# Nebraska High School Survey 10-year Trend Analysis Report

Total Injury and Violence

jury and Violen		Health Risk Behav	rior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN8: Percentag	ge of students who r	arely or never wore	a seat belt (when ri	ding in a car driven	by someone else	)		
	15.7	11.9	11.3	8.5	7.4	Decreased, 2010-2018	Not available§	No change
		ode with a driver whose before the survey)		g alcohol (in a car	or other vehicle,	, ,		
	23.9	20.3	22.3	22.1	14.6	Decreased, 2010-2018	Not available	Decreased
	ng the 30 days before	drove a car or other re the survey, among						
		6.8	10.1	6.3	5.8	No linear change	Not available	No change

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

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

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	ays before the survey	texted or e-mailed w						
		46.6	49.4	48.3	50.7	No linear change	Not available§	No change
ON13: Percenta	age of students who	carried a weapon on	school property (s	such as a gun, knife	or club, on at			
	age of students who ng the 30 days befor	carried a weapon on e the survey)	school property (s	such as a gun, knife,	or club, on at	Decreased, 2014-2018	Not available	No change
east 1 day durin	ng the 30 days befor		8.1 because they felt u	5.4	4.1	Decreased, 2014-2018	Not available	No chang
east 1 day durin	ng the 30 days befor	did not go to school	8.1 because they felt u	5.4	4.1	Decreased, 2014-2018  Increased, 2010-2018	Not available  Not available	No chang
QN15: Percenta from school (on QN16: Percenta	age of students who at least 1 day durin 3.8	did not go to school g the 30 days before	8.1  because they felt uthe survey)  6.2  njured with a weap	5.4  Insafe at school or of 7.5  oon on school prope	4.1 on their way to or 6.8			

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

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# **Nebraska High School Survey** 10-year Trend Analysis Report

in a physical fight (	2014 (one or more time	2016 s during the 12 mo	2018 onths before the	<del></del>		
	(one or more time	during the 12 mo	nths before the			
20.1						
	19.7	19.2	19.1	Decreased, 2010-2018	Not available§	No change
ever physically for	ced to have sexual	intercourse (when	n they did not			
8.6	8.3	8.4	8.2	No linear change	Not available	No change
	8.6	8.6 8.3 rienced sexual violence (being forced	8.6 8.3 8.4 rienced sexual violence (being forced by anyone to do s	8.6 8.3 8.4 8.2  rienced sexual violence (being forced by anyone to do sexual things g, or being physically forced to have sexual intercourse] that they did	8.6 8.3 8.4 8.2 No linear change rienced sexual violence (being forced by anyone to do sexual things	8.6 8.3 8.4 8.2 No linear change Not available rienced sexual violence (being forced by anyone to do sexual things

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

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
dating or going forced to have s	out with to do sexua exual intercourse] the	experienced sexual all things [counting sunt they did not want or went out with some	ich things as kissin to, one or more tir	g, touching, or being the 12 n	ng physically nonths before the			
					<b>-</b> 0	NT 12 1	NT	37 1
		10.1	8.8	7.7	7.9	No linear change	Not available <sup>§</sup>	No change
someone they winjured with an	vere dating or going object or weapon] o	experienced physica out with [counting s ne or more times du e during the 12 mon	al dating violence (luch things as being ring the 12 months	being physically hu hit, slammed into a before the survey,	rt on purpose by something, or	No linear change	Not available <sup>s</sup>	No change
someone they winjured with an	vere dating or going object or weapon] o	experienced physica out with [counting s ne or more times du	al dating violence (luch things as being ring the 12 months	being physically hu hit, slammed into a before the survey,	rt on purpose by something, or	No linear change  No linear change	Not available <sup>s</sup> Not available	No change
someone they winjured with an who dated or w	vere dating or going object or weapon] o ent out with someon	experienced physica out with [counting s ne or more times du e during the 12 mon	al dating violence (luch things as being ring the 12 months ths before the surve	peing physically hu hit, slammed into a before the survey, a ey)	rt on purpose by something, or among students			

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

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

Total		
Injury	and	Violence

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	age of students who book, or other socia				h texting,			
	15.8	15.7	18.9	17.5	15.7	No linear change	Not available§	No change
	age of students who				row so that they			
	age of students who ome usual activities,				row so that they 32.0	Increased, 2010-2018	Not available	Increased
topped doing so	ome usual activities,	ever during the 12 i	months before the s	27.0	32.0	Increased, 2010-2018	Not available	Increased
topped doing so 2N26: Percenta	ome usual activities,	ever during the 12 i	months before the s	27.0	32.0	Increased, 2010-2018 Increased, 2010-2018	Not available  Not available	Increased No chang
ON26: Percentane survey)	21.0 age of students who age of students who	19.5 seriously considered	24.1 d attempting suicide 14.6	27.0 27.0 e (ever during the 1	32.0 2 months before 17.7	·		

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
QN28: Percenta survey)	age of students who	attempted suicide (d	one or more times d	luring the 12 months	s before the	,		
	7.7	6.0	8.9	8.0	8.6	No linear change	Not available§	No change

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018	<u> </u>		
QN30: Percenta	age of students who	ever tried cigarette s	smoking (even one	or two puffs)	-			
	38.7	31.9	31.4	24.0	22.8	Decreased, 2010-2018	Not available <sup>§</sup>	No change
QN31: Percenta	age of students who	first tried cigarette s	moking before age	13 years (even one	or two puffs)			
QN31: Percenta	age of students who	first tried cigarette s	smoking before age	13 years (even one 8.4	or two puffs) 7.1	No linear change	Not available	No change
		first tried cigarette s		8.4	7.1	No linear change	Not available	No change
QN32: Percenta				8.4	7.1	No linear change  Decreased, 2010-2018	Not available  Not available	No change  Decreased
QN32: Percenta survey)	age of students who 15.0 rcentage of students	currently smoked ci	garettes (on at least	8.4 t 1 day during the 3	7.1 0 days before the 4.2			

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QNDAYCIG: I before the surve	Percentage of studer ey)	nts who currently sm	oked cigarettes dail	ly (on all 30 days d	uring the 30 days			
	4.1	2.4	2.6	1.2	0.9	Decreased, 2010-2018	Not available§	No change
ONI24 D	C 1			C 1 1				
	age of students who ipes, vaping pens, e- o, and Halo])							,
e-pipes, vape pi	ipes, vaping pens, e-					Increased, 2014-2018	Not available	Increased
2-pipes, vape pi Vapin Plus, eGo QN35: Percenta 2-pipes, vape pi	ipes, vaping pens, e-	hookahs, and hooka currently used an el hookahs, and hooka	38.2 ectronic vapor produpens [such as blu,	36.1  duct (including e-ci, NJOY, Vuse, Mar	49.2 garettes, e-cigars,	Increased, 2014-2018	Not available	Increased

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

bacco Use		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018 <sup>†</sup>
2009	2010	2012	2014	2016	2018			
	rcentage of students 30 days before the		l electronic vapor pr	roducts frequently (	on 20 or more			
			2.3	1.7	6.5	Increased, 2014-2018	Not available <sup>§</sup>	Increased
QNDAYEVP: 1 the 30 days befo		nts who currently us	sed electronic vapor	products daily (on	all 30 days during	,		
Ž			1.5	1.2	5.1	Increased, 2014-2018	Not available	Increased
	ntage of students what 30 days before the		l cigarettes or used e	electronic vapor pro	ducts (on at least	· · ·		
			26.8	13.1	17.9	Decreased, 2014-2018	Not available	Increased

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

		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
(such as a conv	enience store, superi	market, discount sto	vn electronic vapor pore, gas station, or va nic vapor products and	pe store, during the	e 30 days before			
				8.1	7.7	No linear change	Not available§	No chang
issolvable toba	acco products [such		keless tobacco (chev zzly, Skoal, or Cam ore the survey)	wing tobacco, snuff	, dip, snus, or		Not available <sup>§</sup>	No chang
lissolvable toba	acco products [such	as Copenhagen, Gri	zzly, Skoal, or Cam	wing tobacco, snuff	, dip, snus, or		Not available <sup>§</sup> Not available	No chang  No chang
issolvable tobarapor products,  QN38: Percent	acco products [such on at least 1 day du	as Copenhagen, Gri ring the 30 days bef currently smoked c	zzly, Skoal, or Cam	wing tobacco, snuff el Snus], not counti	dip, snus, or ing any electronic	<u>-</u>		

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
NTB4: Percer	ntage of students wh	no currently smoked	cigarettes or cigars	or used smokeless	obacco or			
					004000			
		st 1 day during the 3						
					18.8	No linear change	Not available <sup>§</sup>	No chang
lectronic vapor	products (on at lea	st 1 day during the 3	0 days before the st	16.1	18.8	No linear change	Not available <sup>§</sup>	No chang
lectronic vapor	products (on at lea	st 1 day during the 3	0 days before the st	16.1	18.8	No linear change  Decreased, 2016-2018	Not available <sup>§</sup> Not available	No chang

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

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

otal obacco Use		Health Risk Behav	rior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
smokeless toba	tage of students who acco, shisha or hooka ong students who us	th tobacco, and elect	ronic vapor produc	ts, ever during the 1	12 months before			
				41.2	49.9	No linear change	Not available§	

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behavi	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN40: Percenta	ge of students who	had their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
	16.5	12.9	13.7	13.3	13.4	Decreased, 2010-2018	Not available§	No change
	ge of students who	currently drank alco	hol (at least one dr	ink of alcohol, on a	t least 1 day			
	26.6	22.1	22.7	24.4	21.0	No linear change	Not available	No change

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	age of students who the survey, among st			omeone giving it to	them (during the			
	35.2	37.5	39.6	31.7	38.0	No linear change	Not available§	No change
QN45: Percent	age of students who	ever used marijuana	(one or more time	s during their life)				
	25.0	23.6	26.6	25.4	25.6	No linear change	Not available	No change
		tried marijuana for	the first time before	age 13 years				
QN46: Percent	age of students who	aroa marijaana ror						
N46: Percent	age of students who 4.9	5.5	6.3	5.3	4.8	No linear change	Not available	No change
	_	5.5	6.3			No linear change	Not available	No chang

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN48: Percent	tage of students who	ever used synthetic	marijuana (one or r	nore times during th	neir life)			
			7.5	5.2	6.2	No linear change	Not available <sup>§</sup>	No change
22710 D	tage of students who	ever took prescripti	on pain medicine w	ithout a doctor's pre	escription or			
ifferently than	how a doctor told the and Percocet, one or	nem to use it (counti	ng drugs such as co	deine, Vicodin, Oxy				
lifferently than	how a doctor told the	nem to use it (counti	ng drugs such as co	deine, Vicodin, Ox		No linear change	Not available	No chang
lifferently than Hydrocodone, a	how a doctor told the	nem to use it (counti more times during t ever used cocaine (	ng drugs such as co heir life)	14.3	yContin, 14.7	No linear change	Not available	No chang

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

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		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
				-046	2010			
2009	2010	2012	2014	2016	2018		Quadratic Change	
QN51: Percenta	age of students who any paints or sprays	ever used inhalants	s (sniffed glue, breat	hed the contents of		,		

2.1

3.0

1.9

2.1

No linear change

No linear change

Not available

Not available

No change

No change

1.2

2.0

QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank,"

2.5

4.2

**Total** 

1.9

"ice," or "meth," one or more times during their life) 2.7

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

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

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

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2012 who ever injected ar	2014 y illegal drug (used a	2016 needle to inject any	2018	<del></del>		
	y illegal drug (used a	needle to inject any	illegal drug into			
iring their ine)						
1.9	4.0	1.6	2.2	No linear change	Not available <sup>§</sup>	No change
who were offered, so	ld, or given an illegal	l drug on school pro	operty (during the			
						Increased
	who were offered, so			who were offered, sold, or given an illegal drug on school property (during the 19.2 19.9 18.5 24.0		

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

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

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		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
2009	2010	2012	2014	2016	2018			
QN58: Percenta	age of students who	ever had sexual inte	ercourse					
	37.1	35.2	32.5	29.1	33.7	Decreased, 2010-2018	Not available§	No change
QN59: Percenta	age of students who	had sexual intercou	rse for the first time	e before age 13 year	rs			
	3.8	4.1	3.3	2.8	2.2	Decreased, 2010-2018	Not available	No change
QN60: Percenta	age of students who	had sexual intercou	rse with four or mo	re persons during the	heir life			
	10.6	9.4	8.0	6.0	9.0	Decreased, 2010-2018	Not available	No change
	age of students who he 3 months before	were currently sexu the survey)	ally active (had sex	cual intercourse wit	h at least one			
	27.0	25.7	24.9	20.5	25.0	No linear change	Not available	No change

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

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

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		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	age of students who ntly sexually active)	drank alcohol or use	ed drugs before last	sexual intercourse	(among students			
	19.8	19.7	17.9	13.7	16.5	No linear change	Not available§	No change
QN63: Percenta currently sexual		used a condom duri	ng last sexual intere	course (among stud	ents who were			
	62.0	62.5	57.0	53.3	51.4	Decreased, 2010-2018	Not available	No change
	age of students who who were currently	used birth control pi sexually active)	ills before last sexu	al intercourse (to p	revent pregnancy,			
	21.9	16.4	20.7	21.2	23.8	No linear change	Not available	No change
	xplanon) before last	ts who used an IUD at sexual intercourse (						
unchiny sexual								

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

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

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
birth control rin		nts who used a shot (s						
		6.5	3.6	5.9	6.1	No linear change	Not available§	No change
implant (such as	s Implanon or Nexp ch as NuvaRing) be	nts who used birth corlanon); or a shot (suc fore last sexual interc	h as Depo-Provera	), patch (such as Or pregnancy, among s	rthoEvra), or birth students who were	Laurence d 2012 2018	N. c	
currently sexual	ny active)	24.8	27.6	31.4	37.4	Increased, 2012-2018	Not available	No chan
QNDUALBC: pills; an IUD (st	Percentage of stude uch as Mirena or Pa patch (such as Orth	24.8  ents who used both a curaGard) or implant (subevra), or birth contramong students who	condom during last such as Implanon o	sexual intercourse r Nexplanon); or a uvaRing) before las	and birth control	increased, 2012-2018	Not available	No chang

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

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

# Nebraska High School Survey 10-year Trend Analysis Report

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
		nts who did not use a		ent pregnancy durir	ng last sexual	,		
itercourse (amo	_	ere currently sexuall						
	14.0	12.2	17.8	7.0	13.2	No linear change	Not available§	No chang

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

	]	Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	entage of students w sex- and age-specifi				ile for body mass			
	13.6	13.8	16.9	16.6	12.8	No linear change	Not available <sup>¶</sup>	Decreased
QNOBESE: Pe	ercentage of students			or body mass index,	based on sex-			
and age-specific	c reference data from	n the 2000 CDC gro	wtn cnarts) <sup>s</sup>					
and age-specific	c reference data from 11.6	12.7 12.7	13.0	14.8	13.3	No linear change	Not available	No change
		12.7	13.0	14.8	13.3	No linear change	Not available	No change
	11.6	12.7	13.0	43.8	13.3	No linear change	Not available  Not available	No change
QN68: Percent	age of students who 43.0	were trying to lose v	13.0 weight 43.2	43.8	42.1			

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

<sup>&</sup>lt;sup>§</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

Not enough years of data to calculate.

