	Not available	No change

QN68: Percentage of students who were trying to lose weight

	55.5	55.4	55.2	58.3	53.5	No linear change	Not available	No change

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

	23.9	28.0	30.5	33.4	32.2	Increased, 2010-2018	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

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 11.1 | 6.7 | 6.9 | 9.0 | 9.2 | 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 | 5.3 | No linear change | Not available | No change |

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

| | 57.1 | 62.9 | 58.7 | 56.6 | 55.4 | No linear change | Not available | No change |

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

93

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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 25.8 | 25.2 | 27.4 | 26.7 | 24.3 | No linear change | Not available[§] | No change |

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

| | 35.2 | 31.6 | 32.7 | 37.7 | 38.8 | No linear change | Not available | No change |

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

| | 28.2 | 30.3 | 34.2 | 31.6 | 33.0 | No linear change | Not available | No change |

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

| | 53.1 | 50.7 | 50.9 | 48.1 | 51.2 | 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

Female
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 15.0 | 15.8 | 15.6 | 13.9 | 16.1 | 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 | 6.5 | No linear change | Not available | Increased |

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

| | 61.9 | 62.8 | 63.2 | 62.1 | 59.4 | 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 2016-2018[†]
2009	2010	2012	2014	2016	2018			

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

| | 25.3 | 28.0 | 27.9 | 21.1 | 23.3 | No linear change | Not available[§] | No change |

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

| | 11.7 | 12.2 | 13.3 | 10.2 | 10.2 | No linear change | Not available | No change |

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

| | 21.4 | 26.5 | 26.9 | 34.4 | 31.6 | Increased, 2010-2018 | 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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 22.5 | 17.2 | 15.8 | 11.9 | 12.7 | Decreased, 2010-2018 | 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 | 6.6 | Decreased, 2010-2018 | Not available | No change |

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

| | 18.7 | 17.3 | 22.7 | 21.7 | 28.2 | Increased, 2010-2018 | Not available | Increased |

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

| | 41.5 | 39.3 | 33.9 | 29.7 | 27.8 | Decreased, 2010-2018 | 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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	11.3	10.1	8.4	5.9	4.3	Decreased, 2010-2018	Not available[§]	No change

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

		12.5	13.3	13.8	18.1	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	29.7	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
Physical Activity

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
45.9	49.5	46.3	47.2	42.6		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)

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
12.5	14.5	15.7	16.3	17.3		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)

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change from 2016-2018
19.8	23.9	23.6	21.2	20.4		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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QN79: 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	17.6	Decreased, 2010-2018	Not available[§]	No change
QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)								
	16.7	27.1	31.9	38.0	38.3	Increased, 2010-2018	Not available	No change
QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
	40.4	41.0	41.1	37.9	37.5	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
Physical Activity

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 27.9 | 30.0 | 26.9 | 22.4 | 24.2 | Decreased, 2010-2018 | Not available[§] | No change |

QN83: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

| | | | | 11.8 | 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

Female
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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)

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change 2016-2018
	77.3	76.5	77.3	83.1	80.5	Increased, 2010-2018	Not available[§]	No change

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change 2016-2018
	1.3	1.2	1.4	0.4	0.7	Decreased, 2010-2018	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change 2016-2018
	19.1	17.2	19.3	18.1	21.8	No linear change	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change 2016-2018
			28.9	24.8	21.5	Decreased, 2014-2018	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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | | | 84.8 | 85.6 | 85.1 | 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
Site-Added

	Health Risk Behavior and Percentages					**Linear Change***	**Quadratic Change***	**Change from 2016-2018 †**
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

QNSPDRK1: Percentage of students who drank a can, bottle, or glass of a sports drink one or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)

	9.6	8.8	9.8	6.7	6.8	Decreased, 2010-2018	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	3.4	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	1.0	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Female
Site-Added

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

QN91: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)

| | 62.0 | 54.2 | 56.5 | 57.7 | 54.7 | No linear change | Not available[§] | No change |

QN92: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)

| | | | | 6.1 | 6.9 | No linear change | Not available | No change |

QN94: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not counting low-calorie sports drinks such as Propel or G2, during the 7 days before the survey)

| | 39.0 | 40.1 | 42.4 | 50.4 | 55.7 | Increased, 2010-2018 | 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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

QN95: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, not counting soda or pop, sports drinks, energy drinks, or 100% fruit juice, one or more times per day during the 7 days before the survey)

	10.1	10.0	12.4	10.9	10.5	No linear change	Not available[§]	No change

QN96: Percentage of students who did exercises to strengthen or tone their muscles on three or more days (such as push-ups, sit-ups, or weight lifting, during the 7 days before the survey)

	47.8	48.5	45.3	46.1	38.6	Decreased, 2010-2018	Not available	Decreased

QN98: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not counting getting a spray-on tan], one or more times during the 12 months before the survey)

	30.0	25.9	18.9	11.6	8.2	Decreased, 2010-2018	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

White*
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2016-2018[§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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 | 6.7 | Decreased, 2010-2018 | 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)

| | 23.6 | 19.2 | 20.9 | 18.5 | 14.8 | Decreased, 2010-2018 | 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 | 3.7 | Decreased, 2012-2018 | 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*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	2010	2012	2014	2016	2018			

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

	49.2	49.9	50.6	53.8		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)

		5.7	4.6	4.3		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	5.8	Increased, 2010-2018	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	6.6	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*
Injury and Violence

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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 | 18.8 | 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)

| | 7.9 | 8.0 | 7.3 | 6.5 | 7.5 | No linear change | Not available | No change |

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

| | | | | 7.4 | 10.8 | Increased, 2016-2018 | Not available | Increased |

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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	7.5	No linear change	Not available[¶]	No change

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

		6.5	7.3	6.4	7.1	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	21.5		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*
Injury and Violence

		Health Risk Behavior and Percentages				**Linear Change†**	**Quadratic Change†**	**Change from 2016-2018 §**
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 16.4 | 16.8 | 18.8 | 16.5 | 16.5 | 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 | 29.4 | Increased, 2010-2018 | Not available | No change |

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 | 17.2 | Increased, 2010-2018 | 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 | 14.8 | Increased, 2010-2018 | Not available | Increased |

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

111

Nebraska High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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 | 7.8 | Increased, 2010-2018 | Not available[¶] | Increased |

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

| | 2.1 | 1.0 | 2.6 | 1.6 | 2.8 | 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*
Tobacco Use

		Health Risk Behavior and Percentages				**Linear Change†**	**Quadratic Change†**	**Change from 2016-2018 §**
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
	36.8	28.7	27.3	22.4	21.4	Decreased, 2010-2018	Not available¶	No change
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
				6.9	6.8	No linear change	Not available	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
	15.5	11.0	12.0	7.4	4.5	Decreased, 2010-2018	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	1.4	Decreased, 2010-2018	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.

113

Nebraska High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	2010	2012	2014	2016	2018			

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

| | 4.2 | 2.3 | 2.7 | 1.2 | 1.1 | Decreased, 2010-2018 | Not available[¶] | No change |

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

| | | | 34.4 | 33.2 | 48.2 | Increased, 2014-2018 | Not available | Increased |

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

| | | | 19.1 | 9.8 | 18.6 | No linear change | Not available | Increased |

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
			1.7	2.3	8.0	Increased, 2014-2018	Not available[¶]	Increased
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
			1.0	1.5	6.3	Increased, 2014-2018	Not available	Increased
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
			23.1	13.3	19.5	No linear change	Not available	Increased

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | | | | 6.2 | 4.0 | No linear change | Not available[¶] | No change |

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

| 8.6 | 7.7 | 7.0 | 6.2 | 3.3 | | Decreased, 2010-2018 | Not available | Decreased |

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

| | | | | 16.5 | 20.5 | No linear change | Not available | No change |

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

| | | | | 12.7 | 8.2 | Decreased, 2016-2018 | 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.

116

Nebraska High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

			Health Risk Behavior and Percentages			Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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	6.4	Decreased, 2010-2018	Not available[¶]	Decreased

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

				44.7	51.2	No linear change	Not available	No change

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

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 2016-2018** [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
	14.8	10.0	11.3	12.1	12.9	No linear change	Not available[¶]	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
	25.7	22.4	21.2	24.6	21.6	No linear change	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)								
				10.1	8.8	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*
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	37.3	41.0	43.2	34.9	38.1	No linear change	Not available[¶]	No change

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

	21.2	19.3	20.8	21.8	23.5	No linear change	Not available	No change

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

	2.8	3.5	4.4	2.6	4.1	No linear change	Not available	No change

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

	10.3	9.0	10.4	11.0	10.3	No linear change	Not available	No change

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

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 2016-2018 [§]
2009	2010	2012	2014	2016	2018			