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN70: Percent	tage of students who	did not eat fruit (one	e or more times dur	ing the 7 days before	re the survey)			
	12.1	8.1	10.3	12.1	10.6	No linear change	Not available§	No change
ONFR0: Percer	entage of students wh	no did not eat fruit or ays before the survey		uices (such as orang	ge juice, apple			
	juice, during the 7 da							
	Juice, during the 7 da 4.7	4.1	5.6	7.6	6.5	Increased, 2010-2018	Not available	No change
uice, or grape j	_	4.1	100% fruit juices or	ne or more times pe		Increased, 2010-2018	Not available	No chang

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	ntage of students whople juice, or grape ju				er day (such as			
	26.9	26.4	26.8	26.2	24.6	No linear change	Not available <sup>§</sup>	No change
QN71: Percent survey)	age of students who	did not eat green sal	lad (one or more tin	nes during the 7 day	ys before the 41.8	No linear change	Not available	No change
	37.0							
QN72: Percent	age of students who	did not eat potatoes	(one or more times	during the 7 days l	pefore the survey)			
QN72: Percent		did not eat potatoes 29.3	(one or more times 30.6	during the 7 days t	perfore the survey) 33.8	Increased, 2010-2018	Not available	No change
	age of students who	29.3	30.6	31.2	33.8	Increased, 2010-2018	Not available	No chang

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			
QN74: Percent survey)	age of students who	did not eat other veg	getables (one or mo	ore times during the	7 days before the	;		
	16.8	17.2	19.1	16.9	19.1	No linear change	Not available§	No change
		who did not eat vege ots, or other vegetab						
	4.5	5.4	6.4	5.8	7.5	Increased, 2010-2018	Not available	No change
		who ate vegetables o						

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

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

		Health Risk Behav	ior and Percentage	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2015
2009	2010	2012	2014	2016	2018	<u> </u>		
		who ate vegetables to bes, or potato chips],						
	26.5	25.8	27.4	23.8	24.4	No linear change	Not available§	No chang
excluding Frence		who ate vegetables thes, or potato chips],						,
ie survey)		11.7	13.2	11.8	11.3	No linear change	Not available	No chang
ne survey)	12.2	11.7	13.2					
	age of students who	did not drink a can, t pop, during the 7 d	bottle, or glass of s	oda or pop (such as				

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

Not enough years of data to calculate.

	1	Health Risk Behav	ior and Percentag		Linear Change*	Quadratic Change*	Change from 2016-2018	
2009	2010	2012	2014	2016	2018			
	ercentage of students Pepsi, or Sprite, not o							
	26.2	22.3	20.4	18.2	16.5	Decreased, 2010-2018	Not available§	No change
ONSODA2: Pe	ercentage of students	who drank a can. bo	ottle, or glass of so	da or pop two or mo	ore times per day			
	ercentage of students Pepsi, or Sprite, not of 17.0					Decreased, 2010-2018	Not available	No chang
such as Coke, l	Pepsi, or Sprite, not o	counting diet soda o	r diet pop, during tl	ne 7 days before the	e survey)	Decreased, 2010-2018	Not available	No chang
such as Coke, l	Pepsi, or Sprite, not o	counting diet soda o	r diet pop, during tl	ne 7 days before the	e survey)	Decreased, 2010-2018  Increased, 2010-2018	Not available  Not available	No chang
QN76: Percent QNMILK1: Pedrank in a glass	Pepsi, or Sprite, not of 17.0  age of students who	did not drink milk (and 13.3) who drank one or man, or with cereal and	tr diet pop, during the 11.9  during the 7 days be 17.3  nore glasses per day	10.3  efore the survey) 17.5  of milk (counting)	8.4  22.4  the milk they	Increased, 2010-2018		

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

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

		Health Risk Behav	ior and Percentag	res		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
drank in a glass		who drank three or on, or with cereal and re the survey)						
	15.6	13.0	13.2	10.0	7.3	Decreased, 2010-2018	Not available <sup>§</sup>	Decreased
QN77: Percent		did not eat breakfas				Decreased, 2010-2018	Not available <sup>§</sup>	Decreased
QN77: Percent						Decreased, 2010-2018  Increased, 2012-2018	Not available <sup>§</sup> Not available	Decreased
	age of students who	did not eat breakfas	t (during the 7 days	s before the survey) 14.2	18.1			

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

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

# Nebraska High School Survey 10-year Trend Analysis Report

Total Physical Activity

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
	activity that increase	were physically acti sed their heart rate a						
	53.7	57.6	52.8	51.7	50.1	Decreased, 2010-2018	Not available§	No change
						Decreased, 2010 2010	Tvot available	- to enumge
east 1 day (in a	Percentage of studer ny kind of physical	nts who did not partiactivity that increase	cipate in at least 60	minutes of physica	l activity on at	Beeleased, 2010 2010	That uvariable	- To enunge
east 1 day (in a	Percentage of studer	nts who did not partiactivity that increase	cipate in at least 60	minutes of physica	l activity on at	Increased, 2010-2018	Not available	No change
east 1 day (in a ne time during QNPA7DAY: I	Percentage of studer ny kind of physical the 7 days before th 10.4  Percentage of studer sical activity that income	nts who did not parti activity that increase e survey)	cipate in at least 60 ed their heart rate at 14.1 ally active at least 6	0 minutes of physica nd made them breat 14.8 50 minutes per day	ll activity on at he hard some of 15.9			

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

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

# Nebraska High School Survey 10-year Trend Analysis Report

	]	Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN79: Percent	tage of students who	watched television 3	3 or more hours per	day (on an average	e school day)			
	25.2	22.8	20.1	19.2	16.0	Decreased, 2010-2018	Not available§	No change
lay (counting ti	tage of students who time spent on things s	uch as Xbox, PlayS	tation, an iPad or o		hone, texting,			
YouTube, Insta school day)	21.1	28.1	31.5	38.3	39.0	Increased, 2010-2018	Not available	No change
chool day)  QN81: Percent		28.1				Increased, 2010-2018	Not available	No change

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

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

# Nebraska High School Survey 10-year Trend Analysis Report

	j	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	ercentage of students	who attended phys	ical education (PE)	classes on all 5 day	vs (in an average			
	ercentage of students were in school)	who attended phys:	ical education (PE)	classes on all 5 day	vs (in an average	Decreased, 2010-2018	Not available <sup>§</sup>	No change
week when they	were in school) 33.5	34.9	32.8	27.7	28.1	Decreased, 2010-2018	Not available <sup>§</sup>	No change
week when they  N83: Percenta	were in school)	34.9	32.8	27.7	28.1	Decreased, 2010-2018	Not available <sup>§</sup>	No change

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

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

# Nebraska High School Survey 10-year Trend Analysis Report

	1	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	age of students who onths before the surv		check-up, exam, te	eth cleaning, or oth	er dental work,			
	75.1	74.8	75.2	79.2	77.4	Increased, 2010-2018	Not available§	No change
QNNODNT: Po	ercentage of students	s who never saw a d	lentist (for a check-	up, exam, teeth cle	aning, or other			
	ercentage of students	s who never saw a d	lentist (for a check-	up, exam, teeth clea	aning, or other	Decreased, 2010-2018	Not available	No change
dental work)	-	1.4	1.6	1.4	1.3	Decreased, 2010-2018	Not available	No change
dental work)	1.8	1.4	1.6	1.4	1.3	Decreased, 2010-2018  No linear change	Not available  Not available	No change
ental work)  2N87: Percenta	1.8	1.4 had ever been told b	1.6  Dy a doctor or nurse  20.0	1.4 e that they had asthr	1.3 ma 20.9			

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

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

Total Other		Health Risk Beha	vior and Percentag	ees		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018	_		
QN89: Percent before the surve	age of students who	described their grad	des in school as mo	stly A's or B's (duri	ng the 12 months			
			79.4	81.4	79.0	No linear change	Not available§	No change

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

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

# Nebraska High School Survey 10-year Trend Analysis Report

Total Site-Added

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	Percentage of student atorade or Powerade survey)							
	17.1	15.9	15.7	11.9	10.4	Decreased, 2010-2018	Not available§	No change
	17.1	13.7	13.7		10.4	Decreased, 2010-2010	Not available	110 change
day (such as Ga	Percentage of studentatorade or Powerade,	s who drank a can,	bottle, or glass of a	sports drink two or	more times per	Decieased, 2010-2016	rot available	Tto change
	Percentage of studentatorade or Powerade,	s who drank a can,	bottle, or glass of a	sports drink two or	more times per	Decreased, 2010-2018	Not available	
day (such as Ga days before the QNSPDRK3: F	Percentage of student atorade or Powerade, e survey) 10.2  Percentage of student atorade or Powerade,	s who drank a can, not counting low ca 8.3	bottle, or glass of a alorie sports drinks  8.1  bottle, or glass of a	sports drink two or such as Propel or G 7.8 sports drink three o	more times per 2, during the 7 5.6			No change

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

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

# Nebraska High School Survey 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN91: Percent their life)	age of students who	ever drank alcohol (	at least one drink of	of alcohol, on at least	st 1 day during			
	60.6	52.1	51.7	54.0	52.2	Decreased, 2010-2018	Not available <sup>§</sup>	No change
	age of students who how a doctor told th					No linear change	Not available	No change
differently than		did not drink a can,	more times during	the 30 days before 6.3 a sports drink (such	the survey) 6.4 as Gatorade or	No linear change	Not available	No change

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

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

# Nebraska High School Survey 10-year Trend Analysis Report

	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			
lemonade, swee Bull, not counti	etened tea or coffee	drank a can, bottle, of drinks, flavored milk ts drinks, energy drinks	, Snapple, Sunny D	Delight, or energy d	rinks such as Red			
	13.0	12.4	13.0	12.5	11.7	No linear change	Not available <sup>§</sup>	No change
		did exercises to streat lifting, during the 7			or more days			,
	57.7	58.8	54.3	51.7	48.7	Decreased, 2010-2018	Not available	No change
		used an indoor tanni ], one or more times						

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

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN8: Percentag	ge of students who r	arely or never wore	a seat belt (when ri	ding in a car driver	by someone else)			
	18.8	16.4	13.8	8.8	9.0	Decreased, 2010-2018	Not available§	No change
		ode with a driver whys before the survey) 19.3		g alcohol (in a car 19.3	or other vehicle,	Decreased, 2010-2018	Not available	Decreased
nore times duri		drove a car or other re the survey, among						
ne 30 days bere								

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	ys before the surve	texted or e-mailed w						
		46.4	49.1	45.8	48.9	No linear change	Not available§	No change
		carried a weapon on	school property (s	uch as a gun, knife	, or club, on at			
	age of students who ng the 30 days befor		a school property (s	uch as a gun, knife.	o, or club, on at	Decreased, 2014-2018	Not available	No chang
east 1 day durin	ng the 30 days before		10.2 because they felt u	7.8	5.3	Decreased, 2014-2018	Not available	No change
east 1 day durin	ng the 30 days before	did not go to school	10.2 because they felt u	7.8	5.3	Decreased, 2014-2018  Increased, 2010-2018	Not available  Not available	No chang No chang
QN15: Percenta from school (on QN16: Percenta	age of students who at least 1 day durin 4.5	did not go to school g the 30 days before	because they felt uthe survey) 5.1  njured with a weap	7.8  Insafe at school or of 6.7  Soon on school prope	5.3 on their way to or 6.1			

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

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			
QN17: Percenta survey)	age of students who	were in a physical f	ight (one or more ti	imes during the 12 i	months before the			
	32.1	25.6	22.8	25.5	26.4	No linear change	Not available <sup>§</sup>	No change
QN19: Percenta want to)	age of students who	were ever physically	y forced to have sex	xual intercourse (wl	nen they did not			
	5.3	5.9	5.4	3.9	3.9	Decreased, 2010-2018	Not available	No change