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

| | | | 5.5 | 4.3 | 5.1 | No linear change | Not available[¶] | No change |

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

| | | | 13.3 | 12.5 | | No linear change | Not available | No change |

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

| 2.7 | 2.3 | 3.5 | 3.4 | 3.1 | | 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*
Alcohol and Other Drug Use

		Health Risk Behavior and Percentages				**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2016-2018** [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	7.7	6.2	6.3	4.8	6.0	Decreased, 2010-2018	Not available[¶]	No change

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

	1.1	0.9	1.7	1.3	1.6	No linear change	Not available	No change

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

	1.6	1.5	2.9	2.0	1.7	No linear change	Not available	No change

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

	3.3	2.2	4.4	2.9	2.2	No linear change	Not available	No change

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

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 2016-2018** [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)								
	1.2	1.4	3.0	1.1	1.4	No linear change	Not available[¶]	No change
QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)								
	19.6	16.6	17.8	17.1	22.6	No linear change	Not available	Increased

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Sexual Behaviors

	Health Risk Behavior and Percentages					**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2016-2018** [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

QN58: Percentage of students who ever had sexual intercourse

| | 34.7 | 32.6 | 28.0 | 29.8 | 31.7 | No linear change | Not available[¶] | No change |

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

| | 3.0 | 2.4 | 1.9 | 3.3 | 1.2 | No linear change | Not available | Decreased |

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

| | 9.4 | 7.4 | 6.8 | 6.2 | 7.6 | No linear change | Not available | No change |

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

| | 25.5 | 24.4 | 21.8 | 21.9 | 23.7 | No linear change | Not available | No change |

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Sexual Behaviors

		Health Risk Behavior and Percentages				**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2016-2018** [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
	18.1	17.7	15.4	11.1	14.9	No linear change	Not available[¶]	No change
QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
	63.3	61.6	57.7	53.2	54.9	Decreased, 2010-2018	Not available	No change
QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
	25.3	19.0	24.0	22.0	28.5	No linear change	Not available	No change
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		2.2	3.2	4.7	6.4	Increased, 2012-2018	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 2016-2018** [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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	7.9	No linear change	Not available[¶]	No change

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

		26.8	32.3	32.8	42.8	Increased, 2012-2018	Not available	No change

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

		10.4	11.7	9.9	13.4	No linear change	Not available	No change

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

Nebraska High School Survey

10-year Trend Analysis Report

White*
Sexual Behaviors

		Health Risk Behavior and Percentages				**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2016-2018** [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
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	8.9	No linear change	Not available[¶]	No change
QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
			7.6	7.6	8.3	No linear change	Not available	No change

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

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 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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	13.0	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	13.7	11.9	No linear change	Not available	No change

QN68: Percentage of students who were trying to lose weight

	41.0	39.4	40.1	41.9	38.7	No linear change	Not available	No change

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

	22.7	27.1	30.4	32.9	31.8	Increased, 2010-2018	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.

127

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 2016-2018 [§]
2009	2010	2012	2014	2016	2018			

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

| | 11.1 | 7.2 | 9.8 | 11.1 | 10.8 | 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 | 6.4 | Increased, 2010-2018 | 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 | 57.7 | No linear change | Not available | No change |

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

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 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	25.9	26.9	26.5	24.4	24.5	No linear change	Not available[¶]	No change

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

	39.4	37.0	40.0	39.6	38.7	No linear change	Not available	No change

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

	24.0	28.4	29.1	27.4	30.1	Increased, 2010-2018	Not available	No change

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

	51.2	49.4	49.4	48.5	50.5	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 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 14.4 | 15.2 | 16.8 | 15.6 | 16.8 | 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 | 5.3 | 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 | 60.9 | 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*
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
	26.5	26.6	27.6	23.7	26.1	No linear change	Not available[¶]	No change
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
	11.5	11.2	12.2	11.2	11.5	No linear change	Not available	No change
QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
	18.7	23.5	23.7	28.0	27.6	Increased, 2010-2018	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 2016-2018 [§]
2009	2010	2012	2014	2016	2018			

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

| | 26.1 | 22.8 | 19.5 | 17.6 | 15.3 | Decreased, 2010-2018 | 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 | 7.9 | Decreased, 2010-2018 | Not available | No change |

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

| | 13.8 | 11.8 | 14.8 | 15.6 | 20.6 | Increased, 2010-2018 | Not available | Increased |

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

| | 49.9 | 48.1 | 46.0 | 41.0 | 37.4 | Decreased, 2010-2018 | Not available | No change |