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

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

		Health Risk Behavi	ior and Percentag	res		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018	_		
dating or going forced to have s	out with to do sexua sexual intercourse] the	experienced sexual of things [counting sunt they did not want or went out with some	ich things as kissin to, one or more tii	ng, touching, or being mes during the 12 m	ng physically nonths before the			
		4.7	3.2	2.7	1.9	No linear change	Not available§	No change
						Č		
someone they winjured with an	vere dating or going object or weapon] o	experienced physica out with [counting sine or more times during the 12 mon	uch things as being ring the 12 months	g hit, slammed into before the survey,	something, or			
someone they winjured with an	vere dating or going object or weapon] o	out with [counting some or more times dur	uch things as being ring the 12 months	g hit, slammed into before the survey,	something, or	No linear change	Not available	No change
someone they winjured with an who dated or w	vere dating or going object or weapon] o ent out with someon	out with [counting some or more times during the 12 mone	uch things as being ring the 12 months this before the survey 3.7	thit, slammed into before the survey, ey) 7.2	something, or among students  4.8		Not available	

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

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

Male		
Injury	and	Violence

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
		were electronically l media, ever during			h texting,			
	11.8	9.7	13.0	11.5	10.9	No linear change	Not available§	No change
		felt sad or hopeless			row so that they			
topped doing so	ome usual activities 14.5	, ever during the 12	months before the s	survey) 19.2	21.1	Increased, 2010-2018	Not available	No chang
topped doing so	ome usual activities 14.5	, ever during the 12	months before the s	survey) 19.2	21.1	Increased, 2010-2018	Not available	No chang
topped doing so 2N26: Percenta	ome usual activities 14.5	, ever during the 12	months before the s	survey) 19.2	21.1	Increased, 2010-2018  No linear change	Not available  Not available	No chang
2N26: Percentane survey)	age of students who	, ever during the 12  11.5  seriously considered	17.1  d attempting suicide  11.3	19.2 e (ever during the 1 9.2	21.1 2 months before 12.7	· · · · · · · · · · · · · · · · · · ·		

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	<u> </u>		
QN28: Percentaş survey)	ge of students who	attempted suicide (c	one or more times d	luring the 12 month	s before the			
	6.8	4.4	7.7	6.0	6.4	No linear change	Not available§	No change

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behavi	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN30: Percenta	age of students who	ever tried cigarette s	smoking (even one	or two puffs)				
	38.5	32.8	30.1	25.3	22.9	Decreased, 2010-2018	Not available <sup>§</sup>	No change
ON21. Parcent	age of students who	first tried aircoratte		12 /	, CC )			
ZINDI. FEICEIIL	age of students who	mst med eigarette s	smoking before age	13 years (even one	or two puffs)			
21131. Felcelli	age of students who	mst thed eightette s	smoking before age	9.1	7.7	No linear change	Not available	No change
		currently smoked ci		9.1	7.7		Not available	No change
QN32: Percenta				9.1	7.7		Not available  Not available	No change
QN32: Percenta urvey)	age of students who 14.4 rcentage of students	currently smoked ci	garettes (on at least	9.1 t 1 day during the 3	7.7 0 days before the 3.3			

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

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QNDAYCIG: I before the surve		nts who currently sm	oked cigarettes dai	ly (on all 30 days d	uring the 30 days			
	4.9	2.5	2.9	0.9	1.3	Decreased, 2010-2018	Not available§	No change
			. îr îr 11		1 m 1 .			
	ipes, vaping pens, e- o, and Halo])	hookahs, and hooka						
e-pipes, vape pi Vapin Plus, eGo		hookahs, and hooka	35.3	NJOY, Vuse, Mar	49.5	Increased, 2014-2018	Not available	Increased
Vapin Plus, eGo QN35: Percenta p-pipes, vape pi	age of students who	hookahs, and hooka currently used an el hookahs, and hooka east 1 day during the	35.3 ectronic vapor proch pens [such as blu,	37.8 luct (including e-ci	49.5 garettes, e-cigars,	Increased, 2014-2018	Not available	Increased

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

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			
	rcentage of students 30 days before the		l electronic vapor pi	oducts frequently (	on 20 or more			
			3.1	2.2	7.4	Increased, 2014-2018	Not available§	Increased
QNDAYEVP: 1 the 30 days before		nts who currently us	sed electronic vapor	products daily (on	all 30 days during	Ţ		
ane so days sere	re the survey)		2.2	1.2	5.4	Increased, 2014-2018	Not available	Increased
	ntage of students what 30 days before the		l cigarettes or used e	electronic vapor pro	ducts (on at least			
			26.1	14.0	18.0	Decreased, 2014-2018	Not available	No change

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

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

		Health Risk Behavi	or and Percentage	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
dissolvable toba	acco products [such	currently used smok as Copenhagen, Griz ring the 30 days before	zly, Skoal, or Cam					
				8.3	5.7	No linear change	Not available§	No change
	ays before the surve	currently smoked cigy) 10.9	gars (cigars, cigaril 11.0	los, or little cigars,	on at least 1 day 4.9	Decreased, 2010-2018	Not available	No change
	12.5							
	ntage of students wl	no currently smoked st 1 day during the 30			tobacco or			
	ntage of students wl				tobacco or	No linear change	Not available	No change
electronic vapo.  QNTB3: Perce	ntage of students wl r products (on at lea	st 1 day during the 30	days before the su	18.3	19.5	No linear change	Not available	No change

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

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change fron 2016-2018
2009	2010	2012	2014	2016	2018			
NTB2: Percer	ntage of students wh	no currently smoked	cigarettes or cigars	(on at least 1 day o	luring the 30 days			
crore the surve	-y)							
	19.4	16.9	18.6	11.2	6.4	Decreased, 2010-2018	Not available§	Decreased
NV20 P	-					Decreased, 2010-2018	Not available <sup>§</sup>	Decreased
mokeless tobac	19.4 age of students who coo, shisha or hookal	tried to quit using a	Il tobacco products	(including cigarette ts, ever during the 1	es, cigars, 2 months before	Decreased, 2010-2018	Not available <sup>§</sup>	Decreased

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

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behavi	or and Percentage	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			
QN40: Percenta	age of students who	had their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
	18.8	14.8	14.9	15.2	13.5	Decreased, 2010-2018	Not available <sup>§</sup>	No change
	age of students who	currently drank alco	hol (at least one dr	ink of alcohol, on a	t least 1 day			
	25.7	20.8	20.5	21.4	17.4	Decreased, 2010-2018	Not available	No change

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

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

Mala

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
		usually got the alcoudents who currentle		omeone giving it to	them (during the			
	32.3	29.3	30.6	30.6	39.1	No linear change	Not available§	No change
QN45: Percent	age of students who	ever used marijuana	(one or more time	s during their life)				,
	26.3	24.6	25.2	25.8	24.1	No linear change	Not available	No change
								:
QN46: Percent	age of students who	tried marijuana for	the first time before	age 13 years				
QN46: Percent	age of students who	tried marijuana for t	he first time before 7.0	age 13 years 5.8	5.4	No linear change	Not available	No change
	6.8	•	7.0	5.8		No linear change	Not available	No change

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN48: Percent	age of students who	ever used synthetic	marijuana (one or r	nore times during the	heir life)			
			6.9	6.2	5.4	No linear change	Not available§	No change
differently than	age of students who how a doctor told thand Percocet, one or	nem to use it (counti	ng drugs such as co					
Hydrocodone, a					11.1	N. Paramakana	Not available	
Hydrocodone, a				13.2	11.1	No linear change	Not available	No change
QN50: Percent	age of students who		any form of cocaine			No linear change	not available	No chang

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

Not enough years of data to calculate.

						-	Change from 2016-2018
2010	2012	2014	2016	2018			
				aerosol spray			
8.8	7.4	6.8	6.2	6.2	No linear change	Not available§	No change
ir life)		so called "smack,"  2.8	3.1	3.0	No linear change	Not available	No chang
		netamines (also cal	led "speed," "crysta	l meth," "crank,"			
3.5	2.6	4.1	3.9	2.9	No linear change	Not available	No chang
	students who daints or sprays 8.8  students who dir life) 2.6  students who do or more times do	students who ever used inhalants aints or sprays to get high, one or 8.8 7.4  students who ever used heroin (ali ir life) 2.6 1.6  students who ever used methample or more times during their life)	students who ever used inhalants (sniffed glue, breath aints or sprays to get high, one or more times during to 8.8 7.4 6.8  students who ever used heroin (also called "smack," ir life)  2.6 1.6 2.8  students who ever used methamphetamines (also called primore times during their life)	students who ever used inhalants (sniffed glue, breathed the contents of aints or sprays to get high, one or more times during their life)  8.8 7.4 6.8 6.2  students who ever used heroin (also called "smack," "junk," or "China Vir life)  2.6 1.6 2.8 3.1  students who ever used methamphetamines (also called "speed," "crysta or more times during their life)	students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray aints or sprays to get high, one or more times during their life)  8.8 7.4 6.8 6.2 6.2  students who ever used heroin (also called "smack," "junk," or "China White," one or ir life)  2.6 1.6 2.8 3.1 3.0  students who ever used methamphetamines (also called "speed," "crystal meth," "crank," or more times during their life)	students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray aints 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  students who ever used heroin (also called "smack," "junk," or "China White," one or ir life)  2.6 1.6 2.8 3.1 3.0 No linear change  students who ever used methamphetamines (also called "speed," "crystal meth," "crank," or more times during their life)	students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray aints 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  students who ever used heroin (also called "smack," "junk," or "China White," one or ir life)  2.6 1.6 2.8 3.1 3.0 No linear change Not available  students who ever used methamphetamines (also called "speed," "crystal meth," "crank," or more times during their life)

<sup>\*</sup>Based on trend analyses using a logistic regression model controlling 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

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018	<del>_</del>		
		ever injected any ill	egal drug (used a n	eedle to inject any i	llegal drug into			
	age of students who or more times during 2.3		egal drug (used a n 4.5	eedle to inject any i	llegal drug into 3.0	No linear change	Not available <sup>§</sup>	No change
their body, one	or more times during 2.3	g their life) 2.9	4.5	1.5	3.0	No linear change	Not available <sup>§</sup>	No change
their body, one	2.3 age of students who	g their life)	4.5	1.5	3.0	No linear change	Not available <sup>§</sup>	No change

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

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
2009	2010	2012	2014	2016	2018	<del></del>		
QN58: Percenta	age of students who	ever had sexual inte	rcourse		•			
	37.2	35.2	32.9	30.0	31.3	Decreased, 2010-2018	Not available§	No change
QN59: Percenta	age of students who	had sexual intercoun	rse for the first time	e before age 13 year	rs			
	4.8	6.3	4.5	3.3	2.2	Decreased, 2010-2018	Not available	No change
QN60: Percenta	age of students who	had sexual intercoun	rse with four or mo	re persons during th	neir life			
	11.3	10.8	9.0	6.6	7.2	Decreased, 2010-2018	Not available	No change
	age of students who he 3 months before	were currently sexu the survey)	ally active (had sex	cual intercourse wit	h at least one			
	25.7	26.0	23.4	20.2	21.4	Decreased, 2010-2018	Not available	No change

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

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	age of students who ntly sexually active)	drank alcohol or use	ed drugs before last	sexual intercourse	(among students			
	21.3	22.9	17.7	15.2	21.0	No linear change	Not available§	No change
QN63: Percents		used a condom duri	ng last sexual interd	course (among stud	lents who were			
	68.6	67.7	58.4	62.6	53.1	Decreased, 2010-2018	Not available	No change
	age of students who who were currently	used birth control pi sexually active)	ills before last sexu	al intercourse (to p	revent pregnancy,			
	17.0	12.7	16.5	15.2	26.7	No linear change	Not available	No change
mplanon or Ne	xplanon) before last	ts who used an IUD ts sexual intercourse (						
currently sexual								

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

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

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	<u> </u>		
birth control rin		nts who used a shot (s g) before last sexual						
		6.9	2.9	4.1	4.7	No linear change	Not available§	No change
ONOTHHPL:	Percentage of stude	nts who used birth co	ntrol pills: an IUD	(such as Mirena or	ParaGard) or			
implant (such a	s Implanon or Nexp ch as NuvaRing) be	nts who used birth co lanon); or a shot (suc fore last sexual interc	h as Depo-Provera course (to prevent p	), patch (such as O pregnancy, among s	rthoEvra), or birth students who were	Increased 2012-2018	Not available	No
implant (such a control ring (suc currently sexual QNDUALBC: pills; an IUD (s Depo-Provera),	s Implanon or Nexp ch as NuvaRing) be lly active)  Percentage of stude such as Mirena or Pa patch (such as Orth	lanon); or a shot (suc	h as Depo-Provera course (to prevent p 20.0 condom during last such as Implanon o rol ring (such as Nu	22.8  22.8  sexual intercourse r Nexplanon); or a uvaRing) before las	and birth control shot (such as	Increased, 2012-2018	Not available	No cha

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

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

### Nebraska High School Survey 10-year Trend Analysis Report

Male Sexual Behaviors		Health Risk Behav	vior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018 <sup>†</sup>
2009	2010	2012	2014	2016	2018	<del>_</del>		
		ents who did not use were currently sexual		ent pregnancy durir	ng last sexual			

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

13.7

No linear change

Not available§

No change

6.5

9.7

8.8

16.3

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

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

	]	Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	entage of students w sex- and age-specifi				ile for body mass			
	13.5	15.7	17.3	15.8	11.3	No linear change	Not available <sup>¶</sup>	Decreased
	,							
	ercentage of students c reference data from 15.0			or body mass index,	based on sex-	No linear change	Not available	No change
and age-specific	c reference data from	17.2 the 2000 CDC grow	wth charts)§ 16.5	•		No linear change	Not available	No change
and age-specific	c reference data from	17.2 the 2000 CDC grow	wth charts)§ 16.5	•		No linear change  No linear change	Not available  Not available	No chang
and age-specific	age of students who	the 2000 CDC grow 17.2 were trying to lose v 29.7	wth charts) <sup>§</sup> 16.5  weight 32.1	29.3	31.2			