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

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 2016-2018** [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 16.7 | 15.1 | 14.7 | 10.6 | 8.0 | Decreased, 2010-2018 | Not available[¶] | No change |

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

| | | 9.8 | 10.3 | 11.4 | 17.4 | Increased, 2012-2018 | Not available | Increased |

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

| | | 41.6 | 39.6 | 38.0 | 32.0 | Decreased, 2012-2018 | 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*
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	57.6	62.3	57.8	54.8	53.4	Decreased, 2010-2018	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	14.5	Increased, 2010-2018	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	29.8	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

White*
Physical Activity

			Health Risk Behavior and Percentages			Linear Change†	Quadratic Change†	Change from 2016-2018 §
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

QN79: 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 | 14.3 | Decreased, 2010-2018 | Not available¶ | Decreased |

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

| | 20.7 | 25.5 | 29.8 | 38.1 | 37.8 | Increased, 2010-2018 | Not available | No change |

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

| | 46.8 | 48.6 | 48.9 | 43.6 | 42.5 | Decreased, 2010-2018 | 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.

135

Nebraska High School Survey
10-year Trend Analysis Report

White*
Physical Activity

		Health Risk Behavior and Percentages				**Linear Change†**	**Quadratic Change†**	**Change from 2016-2018 §**
2009	**2010**	**2012**	**2014**	**2016**	**2018**			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
	33.6	35.7	34.6	29.5	28.8	Decreased, 2010-2018	Not available¶	No change
QN83: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)								
				15.1	15.0	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.

136

Nebraska High School Survey
10-year Trend Analysis Report

White*
Other

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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 | 82.1 | Increased, 2010-2018 | Not available[¶] | No change |

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

| | 1.0 | 0.9 | 1.4 | 1.3 | 0.8 | No linear change | Not available | No change |

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

| | 18.9 | 15.9 | 19.1 | 19.9 | 20.6 | 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 | 26.9 | Decreased, 2014-2018 | 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 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | | | 83.1 | 85.0 | 80.5 | 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*
Site-Added

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2016-2018 [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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)

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change
	16.2	16.1	15.5	9.8	10.1	Decreased, 2010-2018	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)

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change
	9.3	7.6	7.8	6.1	5.1	Decreased, 2010-2018	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)

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change
	4.4	4.0	3.2	2.7	2.6	Decreased, 2010-2018	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 2016-2018 §
2009	2010	2012	2014	2016	2018			

QN91: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)

| | 59.8 | 51.5 | 50.5 | 55.0 | 52.9 | No linear change | Not available¶ | No change |

QN92: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)

| | | | | 4.8 | 5.4 | No linear change | Not available | No change |

QN94: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not counting low-calorie sports drinks such as Propel or G2, during the 7 days before the survey)

| | 31.7 | 32.4 | 34.3 | 43.1 | 46.9 | Increased, 2010-2018 | 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.

140

Nebraska High School Survey
10-year Trend Analysis Report

White*
Site-Added

			Health Risk Behavior and Percentages			**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2016-2018** [§]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

QN95: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, not counting soda or pop, sports drinks, energy drinks, or 100% fruit juice, one or more times per day during the 7 days before the survey)

| | 11.6 | 10.9 | 12.3 | 10.6 | 10.4 | No linear change | Not available[¶] | No change |

QN96: Percentage of students who did exercises to strengthen or tone their muscles on three or more days (such as push-ups, sit-ups, or weight lifting, during the 7 days before the survey)

| | 58.9 | 60.4 | 56.6 | 53.1 | 50.9 | Decreased, 2010-2018 | Not available | No change |

QN98: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not counting getting a spray-on tan], one or more times during the 12 months before the survey)

| | 19.8 | 17.3 | 14.1 | 9.7 | 6.2 | Decreased, 2010-2018 | 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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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	8.1	Decreased, 2010-2018	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	13.1	Decreased, 2010-2018	Not available	Decreased

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

	6.2	13.0	7.5	7.2		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
Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			

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

	39.9	50.6	39.9	45.9	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)

		8.4	6.6	3.2	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	10.0	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	11.3	No linear change	Not available	No change

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

143

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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 | 18.4 | Decreased, 2010-2018 | 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 | 9.0 | No linear change | Not available | No change |

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

| | | | | 16.3 | 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.

144

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

		Health Risk Behavior and Percentages				**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2016-2018** [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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	7.8	No linear change	Not available[§]	No change

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

		7.9	10.6	8.0	4.8	No linear change	Not available	No change

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

20.1	21.4	21.5	21.4	18.2		No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**				

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

	12.3	13.8	17.0	23.1	12.9	No linear change	Not available[§]	Decreased

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

	24.5	26.9	32.7	30.0	41.6	Increased, 2010-2018	Not available	Increased

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	19.7	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	17.1	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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	13.8	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	5.5	No linear change	Not available	No change

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

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change
	46.0	40.5	46.5	32.1	26.1	Decreased, 2010-2018	Not available[§]	No change

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change
				14.9	7.6	No linear change	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change
	14.6	9.6	16.7	5.3	2.3	Decreased, 2010-2018	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear	Quadratic	Change
	5.7	2.7	3.3	0.6	0.5	Decreased, 2010-2018	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

	4.7	2.7	1.6	0.6	0.0	Not available	Not available[§]	No change

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

			55.6	41.3	51.7	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)

			33.7	8.2	12.5	Decreased, 2014-2018	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

			2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
			4.7	0.5	2.2	No linear change	Not available[§]	No change

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

			2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
			3.1	0.5	1.2	No linear change	Not available	No change

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

			2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
			40.8	11.9	12.7	Decreased, 2014-2018	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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

				2016	2018			
				2.3	1.9	No linear change	Not available[§]	No change

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

2009	2010	2012	2014	2016	2018			
13.9	10.7	9.4	5.1	3.1		Decreased, 2010-2018	Not available	No change

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

				2016	2018			
				13.7	12.9	No linear change	Not available	No change

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

				2016	2018			
				8.8	4.7	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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	Health Risk Behavior and Percentages					Linear Change	Quadratic Change	Change from 2016-2018
	19.9	14.8	19.3	8.0	4.1	Decreased, 2010-2018	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 2016-2018** [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
	23.9	22.4	18.9	19.0	17.1	No linear change	Not available[§]	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
	32.8	22.1	30.3	27.0	20.9	No linear change	Not available	No change

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

2009	2010	2012	2014	2016	2018	Linear Change	Quadratic Change	Change 2016-2018
				13.4	9.3	No linear change	Not available	No change

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

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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 38.2 | 32.6 | 47.0 | 29.3 | 30.8 | No linear change | Not available[§] | No change |

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

| | 13.0 | 7.8 | 11.8 | 10.9 | 6.4 | No linear change | Not available | No change |

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

| | 21.0 | 15.8 | 25.2 | 16.0 | 14.3 | No linear change | Not available | No change |

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

| | | | 9.6 | 9.2 | 10.4 | 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.

154

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 2016-2018 †**
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | | | | 19.3 | 17.8 | No linear change | Not available§ | No change |

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

| 10.6 | 7.0 | 9.0 | 6.0 | 2.7 | | Decreased, 2010-2018 | Not available | No change |

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

| 16.6 | 8.7 | 10.7 | 10.6 | 5.7 | | Decreased, 2010-2018 | Not available | No change |

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

| 4.5 | 2.8 | 1.5 | 3.2 | 1.3 | | No linear change | Not available | No change |

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

155

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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 8.6 | 4.3 | 4.4 | 5.3 | 1.2 | Decreased, 2010-2018 | Not available[§] | No change |

QN54: 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 | 3.9 | No linear change | Not available | No change |

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

| | 4.0 | 2.7 | 6.5 | 2.0 | 2.7 | No linear change | Not available | No change |

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

| | 20.4 | 27.3 | 24.3 | 22.8 | 24.6 | 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
Sexual Behaviors

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

QN58: Percentage of students who ever had sexual intercourse

| | 48.8 | 42.7 | 38.3 | 32.8 | 44.0 | No linear change | Not available[§] | No change |

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

| | 8.7 | 6.5 | 5.5 | 2.8 | 2.6 | Decreased, 2010-2018 | Not available | No change |

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

| | 18.2 | 13.3 | 11.8 | 5.9 | 8.7 | Decreased, 2010-2018 | Not available | No change |

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

| | 34.3 | 25.7 | 32.2 | 18.1 | 32.8 | No linear change | Not available | Increased |

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

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Sexual Behaviors

Health Risk Behavior and Percentages						**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2016-2018** [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

			9.6	13.4	14.1	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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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	11.5	No linear change	Not available[¶]	Decreased

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	17.6	No linear change	Not available	No change