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

<sup>&</sup>lt;sup>§</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN70: Percent	age of students who	did not eat fruit (one	e or more times dur	ing the 7 days befo	re the survey)			
	12.9	9.4	13.6	14.7	11.9	No linear change	Not available <sup>§</sup>	No change
		o did not eat fruit or		uices (such as orang	ge juice, apple			,
	5.3	4.6	7.4	9.2	7.4	Increased, 2010-2018	Not available	No change
					r day (such as	+ +		
		o ate fruit or drank ince, during the 7 da			i day (sucii as			

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

	]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	ntage of students whople juice, or grape ju				er day (such as			
	28.2	27.6	26.2	25.6	25.0	No linear change	Not available§	No change
	age of students who 44.2	did not eat green sal	lad (one or more tin	nes during the 7 day	ys before the 44.7	No linear change	Not available	No chang
urvey)		45.2	46.3	47.3	44.7	No linear change	Not available	No chang
urvey)	44.2	45.2	46.3	47.3	44.7	No linear change  Increased, 2010-2018	Not available  Not available	No chang No chang
urvey) QN72: Percent	44.2 age of students who	did not eat potatoes 28.6	46.3 (one or more times 27.3	47.3 during the 7 days 30.8	244.7 perfore the survey) 34.5			,

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN74: Percent	age of students who	did not eat other ve	getables (one or mo	ore times during the	7 days before the			
	18.5	18.6	22.4	19.3	21.8	No linear change	Not available <sup>§</sup>	No chang
		who did not eat vege ots, or other vegetab 6.9				No linear change	Not available	No chang
		who ate vegetables opes, or potato chips],						-

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-201
2009	2010	2012	2014	2016	2018			
		who ate vegetables to bes, or potato chips],						
	27.5	23.7	26.8	26.5	25.0	No linear change	Not available§	No chang
		who ate vegetables thes, or potato chips],				No linear change	Not available	No chan
		did not drink a can	bottle, or glass of s	oda or pop (such as	s Coke, Pepsi, or			
		t pop, during the 7 d						

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018 <sup>†</sup>
2009	2010	2012	2014	2016	2018			
	ercentage of students Pepsi, or Sprite, not							
	29.7	27.0	24.4	24.2	20.3	Decreased, 2010-2018	Not available§	No change
	ercentage of students Pepsi, or Sprite, not							,
						Decreased, 2010-2018	Not available	No change
	Pepsi, or Sprite, not	counting diet soda o	r diet pop, during t	he 7 days before the	e survey)	Decreased, 2010-2018	Not available	No change
(such as Coke, I	Pepsi, or Sprite, not	counting diet soda o	r diet pop, during t	he 7 days before the	e survey)	Decreased, 2010-2018	Not available	No change
(such as Coke, I	Pepsi, or Sprite, not a 20.1	counting diet soda o	r diet pop, during t	he 7 days before the	e survey)	Decreased, 2010-2018  Increased, 2010-2018	Not available  Not available	No change
(such as Coke, I	Pepsi, or Sprite, not of 20.1 tage of students who 10.7	did not drink milk (	t diet pop, during the first that the first that the first the first the first the first that th	13.6  efore the survey)  12.9	10.2 16.2			
QN76: Percenta QNMILK1: Pe drank in a glass	Pepsi, or Sprite, not a 20.1 tage of students who	did not drink milk ( 9.7  who drank one or n, or with cereal and	15.6  during the 7 days b 12.1  nore glasses per day	13.6  efore the survey) 12.9  of milk (counting)	10.2  16.2  the milk they	Increased, 2010-2018		

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

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

		Health Risk Behavi	or and Percentage	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
drank in a glass	or cup, from a cartoring the 7 days before	who drank three or on, or with cereal and re the survey)	more glasses per da l counting the half p	ay of milk (counting pint of milk served	g the milk they at school as equal			
	19.7	15.6	17.6	140	10.2	D 1 2010 2010		
	19.7	13.0	17.0	14.0	10.2	Decreased, 2010-2018	Not available <sup>§</sup>	No change
QN77: Percenta		did not eat breakfass			-	Decreased, 2010-2018	Not available <sup>s</sup>	No change
QN77: Percenta					-	Increased, 2012-2018	Not available <sup>s</sup> Not available	No change
	age of students who	did not eat breakfas	(during the 7 days	before the survey) 14.2	18.0			

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

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

sically active at least 60 heart rate and made them 5.2 59.0  d not participate in at least 60 heart rate and made them	breathe hard some of 56.6			Not available <sup>§</sup>	No change
55.2 59.0 d not participate in at lea	breathe hard some of 56.6	of the time during th	he	Not available <sup>§</sup>	No change
d not participate in at lea		57.6	Decreased, 2010-2018	Not available§	No change
7.2 12.7	ate and made them b			Not available	No change
ere	physically active at le	physically active at least 60 minutes per of	physically active at least 60 minutes per day on all 7 days (i	12.7 13.0 14.0 Increased, 2010-2018  physically active at least 60 minutes per day on all 7 days (in heart rate and made them breathe hard some of the time during	physically active at least 60 minutes per day on all 7 days (in

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN79: Percent	age of students who	watched television 3	or more hours per	day (on an average	e school day)			
	26.8	23.9	21.1	20.4	14.8	Decreased, 2010-2018	Not available§	Decreased
JNXO: Percent:	age of students who	played video or com	puter games or use	ed a computer 3 or i	nore hours ner			
day (counting ti	me spent on things s	such as Xbox, PlayStother social media, for 29.0	ation, an iPad or o	ther tablet, a smartp	hone, texting,	Increased, 2010-2018	Not available	No change
lay (counting ti YouTube, Insta school day)  QN81: Percent	me spent on things s gram, Facebook, or 25.3	such as Xbox, PlaySt other social media, fo	ation, an iPad or o or something that v 31.1	ther tablet, a smartp was not school work 38.9	ohone, texting, c, on an average	Increased, 2010-2018	Not available	No change

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

	]	Health Risk Behav	ior and Percentag	Linear Change*	Quadratic Change*	Change from 2016-2018 <sup>†</sup>		
2009	2010	2012	2014	2016	2018			
	rcentage of students	who attended phys	ical education (PE)	classes on all 5 day	rs (in an average			
QNDLYPE: Per week when they		who attended phys	ical education (PE)	classes on all 5 day	rs (in an average 32.3	Decreased, 2010-2018	Not available <sup>§</sup>	No change
week when they	were in school) 38.7	39.3	38.9	32.9	32.3	Decreased, 2010-2018	Not available <sup>§</sup>	No change
week when they  QN83: Percenta	were in school)	39.3 had a concussion fr	38.9	32.9	32.3	Decreased, 2010-2018	Not available <sup>§</sup>	No change

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

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

	1	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
	age of students who onths before the surv		check-up, exam, te	eth cleaning, or oth	er dental work,			
	73.3	73.3	73.6	75.4	74.9	No linear change	Not available <sup>§</sup>	No change
QNNODNT: Polental work)	ercentage of students	s who never saw a d	entist (for a check-	up, exam, teeth cle	aning, or other			
	ercentage of students	s who never saw a d	lentist (for a check-	up, exam, teeth clear	aning, or other	No linear change	Not available	No chang
ental work)	-	1.6	1.8	2.2	1.3	No linear change	Not available	No change
ental work)	2.2	1.6	1.8	2.2	1.3	No linear change	Not available  Not available	No chang
ental work)  N87: Percenta	2.2 age of students who	1.6 had ever been told b	1.8  by a doctor or nurse  20.5	2.2 e that they had asthr	1.3 ma	<u>-</u>		_

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

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

Male Other		Health Risk Beha	vior and Percentag	ges		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018 <sup>†</sup>
2009	2010	2012	2014	2016	2018			
QN89: Percent before the surve		described their grad	des in school as mos	stly A's or B's (duri	ng the 12 months			
			74.2	77.1	73.5	No linear change	Not available§	No change

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

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

### Nebraska High School Survey 10-year Trend Analysis Report

Male Site-Added

		Health Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	Percentage of student atorade or Powerade survey)							
	24.4	22.7	21.3	16.9	13.7	Decreased, 2010-2018	Not available§	No change
	-			•		<del></del>		
	Percentage of student torade or Powerade, survey) 15.6					Decreased, 2010-2018	Not available	No cha
day (such as Ga days before the	torade or Powerade, survey)	not counting low ca	lorie sports drinks	such as Propel or G	7.7	Decreased, 2010-2018	Not available	No chang
day (such as Gadays before the  QNSPDRK3: I	atorade or Powerade, survey)  15.6  Percentage of student torade or Powerade,	not counting low ca 12.5 ts who drank a can, b	lorie sports drinks  11.8  pottle, or glass of a	such as Propel or G  10.9  sports drink three G	7.7  or more times per	Decreased, 2010-2018	Not available	No change

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	<u> </u>		
QN91: Percenta	age of students who	ever drank alcohol (	(at least one drink o	of alcohol, on at leas	st 1 day during			
	59.1	50.0	46.6	50.0	49.5	Decreased, 2010-2018	Not available§	No change
	37.1	30.0			17.5		1 tot a vanable	- To change
	age of students who	currently took presc em to use it (one or	cription pain medici	ine without a doctor	s's prescription or	No linear change	Not available	No change
lifferently than  QN94: Percenta	age of students who how a doctor told the	currently took presc	cription pain medici more times during bottle, or glass of a	ine without a doctor the 30 days before 6.3	r's prescription or the survey) 5.9 as Gatorade or			

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
emonade, swee Bull, not counti	etened tea or coffee of	drank a can, bottle, of drinks, flavored milk ts drinks, energy drin	, Snapple, Sunny D	Delight, or energy d	rinks such as Red			
	15.8	14.7	13.7	14.1	12.5	Decreased, 2010-2018	Not available§	No change
		did exercises to streat lifting, during the 7			or more days	Decreased, 2010-2018	Not available	No change
	07.5	06.3	02.3	37.4	39.1	Decreased, 2010-2016	Not available	No change
		used an indoor tanni ], one or more times						

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

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

### **Nebraska High School Survey** 10-year Trend Analysis Report

**Female** 

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	<del></del>		
QN8: Percentag	ge of students who r	arely or never wore	a seat belt (when ri	ding in a car driven	by someone else)			
	12.3	6.9	8.5	7.8	5.2	Decreased, 2010-2018	Not available <sup>§</sup>	No change
		ode with a driver whys before the survey) 21.3		g alcohol (in a car	or other vehicle,	Decreased, 2010-2018	Not available	Decreased
	20.1	21.3	23.2	2	13.3	Beereuseu, 2010 2010	Trot available	Beereasea
	ng the 30 days before	drove a car or other re the survey, among						
•	•	6.3	9.1	5.7	5.2	No linear change	Not available	No change

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

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

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	ays before the surve	texted or e-mailed w y, among students w						
		47.0	49.8	51.0	52.4	No linear change	Not available§	No chang
	age of students who	carried a weapon on re the survey)	school property (s	uch as a gun, knife,	, or club, on at			
			school property (s	uch as a gun, knife,	, or club, on at	Decreased, 2014-2018	Not available	No chang
east 1 day during	ng the 30 days before		5.3 because they felt u	2.7	2.2	Decreased, 2014-2018	Not available	No chang
east 1 day durin	ng the 30 days before	did not go to school	5.3 because they felt u	2.7	2.2	Decreased, 2014-2018  Increased, 2010-2018	Not available  Not available	No chang
east 1 day durin	ng the 30 days before age of students who at least 1 day during	did not go to school g the 30 days before	5.3 because they felt u the survey)	2.7	2.2 on their way to or			
QN15: Percentarom school (on	age of students who at least 1 day during 2.8	did not go to school g the 30 days before	5.3  because they felt u the survey) 6.8  njured with a weap	2.7  nsafe at school or o  8.1  on on school prope	2.2 on their way to or 6.9			

<sup>\*</sup>Based on trend analyses using a logistic regression model controlling 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) 20.6 14.4 12.2 10.9 16.1 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) 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

<sup>[</sup>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)

16.4 17.1 No linear change Not available No change

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

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

		Health Risk Behavi		Linear Change*	Quadratic Change*	Change from 2016-2018 †		
2009	2010	2012	2014	2016	2018	_		
dating or going forced to have s	out with to do sexua sexual intercourse] the	experienced sexual of things [counting sunt they did not want or went out with some	ich things as kissin to, one or more tir	ng, touching, or being mes during the 12 m	ng physically nonths before the			
		15.6	13.8	12.0	13.6	No linear change	Not available§	No change
					13.0	2	Tiou available	140 change
someone they winjured with an	vere dating or going object or weapon] o	experienced physica out with [counting sine or more times during the 12 mon	uch things as being ring the 12 months	g hit, slammed into before the survey,	art on purpose by something, or			- Two change
someone they vinjured with an	vere dating or going object or weapon] o	out with [counting some or more times dur	uch things as being ring the 12 months	g hit, slammed into before the survey,	art on purpose by something, or	No linear change	Not available	No change
someone they v injured with an who dated or w	vere dating or going object or weapon] o ent out with someon	out with [counting some or more times during the 12 mone	uch things as being ring the 12 months ths before the surve 11.7	thit, slammed into before the survey, ey) 7.2	ort on purpose by something, or among students			

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

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

	1	Health Risk Behav	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	age of students who book, or other social				n texting,			
	20.1	22.2	25.1	23.2	20.6	No linear change	Not available§	No change
	age of students who				ow so that they			,
	age of students who ome usual activities,				row so that they	Increased, 2010-2018	Not available	Increased
topped doing so	ome usual activities,	ever during the 12 and 27.9	months before the s	35.2	43.0	Increased, 2010-2018	Not available	Increased
topped doing so 2N26: Percenta	ome usual activities, 27.7	ever during the 12 and 27.9	months before the s	35.2	43.0	Increased, 2010-2018 Increased, 2010-2018	Not available  Not available	Increase  No chang
QN26: Percentante survey)	27.7  age of students who  18.0  age of students who	27.9 seriously considered	31.4  I attempting suicide  18.0	35.2 e (ever during the 1:	43.0 2 months before 22.8	· · · · · · · · · · · · · · · · · · ·		

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

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

## Nebraska High School Survey 10-year Trend Analysis Report

male jury and Violence		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
2009	2010	2012	2014	2016	2018			
QN28: Percentage survey)	e of students who	attempted suicide (d	one or more times d	uring the 12 month	s before the	,		
	8.5	7.6	9.4	9.8	10.0	No linear change	Not available§	No change

3.7

2.5

No linear change

had to be treated by a doctor or nurse (during the 12 months before the survey)

2.0

3.0

2.5

No change

Not available

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

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

Health Risk Behavior and Percentages  2009 2010 2012 2014 2016 2018						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			
QN30: Percenta	age of students who	ever tried cigarette s	smoking (even one	or two puffs)				
	38.8	31.1	32.7	22.5	22.5	Decreased, 2010-2018	Not available <sup>§</sup>	No change
ONI21. Dame and		<i>C</i> 1	1: 1.6					
QN31: Percent	age of students who	first tried cigarette s	moking before age	13 years (even one	or two puffs)			
QIN31: Percent	age of students who	first tried digarette s	moking before age	7.6	6.3	No linear change	Not available	No change
		currently smoked ci		7.6	6.3		Not available	No change
QN32: Percenta				7.6	6.3		Not available  Not available	No change
QN32: Percenta	age of students who 15.5 rcentage of students	currently smoked ci	garettes (on at least	7.6 t 1 day during the 3	6.3 0 days before the 4.8			

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

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QNDAYCIG: F before the surve		nts who currently sm	oked cigarettes dail	ly (on all 30 days d	uring the 30 days			
	3.3	2.3	2.1	1.3	0.4	Decreased, 2010-2018	Not available <sup>§</sup>	No change
					:			
	pes, vaping pens, e-	ever used an electro hookahs, and hookal				No linear change	Not available	Increased
e-pipes, vape pip Vapin Plus, eGo QN35: Percenta e-pipes, vape pip	pes, vaping pens, e- o, and Halo])  age of students who pes, vaping pens, e-		41.0 ectronic vapor produpens [such as blu,	34.2 luct (including e-ci, NJOY, Vuse, Mar	kTen, Logic, 48.6 garettes, e-cigars,	No linear change	Not available	Increased

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

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

		Health Risk Behav	rior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			
	ercentage of students 30 days before the s		electronic vapor pr	oducts frequently (	on 20 or more			
days daring the	30 days before the t	arvey)	1.3	1.2	5.4	Increased, 2014-2018	Not available§	Increased
QNDAYEVP: the 30 days before	Percentage of stude	nts who currently us	ed electronic vapor	products daily (on	all 30 days during	7		
ane do days der			0.6	1.1	4.7	Increased, 2014-2018	Not available	Increased
	entage of students when a 30 days before the		cigarettes or used e	electronic vapor pro	ducts (on at least	i.		;

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

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

		Health Risk Behav	Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018 †			
2009	2010	2012	2014	2016	2018	_		
dissolvable toba	acco products [such	o currently used smok as Copenhagen, Griz aring the 30 days before	zly, Skoal, or Cam					
				1.6	1.1	No linear change	Not available§	No change
ONIO D				1 111 1	. 1 . 4 1			
	age of students who ays before the surve 6.5	o currently smoked ci ey) 5.5	gars (cigars, cigari) 4.9	los, or little cigars,	on at least 1 day  2.7	Decreased, 2010-2018	Not available	No change
during the 30 days	6.5 ntage of students w	ey)	4.9	4.3 or used smokeless	2.7	Decreased, 2010-2018	Not available	No change
during the 30 days of the the 30 days	6.5 ntage of students w	5.5 ho currently smoked	4.9	4.3 or used smokeless	2.7	Decreased, 2010-2018  No linear change	Not available  Not available	No change
QNTB4: Perce electronic vapor	ntage of students w	5.5  ho currently smoked ast 1 day during the 3 ho currently smoked	4.9 cigarettes or cigars 0 days before the so	4.3 or used smokeless arvey) 12.6	tobacco or	, , , , , , , , , , , , , , , , , , ,		

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

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
NTB2: Percerefore the surve	ntage of students wh	o currently smoked	cigarettes or cigars	(on at least 1 day d	luring the 30 days			
erore the surve	18.2	13.1	14.2	8.4	6.0	Decreased, 2010-2018	Not available§	No change
N30 Parcente	age of students who	tried to quit using a	Il tobacco products	(including cigarette	e cigare			+
mokeless tobac	age of students who eco, shisha or hooka ong students who use	h tobacco, and elect	ronic vapor product	s, ever during the 1	2 months before			,

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

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

		Health Risk Behavi	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			
QN40: Percenta	age of students who	had their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
	14.0	10.9	11.8	11.0	12.5	No linear change	Not available <sup>§</sup>	No chang
	age of students who	currently drank alco	hol (at least one dr	ink of alcohol, on a	t least 1 day			
iumig me 50 da			24.0	27.2	24.7	No linear change	Not available	No chang
iuring the 50 da			24.0	27.2	24.7	No linear change	Not available	
Percenta		23.5  currently were bingedrinks of alcohol in a		r or more drinks of	alcohol in a row	To mear change	1100 available	

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

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

	I	Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018	<del></del>		
	tage of students who i			omeone giving it to	them (during the			
30 days before	the survey, among stu	idents who current	iy drank alconol)					

24.7

4.5

26.9

3.9

No linear change

No linear change

22.7

3.7

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

27.6

5.6

**Female** 

23.6

2.7

No change

No change

Not available

Not available

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

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
QN48: Percent	age of students who	ever used synthetic	marijuana (one or r	nore times during th	heir life)			
			7.6	3.5	6.9	No linear change	Not available§	Increased
differently than	how a doctor told the	ever took prescripti nem to use it (counti more times during t	ng drugs such as co					
rry drocodone, a				15.0	18.1	No linear change	Not available	No ahana
rrydrocodone, z				13.0	10.1	Two initial change	1,000 4,4114010	No change
QN50: Percent	age of students who	ever used cocaine (a	any form of cocaine			To mear change	7,000	NO Chang

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

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

	]	Health Risk Behavi	or and Percentage	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	<del></del>		
	age of students who any paints or sprays				aerosol spray			
	10.6	6.6	9.3	4.9	5.6	Decreased, 2010-2018	Not available§	No change
	age of students who ng their life)	ever used heroin (also 0.9	so called "smack,"	"junk," or "China W	White," one or	No linear change	Not available	No change
more times duri	ng their life)	0.9	1.9	0.7	0.4	No linear change	Not available	No change
more times duri  QN53: Percenta	ng their life) 1.1 age of students who	0.9	1.9	0.7	0.4	No linear change	Not available  Not available	
More times duri  QN53: Percenta  "ice," or "meth,"	ng their life) 1.1 age of students who " one or more times	0.9 ever used methampl during their life) 1.4	1.9 netamines (also call 3.8	0.7 ed "speed," "crysta 1.3	0.4 I meth," "crank," 1.0			No chang

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

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

Famala

	]	Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	age of students who		egal drug (used a n	eedle to inject any i	illegal drug into	1		
	age of students who or more times during		egal drug (used a n	eedle to inject any i	illegal drug into	No linear change	Not available <sup>§</sup>	No change
	or more times during	their life)				No linear change	Not available <sup>§</sup>	No change
neir body, one	or more times during 1.4 age of students who	their life) 0.8	3.1	1.4	0.8	No linear change	Not available <sup>§</sup>	No change

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

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

## Nebraska High School Survey 10-year Trend Analysis Report

Female Sexual Behaviors

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	<u> </u>		
QN58: Percenta	age of students who	ever had sexual inte	rcourse					
	37.2	35.4	31.7	28.2	36.1	No linear change	Not available <sup>§</sup>	No change
N59: Percenta	age of students who	had sexual intercou	rse for the first time	e before age 13 year	rs			
	2.7	1.8	2.1	2.2	1.8	No linear change	Not available	No change
QN60: Percenta	age of students who	had sexual intercou	rse with four or mo	re persons during th	neir life			,
	9.9	7.9	7.1	5.4	10.5	No linear change	Not available	Increased
	age of students who he 3 months before	were currently sexu the survey)	ally active (had sex	cual intercourse with	h at least one			
	28.5	25.4	26.2	20.8	28.4	No linear change	Not available	Increased

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

Not enough years of data to calculate.

Female	<u>,                                    </u>
Sexual	Behaviors

	]	Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	<u> </u>		
	age of students who ntly sexually active)	drank alcohol or use	ed drugs before last	sexual intercourse	(among students			
	18.3	16.3	17.6	12.3	12.7	No linear change	Not available <sup>§</sup>	No change
QN63: Percenta	age of students who	used a condom duri	ng last sexual inter	course (among stud	lents who were			
	ily active)							
<b>.</b>	56.0	56.9	56.3	44.6	50.8	No linear change	Not available	No change
QN64: Percenta	•	used birth control pi			+	No linear change	Not available	No change
QN64: Percenta	56.0 age of students who	used birth control pi			+	No linear change	Not available  Not available	No change
0N64: Percenta mong students	56.0  age of students who who were currently 26.4  ercentage of student xplanon) before last	used birth control pi sexually active) 20.4	24.6 (such as Mirena or	al intercourse (to p 26.9 ParaGard) or impla	revent pregnancy, 21.6  ant (such as			

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

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

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
birth control rin		nts who used a shot (g) before last sexual						
		6.1	4.3	7.6	7.2	No linear change	Not available§	No change
QNOTHHPL: 1	Percentage of stude	nts who used birth co	ontrol pills; an IUD	(such as Mirena or	ParaGard) or	- To fine change	1 vot uvanasie	Two change
implant (such as	s Implanon or Nexp ch as NuvaRing) be	nts who used birth co lanon); or a shot (suc fore last sexual interc	ontrol pills; an IUD ch as Depo-Provera course (to prevent p	(such as Mirena or ), patch (such as Or oregnancy, among s	ParaGard) or thoEvra), or birth tudents who were			
implant (such as control ring (suc currently sexual QNDUALBC: pills; an IUD (so Depo-Provera),	s Implanon or Nexp ch as NuvaRing) be lly active)  Percentage of stude uch as Mirena or Pa patch (such as Orth	nts who used birth co lanon); or a shot (suc	ontrol pills; an IUD thas Depo-Provera course (to prevent p 33.8  condom during last such as Implanon or rol ring (such as No	(such as Mirena or ), patch (such as Or pregnancy, among s 39.6 sexual intercourse r Nexplanon); or a avaRing) before las	ParaGard) or thoEvra), or birth tudents who were  37.2  and birth control shot (such as	No linear change	Not available	No chang

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

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

Famala

		Health Risk Behavi	ior and Percentag	Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018 <sup>†</sup>		
2009	2010	2012	2014	2016	2018			
		nts who did not use a		ent pregnancy durin	ng last sexual			
		nts who did not use a ere currently sexuall		rent pregnancy durin	ng last sexual	Decreased, 2010-2018	Not available <sup>§</sup>	No change
	ong students who w	ere currently sexuall	y active)			Decreased, 2010-2018	Not available <sup>§</sup>	No c
itercourse (amo	ong students who w	ere currently sexuall	y active) 19.0	7.4	13.1	Decreased, 2010-2018	Not available <sup>§</sup>	No chan

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

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

	]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	centage of students w sex- and age-specifi				ile for body mass			
	13.6	11.8	16.4	17.5	14.3	No linear change	Not available¶	No change
	ercentage of students	who had obesity (> the 2000 CDC gro		or body mass index,	based on sex-	,		
ına age-specim	e reference data from	C						
ma age-specific	8.0	7.9	9.3	12.1	10.3	Increased, 2010-2018	Not available	No chang
		7.9		12.1	10.3	Increased, 2010-2018	Not available	No chang
	8.0	7.9		58.3	53.5	Increased, 2010-2018  No linear change	Not available  Not available	No chang
QN68: Percent	8.0 age of students who 55.5 age of students who	7.9 were trying to lose v	weight 55.2	58.3	53.5	, 		

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

<sup>&</sup>lt;sup>§</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN70: Percent	age of students who	did not eat fruit (one	e or more times du	ring the 7 days befo	re the survey)			
	11.1	6.7	6.9	9.0	9.2	No linear change	Not available <sup>§</sup>	No change
	ntage of students wh uice, during the 7 da			uices (such as orang	ge juice, apple			
	4.0	3.5	3.8	5.5	5.3	No linear change	Not available	No change
	4.0							
NFR1: Perce	ntage of students wh	o ate fruit or drank			r day (such as			
QNFR1: Perce		o ate fruit or drank			r day (such as			

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

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

	]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
	ntage of students whople juice, or grape ju				er day (such as			
	25.8	25.2	27.4	26.7	24.3	No linear change	Not available§	No change
	age of students who 35.2	did not eat green sal	lad (one or more tir	nes during the 7 day	ys before the 38.8	No linear change	Not available	No change
survey)		31.6	32.7	37.7	38.8	No linear change	Not available	No change
survey)	35.2	31.6	32.7	37.7	38.8	No linear change  No linear change	Not available  Not available	No change
survey)  QN72: Percenta	35.2 age of students who	31.6 did not eat potatoes 30.3	32.7 (one or more times 34.2	37.7 during the 7 days 31.6	38.8 Defore the survey) 33.0			