QN68: Percentage of students who were trying to lose weight

	55.5	53.9	53.1	55.9	55.2	No linear change	Not available	No change

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

	20.6	21.7	26.4	27.8	30.8	Increased, 2010-2018	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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	12.6	10.0	11.9	11.5	9.1	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	4.5	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	54.8	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
Weight Management and Dietary Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	26.8	23.7	25.5	31.6	23.5	No linear change	Not available[§]	No change

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

	39.6	41.4	40.5	49.7	42.3	No linear change	Not available	No change

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

	39.9	36.3	37.1	41.0	42.2	No linear change	Not available	No change

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

	57.9	52.1	51.1	48.9	53.2	No linear change	Not available	No change

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

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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 23.9 | 23.2 | 25.0 | 17.7 | 24.1 | 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 | 9.7 | 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 | 53.3 | No linear change | Not available | No change |

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

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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 26.8 | 24.3 | 25.1 | 27.7 | 18.3 | No linear change | Not available[§] | No change |

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

| | 14.1 | 13.2 | 14.2 | 16.0 | 8.9 | No linear change | Not available | No change |

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

| | 18.4 | 20.0 | 22.6 | 26.4 | 27.6 | Increased, 2010-2018 | 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 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

	26.4	19.0	20.0	20.1	15.5	Decreased, 2010-2018	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	5.7	Decreased, 2010-2018	Not available	Decreased

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

	17.1	17.5	22.9	18.3	23.0	No linear change	Not available	No change

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

	36.8	33.3	32.2	32.8	24.9	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 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

	10.5	6.1	8.3	7.3	4.6	No linear change	Not available[§]	No change

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

		19.2	24.2	22.0	20.7	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	29.9	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.

165

Nebraska High School Survey
10-year Trend Analysis Report

Hispanic
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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

| | 43.5 | 42.3 | 39.6 | 40.6 | 39.8 | 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)

| | 15.2 | 16.7 | 22.3 | 18.0 | 19.4 | 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 | 21.8 | 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
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

QN79: 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	21.4	Decreased, 2010-2018	Not available[§]	No change

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

	21.7	32.3	36.6	38.8	47.4	Increased, 2010-2018	Not available	No change

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

	52.3	49.5	50.5	39.7	47.8	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
Physical Activity

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

| | 34.7 | 31.2 | 26.5 | 25.7 | 22.3 | Decreased, 2010-2018 | Not available[§] | No change |

QN83: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

| | | | | 14.7 | 14.7 | 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
Other

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	2010	2012	2014	2016	2018			

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 | 64.8 | No linear change | Not available[§] | No change |

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

| | 5.9 | 2.9 | 2.6 | 2.2 | 1.7 | No linear change | Not available | No change |

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

| | 19.9 | 17.2 | 18.9 | 21.3 | 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)

| | | | 28.6 | 22.1 | 24.4 | 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

Hispanic
Other

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

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

			67.6	72.8	73.1	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
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

QNSPDRK1: Percentage of students who drank a can, bottle, or glass of a sports drink one or more times per day (such as Gatorade or Powerade, not counting low calorie sports drinks such as Propel or G2, during the 7 days before the survey)

	20.4	14.8	14.8	18.2	7.6	Decreased, 2010-2018	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)

	12.8	7.9	7.3	11.5	4.6	No linear change	Not available	Decreased

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	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

Hispanic
Site-Added

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2016-2018 [†]
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

QN91: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)

	65.2	54.9	60.0	53.4	55.7	No linear change	Not available[§]	No change

QN92: Percentage of students who currently took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (one or more times during the 30 days before the survey)

				8.8	8.4	No linear change	Not available	No change

QN94: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not counting low-calorie sports drinks such as Propel or G2, during the 7 days before the survey)

	27.2	27.2	31.9	40.9	47.8	Increased, 2010-2018	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
Site-Added

	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2016-2018 †
2009	**2010**	**2012**	**2014**	**2016**	**2018**			

QN95: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, not counting soda or pop, sports drinks, energy drinks, or 100% fruit juice, one or more times per day during the 7 days before the survey)

18.3	10.3	16.0	18.1	10.8	No linear change	Not available§	No change

QN96: Percentage of students who did exercises to strengthen or tone their muscles on three or more days (such as push-ups, sit-ups, or weight lifting, during the 7 days before the survey)

55.6	51.5	47.8	46.7	42.8	No linear change	Not available	No change

QN98: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not counting getting a spray-on tan], one or more times during the 12 months before the survey)

16.1	15.7	10.6	4.7	7.6	Decreased, 2010-2018	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.