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

Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
N74: Percenta urvey)	age of students who	did not eat other ve	getables (one or mo	ore times during the	7 days before the			
	15.0	15.8	15.6	13.9	16.1	No linear change	Not available§	No chang
	centage of students vor potato chips], carr					No linear change	Not available	Increase
	centage of students v					1		
ne survey)								

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
		who ate vegetables to bes, or potato chips],						
	25.3	28.0	27.9	21.1	23.3	No linear change	Not available§	No change
		who ate vegetables the pes, or potato chips],				No linear change	Not available	No change
	age of students who	did not drink a can,			s Coke, Pepsi, or			
	ting diet soda or die	et pop, during the 7 d	ays before the surv	ey)				

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

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

	]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	ercentage of students Pepsi, or Sprite, not of							
	22.5	17.2	15.8	11.9	12.7	Decreased, 2010-2018	Not available§	No change
			:					:
	ercentage of students Pepsi, or Sprite, not of					,		,
						Decreased, 2010-2018	Not available	No change
(such as Coke, l	Pepsi, or Sprite, not	counting diet soda o	r diet pop, during tl	ne 7 days before the	e survey)	Decreased, 2010-2018	Not available	No change
(such as Coke, l	Pepsi, or Sprite, not of 13.6	counting diet soda o	r diet pop, during tl	ne 7 days before the	e survey)	Decreased, 2010-2018  Increased, 2010-2018	Not available  Not available	No change
(such as Coke, l	Pepsi, or Sprite, not of 13.6 rage of students who 18.7	9.4 did not drink milk (	7.8  during the 7 days b  22.7	6.7 efore the survey) 21.7	6.6 28.2			
QN76: Percent  QNMILK1: Pedrank in a glass	Pepsi, or Sprite, not of 13.6 age of students who	did not drink milk (  17.3  who drank one or mon, or with cereal and	7.8  during the 7 days b 22.7  nore glasses per day	6.7 efore the survey) 21.7 of milk (counting)	6.6  28.2  the milk they	Increased, 2010-2018		

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

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

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018	<u> </u>		
drank in a glass	rcentage of students or cup, from a cartoring the 7 days befo	who drank three or on, or with cereal and re the survey)	more glasses per da l counting the half	ny of milk (counting pint of milk served	g the milk they at school as equal			
	11.3	10.1	8.4	5.9	4.3	Decreased, 2010-2018	Not available§	No ahanga
		10.1	0	3.9	4.5	Decreased, 2010 2010	Not available	No change
QN77: Percenta		did not eat breakfass	-				Not available	No change
QN77: Percenta			-			No linear change	Not available	No change
	age of students who	did not eat breakfas	t (during the 7 days	before the survey)	18.1			

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

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
	activity that increase	were physically acti sed their heart rate a						
	45.9	49.5	46.3	47.2	42.6	No linear change	Not available§	No change
east 1 day (in a		nts who did not particactivity that increase e survey)  14.5				No linear change	Not available	No change
	sical activity that in	nts who were physica creased their heart ra						,

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

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN79: Percent	age 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
day (counting ti	me spent on things s	played video or com such as Xbox, PlaySt other social media, for	ation, an iPad or of		hone, texting,			
YouTube, Insta school day)	16.7	27.1	31.9	38.0	38.3	Increased, 2010-2018	Not available	No change
school day)  QN81: Percent	16.7					Increased, 2010-2018	Not available	No change

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

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

	1	Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
2009	2010	2012	2014	2016	2018			
ONDL VDE. Do	mantage of students	who attended physi	ical advantion (DE)	alassas on all 5 day	(:			
	ercentage of students	who attenued physi	icai education (FE)	classes on an 3 day	's (in an average			
	were in school)  27.9	30.0	26.9	22.4	24.2	Decreased, 2010-2018	Not available <sup>§</sup>	No change
	were in school)		, ,	·		Decreased, 2010-2018	Not available <sup>§</sup>	No change
veek when they  QN83: Percenta	were in school)	30.0	26.9	22.4	24.2	Decreased, 2010-2018	Not available <sup>§</sup>	No change

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

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	age of students who conths before the sur		check-up, exam, te	eth cleaning, or oth	er dental work,			
	77.3	76.5	77.3	83.1	80.5	Increased, 2010-2018	Not available§	No change
ONNODNT: P	amantaga of student	·			·			
dental work)	ercentage of student	s who never saw a d	lentist (for a check-	up, exam, teeth clea	aning, or other			
	1.3	s who never saw a d	lentist (for a check-	up, exam, teeth clea	aning, or other 0.7	Decreased, 2010-2018	Not available	No change
dental work)	-	1.2	1.4	0.4	0.7	Decreased, 2010-2018	Not available	No change
dental work)	1.3	1.2	1.4	0.4	0.7	Decreased, 2010-2018  No linear change	Not available  Not available	No change
ental work)  2N87: Percenta	1.3	1.2 had ever been told b	1.4 by a doctor or nurse 19.3	0.4 e that they had asthr	0.7 ma			-

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

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

Female Other		Health Risk Behav	vior and Percentag	ges		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018 <sup>†</sup>
2009	2010	2012	2014	2016	2018			
QN89: Percent before the surve		described their grad	des in school as mo	stly A's or B's (during	ng the 12 months			
			84.8	85.6	85.1	No linear change	Not available <sup>§</sup>	No change

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

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	Percentage of studen atorade or Powerade survey)							
OMCDDD 1/2 D	9.6	8.8	9.8	6.7	6.8	Decreased, 2010-2018	Not available <sup>§</sup>	No change
day (such as Ga	Percentage of studen torade or Powerade.	ts who drank a can,	bottle, or glass of a	sports drink two or	more times per	Decreased, 2010-2018	Not available <sup>§</sup>	No change
	Percentage of studen torade or Powerade.	ts who drank a can,	bottle, or glass of a	sports drink two or	more times per	Decreased, 2010-2018  No linear change	Not available <sup>§</sup> Not available	No change
ay (such as Galays before the	Percentage of studen survey)  4.6  Percentage of studen st	ts who drank a can, not counting low ca  3.8  ts who drank a can,	bottle, or glass of a alorie sports drinks  4.1  bottle, or glass of a	sports drink two or such as Propel or C 4.5	more times per 12, during the 7 3.4 or more times per	·		

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			
QN91: Percent their life)	tage of students who	ever drank alcohol (	at least one drink o	of alcohol, on at least	st 1 day during			
	62.0	54.2	56.5	57.7	54.7	No linear change	Not available§	No change
		-			-	<del>· · · · · · · · · · · · · · · · · · · </del>		-
	tage of students who how a doctor told th					No linear change	Not available	No change
differently than		did not drink a can,	more times during	the 30 days before 6.1 a sports drink (such	the survey) 6.9 as Gatorade or	No linear change	Not available	No change

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

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
lemonade, swee Bull, not counti	etened tea or coffee of	drank a can, bottle, of drinks, flavored milk ts drinks, energy drin	Snapple, Sunny D	Delight, or energy d	rinks such as Red			
	10.1	10.0	12.4	10.9	10.5	No linear change	Not available§	No change
		did exercises to strent lifting, during the 7			or more days 38.6	Decreased, 2010-2018	Not available	Decreased
	age of students who	used an indoor tanni						
		], one or more times	during the 12 mon	ins before the surve	=y)			

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

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

## **Nebraska High School Survey** 10-year Trend Analysis Report

White\*

		Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
QN8: Percentag	ge of students who r	arely or never wore	a seat belt (when ri	ding in a car driven	by someone else)			
	13.0	9.6	9.7	6.6	6.7	Decreased, 2010-2018	Not available¶	No change
		ode with a driver where some ode with a driver where the survey)		g alcohol (in a car o	or other vehicle,			
	23.6	19.2	20.9	18.5	14.8	Decreased, 2010-2018	Not available	No change
	ng the 30 days before	drove a car or other re the survey, among						
		6.9	8.2	5.7	3.7	Decreased, 2012-2018	Not available	No change

<sup>\*</sup>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.

		Health Risk Behav	vior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
	ays before the surve	texted or e-mailed wy, among students w						
		49.2	49.9	50.6	53.8	No linear change	Not available¶	No chang
					i			
	age of students who	o carried a weapon on re the survey)	school property (s	uch as a gun, knife	, or club, on at			,
			school property (st	uch as a gun, knife	or club, on at	No linear change	Not available	No chang
least 1 day during the least 1 day during 1 da	ng the 30 days before		5.7 because they felt u	4.6	4.3	No linear change	Not available	No chang
least 1 day during the state of	ng the 30 days before	re the survey)	5.7 because they felt u	4.6	4.3	No linear change  Increased, 2010-2018	Not available  Not available	No chang
QN15: Percent from school (or QN16: Percent	age of students who at least 1 day during 2.8	o did not go to school	5.7 because they felt u the survey) 4.2 njured with a weap	4.6  nsafe at school or of 5.9  on on school prope	4.3 on their way to or 5.8			

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White*	
Injury and Violence	

10	2012						
	2012	2014	2016	2018			
dents who wer	e in a physical fi	ght (one or more ti	imes during the 12 r	nonths before the			
23.3	16.7	15.9	17.6	18.8	No linear change	Not available¶	No change
dents who wer	e ever physically	forced to have sex	xual intercourse (wh	nen they did not			
7.9	8.0	7.3	6.5	7.5	No linear change	Not available	No change
	23.3 dents who wer	23.3 16.7  dents who were ever physically 7.9 8.0	23.3 16.7 15.9  dents who were ever physically forced to have see 7.9 8.0 7.3	23.3 16.7 15.9 17.6  dents who were ever physically forced to have sexual intercourse (where the course of the cou	dents who were ever physically forced to have sexual intercourse (when they did not	23.3 16.7 15.9 17.6 18.8 No linear change dents who were ever physically forced to have sexual intercourse (when they did not 7.9 8.0 7.3 6.5 7.5 No linear change	23.3 16.7 15.9 17.6 18.8 No linear change Not available dents who were ever physically forced to have sexual intercourse (when they did not  7.9 8.0 7.3 6.5 7.5 No linear change Not available

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

		Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018	_		
dating or going forced to have s	out with to do sexua sexual intercourse] the	experienced sexual of all things [counting su they did not want or went out with som	ich things as kissin to, one or more tir	g, touching, or bein nes during the 12 m	g physically nonths before the			
		9.4	7.5	4.8	7.5	No linear change	Not available <sup>¶</sup>	No chang
			1 dating violance (I		1			
someone they winjured with an who dated or w	object or weapon] o ent out with someon	out with [counting some or more times during the 12 mones] 6.5	uch things as being ring the 12 months this before the surve 7.3	thit, slammed into subefore the survey, a bey) 6.4	something, or among students 7.1	No linear change	Not available	No chang
someone they winjured with an who dated or w	vere dating or going object or weapon] o ent out with someon	out with [counting some or more times during the 12 mone	uch things as being ring the 12 months this before the surve 7.3	thit, slammed into subefore the survey, a bey) 6.4	something, or among students 7.1	No linear change	Not available	No chang

<sup>\*</sup>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.

ijury and Violen	ce	Health Risk Behav	vior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018	_		
		were electronically I media, ever during			h texting,			
	164	16.8	18.8	16.5	16.5	No linear change	Not available¶	No change
	16.4	10.6	10.0			_		
	ge of students who	felt sad or hopeless	(almost every day f		row so that they			
	ge of students who		(almost every day f		row so that they 29.4	Increased, 2010-2018	Not available	No chang
stopped doing so	ge of students who me usual activities, 19.8	felt sad or hopeless ever during the 12	(almost every day f months before the s 20.9	25.6	29.4	Increased, 2010-2018	Not available	No chang
stopped doing so  QN26: Percentag	ge of students who me usual activities, 19.8	felt sad or hopeless ever during the 12 1 17.9	(almost every day f months before the s 20.9	25.6	29.4	Increased, 2010-2018  Increased, 2010-2018	Not available  Not available	No chang No chang
Stopped doing so QN26: Percentag the survey)	ge of students who me usual activities,  19.8  ge of students who  13.6  ge of students who	felt sad or hopeless ever during the 12 to 17.9 seriously considered	(almost every day f months before the s 20.9 d attempting suicide 12.4	25.6 e (ever during the 1	29.4 2 months before 17.2	, 		

<sup>\*</sup>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

		Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
QN28: Percentag survey)	ge of students who	attempted suicide (c	one or more times d	luring the 12 month	s before the			
	6.0	4.0	7.4	5.3	7.8	Increased, 2010-2018	Not available¶	Increased

<sup>\*</sup>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

		Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
QN30: Percenta	age 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: Percenta	age of students who	first tried cigarette s	smoking before age	13 years (even one	or two puffs)			
QN31: Percenta	age of students who	first tried cigarette s	smoking before age	13 years (even one	or two puffs)	No linear change	Not available	No chang
	age of students who			6.9	6.8		Not available	No chang
N32: Percenta				6.9	6.8		Not available  Not available	No chang
N32: Percentaurvey)	age of students who 15.5 rcentage of students	currently smoked ci	igarettes (on at least	6.9 t 1 day during the 3	6.8  0 days before the  4.5			

<sup>\*</sup>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

		Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
QNDAYCIG: For the surve		nts who currently sm	oked cigarettes dail	ly (on all 30 days d	uring the 30 days			
	4.2	2.3	2.7	1.2	1.1	Decreased, 2010-2018	Not available¶	No change
					:			
	pes, vaping pens, e-	ever used an electro hookahs, and hookal				Increased, 2014-2018	Not available	Increased
2-pipes, vape pip Vapin Plus, eGo QN35: Percenta 2-pipes, vape pip	age of students who		34.4 ectronic vapor produpens [such as blu,	33.2 luct (including e-ci, NJOY, Vuse, Mar	kTen, Logic, 48.2 garettes, e-cigars,	Increased, 2014-2018	Not available	Increased

<sup>\*</sup>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.

		Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
	ercentage of students 30 days before the	s who currently used	electronic vapor pr	oducts frequently (	on 20 or more			
days during the	so days before the	, arvey)	1.7	2.3	8.0	Increased, 2014-2018	Not available¶	Increased
		nts who currently us	ed electronic vapor	products daily (on	all 30 days during	g		
the 30 days before	ore the survey)		1.0	1.5	6.3	Increased, 2014-2018	Not available	Increased
				1	ducts (on at least			
ONTR5: Perce	ntage of students w	o currently emoked	cigarettee or used a					
	ntage of students when the 30 days before the	no currently smoked survey)	cigarettes or used e	electronic vapor pro	ducts (on at least	•		

<sup>\*</sup>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.

Vhite* 'obacco Use								
		Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
dissolvable toba	acco products [such	o currently used smok as Copenhagen, Griz uring the 30 days befo	zly, Skoal, or Cam					
				6.2	4.0	No linear change	Not available <sup>¶</sup>	No change
ON/20 P :								
	age of students who ays before the surve	o currently smoked ci ey)	gars (cigars, cigari)	los, or little cigars,	on at least 1 day			
			gars (cigars, cigaril	los, or little cigars,	on at least 1 day  3.3	Decreased, 2010-2018	Not available	Decrease
during the 30 da	8.6 ntage of students when	ey)	7.0	6.2 or used smokeless	3.3	Decreased, 2010-2018	Not available	Decreased
during the 30 da	8.6 ntage of students when	7.7 ho currently smoked	7.0	6.2 or used smokeless	3.3	Decreased, 2010-2018  No linear change	Not available  Not available	Decreased No chang
QNTB4: Perce electronic vapor	ays before the surve 8.6 ntage of students what r products (on at lea	ho currently smoked ast 1 day during the 3	7.0 cigarettes or cigars 0 days before the so	or used smokeless urvey) 16.5	3.3 tobacco or 20.5			

<sup>\*</sup>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.

		Health Risk Behav	vior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
QNTB2: Percenta	•	o currently smoked	cigarettes or cigars	(on at least 1 day d	uring the 30 days			
,	18.8	14.8	15.0	10.1	6.4	Decreased, 2010-2018	Not available¶	Decreased

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

le <sup>¶</sup> No chang	Not available¶		2018 than a few sips)	2016	2014	2012	2010	2009
le <sup>¶</sup> No chang	Not available¶		than a few sips)	age 13 years (other t	of alcohol before a		•	
le <sup>¶</sup> No chang	Not available¶					nad their first drink	age of students who h	QN40: Percent
		No linear change	12.9	12.1	11.3	10.0	14.8	
			t least 1 day	rink of alcohol, on a	ohol (at least one dr		age of students who cays before the survey	
ole No chang	Not available	No linear change	21.6	24.6	21.2	22.4	25.7	
le	Not available	No linear change	alcohol in a row	or more drinks of	ge drinking (had fou	currently were bing	25.7  rage of students who cents or five or more doing the 30 days before	for female stude

<sup>\*</sup>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.

Vhite* lcohol and Otho	er Drug Use	Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from
								2016-2018 §
2009	2010	2012	2014	2016	2018	<del>_</del>		
		usually got the alco		omeone giving it to	them (during the			
	37.3	41.0	43.2	34.9	38.1	No linear change	Not available¶	No chang
QN45: Percenta	age of students who	ever used marijuana	a (one or more time	s during their life) 21.8	23.5	No linear change	Not available	No chang
QN46: Percenta	age of students who	tried marijuana for	the first time before	e age 13 years				
	2.8	3.5	4.4	2.6	4.1	No linear change	Not available	No chang
QN47: Percenta survey)	age of students who	currently used mari	juana (one or more	times during the 30	days before the			
	10.3	9.0	10.4	11.0	10.3	No linear change	Not available	No chang

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

		Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
QN48: Percent	age of students who	ever used synthetic	marijuana (one or 1	nore times during tl	heir life)			
			5.5	4.3	5.1	No linear change	Not available¶	No chang
lifferently than	age of students who how a doctor told the and Percocet, one or	nem to use it (counti	ng drugs such as co	deine, Vicodin, Öx	yContin,			
lifferently than	how a doctor told tl	nem to use it (counti	ng drugs such as co			No linear change	Not available	No chang
lifferently than Hydrocodone, a	how a doctor told tl	nem to use it (counti more times during t ever used cocaine (	ng drugs such as co heir life)	deine, Vicodin, Öx	yContin, 12.5	No linear change	Not available	No chang

<sup>\*</sup>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.

		Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
	age of students who any paints or sprays				aerosol spray			
	7.7	6.2	6.3	4.8	6.0	Decreased, 2010-2018	Not available <sup>¶</sup>	No chang
	age of students who ing their life)	ever used heroin (als	so called "smack,"	"junk," or "China W	Vhite," one or	No linear change	Not available	No chang
more times duri  QN53: Percenta	ing their life)	0.9	1.7	1.3	1.6	No linear change	Not available	No chang
more times duri  QN53: Percenta	ing their life) 1.1 age of students who	0.9	1.7	1.3	1.6	No linear change  No linear change	Not available  Not available	No chang
more times duri  QN53: Percenta  "ice," or "meth,"	age of students who " one or more times	0.9 ever used methampl during their life) 1.5	1.7 netamines (also cal 2.9	1.3 led "speed," "crysta 2.0	1.6 I meth," "crank," 1.7			

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White*			
Alcohol and	Other	Drug	Use

		Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018	_		
	age of students who		egal drug (used a n	needle to inject any i	illegal drug into	,		
	age of students who or more times during		egal drug (used a n	needle to inject any i	illegal drug into	No linear change	Not available¶	No chang
heir body, one o	or more times during	g their life) 1.4	3.0	1.1	1.4	No linear change	Not available¶	No chang
heir body, one o	or more times during 1.2 age of students who	g their life) 1.4	3.0	1.1	1.4	No linear change	Not available <sup>¶</sup>	No chang

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
QN58: Percent	age of students who	ever had sexual inte	rcourse	•				
	34.7	32.6	28.0	29.8	31.7	No linear change	Not available¶	No change
N59: Percent	age of students who	had sexual intercou	rse for the first time	e before age 13 year	rs .			
	3.0	2.4	1.9	3.3	1.2	No linear change	Not available	Decreased
	a a a f atu da uta - da a	had sexual intercou	rse with four or mo	re persons during th	neir life			
QN60: Percent	age of students who							
QN60: Percent	9.4	7.4	6.8	6.2	7.6	No linear change	Not available	No change
N61: Percent		7.4 were currently sexu	,			No linear change	Not available	No chang

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White*
<b>Sexual Behaviors</b>

		Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
	age of students who ntly sexually active)	drank alcohol or use	ed drugs before last	sexual intercourse	(among students			
	18.1	17.7	15.4	11.1	14.9	No linear change	Not available <sup>¶</sup>	No change
QN63: Percenta currently sexual		used a condom duri	ng last sexual inter	course (among stud	lents who were	· · · · · · · · · · · · · · · · · · ·		
	63.3	61.6	57.7	53.2	54.9	Decreased, 2010-2018	Not available	No change
	age of students who who were currently	used birth control pi sexually active)	ills before last sexu	al intercourse (to p	revent pregnancy,			
	25.3	19.0	24.0	22.0	28.5	No linear change	Not available	No change
	explanon) before last	ts who used an IUD sexual intercourse (						
		2.2	3.2	4.7	6.4	Increased, 2012-2018	Not available	No change

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

	s	Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018	_		
birth control rin		nts who used a shot (g) before last sexual						
		5.6	5.1	6.1	7.9	No linear change	Not available¶	No change
ONOTHHPI · I	Percentage of stude	ats who used hirth co	ontrol pills: an IIID	(such as Mirena or	· ParaGard) or			
implant (such as control ring (suc	s Implanon or Nexp ch as NuvaRing) be	nts who used birth co lanon); or a shot (suc fore last sexual interc	ch as Depo-Provera course (to prevent p	a), patch (such as Operegnancy, among s	rthoEvra), or birth students who were			
implant (such as	s Implanon or Nexp ch as NuvaRing) be	lanon); or a shot (suc	ch as Depo-Provera	a), patch (such as O	rthoEvra), or birth	Increased, 2012-2018	Not available	No chang
implant (such as control ring (suc currently sexual QNDUALBC: pills; an IUD (so Depo-Provera),	s Implanon or Nexp ch as NuvaRing) be lly active)  Percentage of stude uch as Mirena or Pa patch (such as Orth	lanon); or a shot (suc fore last sexual interc	condom during lassuch as Implanon or or ring (such as N	a), patch (such as Opregnancy, among s 32.8 t sexual intercourse or Nexplanon); or a uvaRing) before las	rthoEvra), or birth students who were 42.8 and birth control shot (such as	Increased, 2012-2018	Not available	No chang

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

exual Behaviors		Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
		nts who did not use a		ent pregnancy durin	g last sexual			
(m.101	12.4	13.0	14.1	7.1	8.9	No linear change	Not available¶	

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

		Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
	entage of students w sex- and age-specifi				ile for body mass			
	12.4	12.7	15.6	14.9	13.0	No linear change	Not available	No change
	ercentage of students c reference data from 10.4			or body mass index.	, based on sex-	No linear change	Not available	No chang
and age-specific	c reference data from	11.9	wth charts)¶ 12.7	•		No linear change	Not available	No chang
and age-specific	c reference data from	11.9	wth charts)¶ 12.7	•		No linear change  No linear change	Not available  Not available	No chang No chang
and age-specific	age of students who	n the 2000 CDC grown 11.9  were trying to lose visual 39.4	wth charts)¶ 12.7 weight 40.1	13.7	38.7			

<sup>\*</sup>Non-Hispanic

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

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

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.

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

		Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
QN70: Percenta	age of students who	did not eat fruit (on	e or more times dur	ing the 7 days before	re the survey)			
	11.1	7.2	9.8	11.1	10.8	No linear change	Not available¶	No change
	ntaga of students wh	o did not eat fruit or	drink 100% fruit j	uices (such as orang	ge juice, apple			
	uice, during the 7 da		<sup>'</sup> )					
			5.2	6.4	6.4	Increased, 2010-2018	Not available	No chang
uice, or grape j  ONFR1: Percei	uice, during the 7 da	3.3 o ate fruit or drank	5.2 100% fruit juices or	ne or more times pe		Increased, 2010-2018	Not available	No chang

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

	ment and Dietary B	Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
	entage of students whople juice, or grape ju				er day (such as			
	25.9	26.9	26.5	24.4	24.5	No linear change	Not available¶	No change
QN71: Percents	tage of students who	did not eat green sa	lad (one or more tir	mes during the 7 da	ys before the			
	tage of students who	did not eat green sa	lad (one or more tir	mes during the 7 da	ys before the 38.7	No linear change	Not available	No change
survey)		37.0	40.0	39.6	38.7	No linear change	Not available	No change
survey)	39.4	37.0	40.0	39.6	38.7	No linear change  Increased, 2010-2018	Not available  Not available	No change No change
survey) QN72: Percenta	39.4 tage of students who	37.0  did not eat potatoes 28.4	40.0 (one or more times 29.1	39.6 s during the 7 days 27.4	38.7 before the survey) 30.1			

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

		Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
QN74: Percent survey)	age of students who	did not eat other veg	getables (one or mo	re times during the	7 days before the			
	14.4	15.2	16.8	15.6	16.8	No linear change	Not available¶	No chang
	or potato chips], carr 3.9	who did not eat vege tots, or other vegetab	oles, during the 7 da	ys before the surve	5.3	No linear change	Not available	No chang
	centage of students v	who ate vegetables o						
	ich fries, fried potato	bes, or potato chips],	carrots, or other ve	getaeres, daring th				

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

		Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
		who ate vegetables to bes, or potato chips],						
	26.5	26.6	27.6	23.7	26.1	No linear change	Not available <sup>¶</sup>	No change
		who ate vegetables theses, or potato chips],				No linear change	Not available	No chang
						<u> </u>		
		did not drink a can, t pop, during the 7 d			Coke, Pepsi, or			

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

		Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	† Change from 2016-2018 §	
2009	2010	2012	2014	2016	2018				
	ercentage of students Pepsi, or Sprite, not								
	26.1	22.8	19.5	17.6	15.3	Decreased, 2010-2018	Not available¶	No change	
ONGOD 42. P.	Catalant								
	ercentage of students Pepsi, or Sprite, not								
						Decreased, 2010-2018	Not available	No change	
	Pepsi, or Sprite, not	counting diet soda o	r diet pop, during tl	he 7 days before the	e survey)	Decreased, 2010-2018	Not available	No change	
(such as Coke, l	Pepsi, or Sprite, not	counting diet soda o	r diet pop, during tl	he 7 days before the 9.0	e survey)	Decreased, 2010-2018	Not available	No change	
(such as Coke, l	Pepsi, or Sprite, not	counting diet soda o	r diet pop, during tl	he 7 days before the 9.0	e survey)	Decreased, 2010-2018  Increased, 2010-2018	Not available  Not available	No change	
QN76: Percent  QNMILK1: Pedrank in a glass	Pepsi, or Sprite, not  16.5 tage of students who	did not drink milk (  11.8  who drank one or man, or with cereal and	the first during the first during the first days be shown as for glasses per day	9.0 efore the survey) 15.6	7.9 20.6 the milk they	, 			

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

		Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
drank in a glass	ercentage of students or cup, from a cartoring the 7 days befo	on, or with cereal and						
	16.7	15.1	14.7	10.6	8.0	Decreased, 2010-2018	Not available <sup>¶</sup>	No change
QN77: Percent	16.7					Decreased, 2010-2018	Not available <sup>¶</sup>	No change
QN77: Percent						Decreased, 2010-2018  Increased, 2012-2018	Not available <sup>¶</sup> Not available	No change
		did not eat breakfas 9.8	t (during the 7 days	before the survey)	17.4			

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

hysical Activity	,	Health Risk Beha	vior and Percenta	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §		
2009	2010	2012	2014	2016	2018			
	l activity that increas	were physically acti sed their heart rate a						
	57.6	62.3	57.8	54.8	53.4	Decreased, 2010-2018	Not available <sup>¶</sup>	No change
	Darcantage of studer	nts who did not parti	cipate in at least 60					
least 1 day (in a		activity that increase	ed their heart rate an	nd made them breat	the hard some of	Increased, 2010-2018	Not available	No change
least 1 day (in a	any kind of physical the 7 days before th	activity that increase e survey)				Increased, 2010-2018	Not available	No change
least 1 day (in a the time during QNPA7DAY: 1	any kind of physical the 7 days before th 8.5 Percentage of studer	activity that increase e survey)	11.5	12.8 0 minutes per day	14.5 on all 7 days (in	Increased, 2010-2018	Not available	No chang

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
QN79: Percent	age of students who	watched television 3	or more hours per	day (on an average	e school day)			
	23.1	19.8	17.9	18.7	14.3	Decreased, 2010-2018	Not available¶	Decreased
03100 B								
day (counting ti	age of students who ime spent on things s gram, Facebook, or of 20.7		ation, an iPad or of	ther tablet, a smartp	hone, texting,	Increased, 2010-2018	Not available	No change
day (counting ti YouTube, Instance school day)  QN81: Percent	ime spent on things s gram, Facebook, or o	such as Xbox, PlayStother social media, f	ation, an iPad or of or something that v	ther tablet, a smartp was not school work 38.1	ohone, texting, c, on an average 37.8	Increased, 2010-2018	Not available	No change

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

# **Nebraska High School Survey** 10-year Trend Analysis Report

	Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2010	2012	2014	2016	2018			
	who attended physi	cal education (PE)	classes on all 5 day	s (in an average			
33.6	35.7	34.6	29.5	28.8	Decreased, 2010-2018	Not available¶	No chang
	2010 centage of students were in school)	2010 2012  Tentage of students who attended physic vere in school)	2010 2012 2014  Tentage of students who attended physical education (PE) were in school)	ventage of students who attended physical education (PE) classes on all 5 day were in school)	2010 2012 2014 2016 2018  Tentage of students who attended physical education (PE) classes on all 5 days (in an average were in school)	2010 2012 2014 2016 2018  Tentage of students who attended physical education (PE) classes on all 5 days (in an average were in school)	2010 2012 2014 2016 2018  The entage of students who attended physical education (PE) classes on all 5 days (in an average overe in school)

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018			
	age of students who onths before the sur	saw a dentist (for a vey)	check-up, exam, te	eth cleaning, or oth	er dental work,			
	78.5	79.6	78.8	82.9	82.1	Increased, 2010-2018	Not available¶	No change
QNNODNT: P lental work)	ercentage of student	s who never saw a d	entist (for a check-	up, exam, teeth clea	aning, or other			
	1.0	0.9	1.4	1.3	0.8	No linear change	Not available	No change
	1.0	0.5						
QN87: Percent		had ever been told b	y a doctor or nurse	that they had asthr	na			
N87: Percent			by a doctor or nurse	that they had asthr	na 20.6	No linear change	Not available	No chang
	age of students who	had ever been told b	19.1	19.9			Not available	

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White* Other		Health Risk Beha	vior and Percenta	ges		Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §
2009	2010	2012	2014	2016	2018	<del>_</del>		
QN89: Percent before the surve		described their grad	les in school as mos	stly A's or B's (durin	ng the 12 months			
			83.1	85.0	80.5	No linear change	Not available¶	No change

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White*	
Site-Adde	d

		Health Risk Behav	vior and Percentag	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §		
2009	2010	2012	2014	2016	2018			
	atorade or Powerade	ts who drank a can, be, not counting low ca						
	16.2	16.1	15.5	9.8	10.1	Decreased, 2010-2018	Not available¶	No change
	atorade or Powerade	ts who drank a can, to not counting low ca				Decreased, 2010-2018	Not available	No change
	Percentage of studen	ts who drank a can, b						
	atorade or Powerade	not counting low ca	lorie sports drinks	such as Proper or G	2, during the 7			

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

White*
Site-Added

		Health Risk Behav	vior and Percentag	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §		
2009	2010	2012	2014	2016	2018			
QN91: Percent their life)	tage of students who	ever drank alcohol (	at least one drink o	f alcohol, on at leas	st 1 day during			
	59.8	51.5	50.5	55.0	52.9	No linear change	Not available <sup>¶</sup>	No change
ON92: Percent	tage of students who	currently took presc	ription pain medici	ne without a doctor				
	n how a doctor told th		more times during	the 30 days before 4.8	the survey) 5.4	No linear change	Not available	No change
differently than		em to use it (one or	bottle, or glass of a	4.8 sports drink (such	5.4 as Gatorade or	No linear change	Not available	No change

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

ite-Added		Health Risk Behav	Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2016-2018 §			
2009	2010	2012	2014	2016	2018			
lemonade, swee Bull, not counti	tage of students who etened tea or coffee of ing soda or pop, spor ys before the survey)	lrinks, flavored milk ts drinks, energy dri	, Snapple, Sunny D	Delight, or energy d	rinks such as Red			
	11.6	10.9	12.3	10.6	10.4	No linear change	Not available¶	No change
	tage of students who				or more days			
					or more days	Decreased, 2010-2018	Not available	No chang
(such as push-u	ips, sit-ups, or weigh	t lifting, during the 7 60.4 used an indoor tanni	56.6  ng device (such as	53.1 a sunlamp, sunbed	50.9	Decreased, 2010-2018	Not available	No chang

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

 $<sup>^{\$}</sup>$ Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

# Nebraska High School Survey 10-year Trend Analysis Report

Hispanic

		Health Risk Behav	Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018			
2009	2010	2012	2014	2016	2018			
QN8: Percentag	ge of students who r	arely or never wore	a seat belt (when ri	ding in a car driven	by someone else)	)		
	24.9	17.6	14.7	10.5	8.1	Decreased, 2010-2018	Not available§	No change
	ge of students who rest during the 30 day			g alcohol (in a car	or other vehicle,	Decreased, 2010-2018	Not available	Decreased
nore times duri	age of students who ing the 30 days before the survey)							
ne 30 days bere								

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

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

		Health Risk Behavi	Linear Change*	Quadratic Change*	Change from 2016-2018			
2009	2010	2012	2014	2016	2018	_		
	ays before the surve	texted or e-mailed w						
		39.9	50.6	39.9	45.9	No linear change	Not available§	No change
)N13: Percenta	age of students who	carried a weapon on	school property (s	uch as a gun, knife,	or club, on at			
	age of students who ng the 30 days befor		a school property (s	uch as a gun, knife,	or club, on at	No linear change	Not available	No chang
east 1 day durin	ng the 30 days befor		8.4 because they felt u	6.6	3.2	No linear change	Not available	No chang
east 1 day durin	ng the 30 days befor	did not go to school	8.4 because they felt u	6.6	3.2	No linear change  No linear change	Not available  Not available	No chang
QN15: Percentarom school (on	age of students who at least 1 day durin 5.3	did not go to school g the 30 days before	8.4 because they felt uthe survey) 9.8 njured with a weap	6.6  nsafe at school or of 10.3  on on school prope	3.2 on their way to or 10.0			

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

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

# Nebraska High School Survey 10-year Trend Analysis Report

Hisnanic

		Health Risk Behav	Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018 <sup>†</sup>			
2009	2010	2012	2014	2016	2018			
QN17: Percentag survey)	ge of students who	were in a physical f	ight (one or more ti	mes during the 12 i	nonths before the			
	37.2	27.4	30.1	24.5	18.4	Decreased, 2010-2018	Not available <sup>§</sup>	No change
QN19: Percentag	ge of students who	were ever physically	y forced to have sex	xual intercourse (wh	nen they did not	, ,		
	10.1	11.8	11.4	12.2	9.0	No linear change	Not available	No change

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

		Health Risk Behavi	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
dating or going forced to have s	out with to do sexua sexual intercourse] the	experienced sexual of things [counting sunt they did not want or went out with some	ich things as kissin to, one or more tir	g, touching, or bein nes during the 12 m	ng physically nonths before the			
			10.4	12.0	7.0	No lineau chance	NT - 4 1 - 1 - 1 - 8	NT1
		13.2	10.4	12.9	7.8	No linear change	Not available <sup>§</sup>	No change
someone they winjured with an	vere dating or going object or weapon] o	experienced physica out with [counting sine or more times during the 12 mon	al dating violence (luch things as being ring the 12 months	being physically hu hit, slammed into s before the survey, a	rt on purpose by something, or	No linear change	Not availables	No change
someone they winjured with an	vere dating or going object or weapon] o	experienced physica out with [counting some or more times dur	al dating violence (luch things as being ring the 12 months	being physically hu hit, slammed into s before the survey, a	rt on purpose by something, or	No linear change	Not available	No change
someone they winjured with an who dated or w	vere dating or going object or weapon] o ent out with someon	experienced physica out with [counting some or more times during the 12 mon	al dating violence (luch things as being ring the 12 months ths before the surve	being physically hu hit, slammed into s before the survey, a ey)	rt on purpose by something, or among students  4.8			

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018			
2009	2010	2012	2014	2016	2018	<del></del>		
		were electronically l media, ever during			h texting,			
	12.3	13.8	17.0	23.1	12.9	No linear change	Not available§	Decreased
	age of students who	felt sad or hopeless, ever during the 12 r			row so that they			
topped doing so 2N26: Percenta	age of students who ome usual activities 24.5	felt sad or hopeless	months before the s	30.0	41.6	Increased, 2010-2018	Not available	Increased
topped doing so	age of students who ome usual activities 24.5	felt sad or hopeless, ever during the 12 magnetic felt sad or hopeless and felt sad or hopeless are sad or hopeless at 26.9	months before the s	30.0	41.6		Not available  Not available	Increased No chang
opped doing so N26: Percenta e survey)	age of students who ome usual activities  24.5  age of students who  16.7  age of students who	felt sad or hopeless, ever during the 12 m 26.9	32.7 d attempting suicide 20.4	30.0 e (ever during the 1 24.7	41.6 2 months before 19.7	Increased, 2010-2018		

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

	]	Health Risk Behav	ior and Percentag	res		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN28: Percentag survey)	ge of students who	attempted suicide (c	one or more times d	luring the 12 month	s before the	,		
	13.9	13.3	15.9	15.8	13.8	No linear change Not available§	Not available <sup>§</sup>	No change

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN30: Percenta	age of students who	ever tried cigarette	smoking (even one	or two puffs)	-			
	46.0	40.5	46.5	32.1	26.1	Decreased, 2010-2018	Not available§	No change
QN31: Percenta	age of students who	first tried cigarette s	smoking before age	13 years (even one	or two puffs)			
QN31: Percenta	age of students who	first tried cigarette s	smoking before age	13 years (even one	or two puffs) 7.6	No linear change	Not available	No change
	age of students who			14.9	7.6	No linear change	Not available	No change
QN32: Percenta				14.9	7.6	No linear change  Decreased, 2010-2018	Not available  Not available	No change
QN32: Percenta urvey)	age of students who 14.6 rcentage of students	currently smoked ci	garettes (on at least	14.9 t 1 day during the 3 5.3	7.6  0 days before the  2.3			

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QNDAYCIG: In the serve	9 2010 2012 2014 2016 2018  YCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days the survey)							
	4.7	2.7	1.6	0.6	0.0	Not available	Not available	No change
)N34· Percent		_··				Not available	Not available	No change
	age of students who pes, vaping pens, e-	ever used an electro hookahs, and hookal	nic vapor product ( h pens [such as blu,	including e-cigaret NJOY, Vuse, Mar	tes, e-cigars, kTen, Logic,			,
e-pipes, vape pi Vapin Plus, eGo	age of students who pes, vaping pens, e- o, and Halo])	ever used an electro hookahs, and hooka	onic vapor product ( h pens [such as blu, 55.6	including e-cigaret NJOY, Vuse, Mar 41.3	tes, e-cigars, kTen, Logic, 51.7	No linear change	Not available	No chang
Pippes, vape pi Vapin Plus, eGo QN35: Percenta Pippes, vape pi	age of students who pes, vaping pens, e- p, and Halo]) age of students who pes, vaping pens, e-	ever used an electro	onic vapor product ( h pens [such as blu,  55.6  ectronic vapor product (	including e-cigaret NJOY, Vuse, Mar 41.3 duct (including e-cig NJOY, Vuse, Mar	tes, e-cigars, kTen, Logic, 51.7 garettes, e-cigars,			

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

Uicnonio

		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	rcentage of students 30 days before the s		d electronic vapor pr	roducts frequently (	on 20 or more			
any animg me	os anjo serore une s	(42.10)	4.7	0.5	2.2	No linear change	Not available§	No change
		nts who currently us	sed electronic vapor	products daily (on	all 30 days durin	g		
the 30 days befo	ore the survey)		3.1	0.5	1.2	No linear change	Not available	No change
	ntage of students when 20 days before the		l cigarettes or used e	electronic vapor pro	oducts (on at leas	t		
			40.8	11.9	12.7	Decreased, 2014-2018	Not available	No change

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

<sup>§</sup>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 <sup>†</sup> 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) 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) 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) 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) 8.8 4.7 No linear change Not available No change

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
ONTB2: Perce	ntage of students wh	o currently smoked	cigarettes or cigars	(on at least 1 day d	luring the 30 days			
before the surve	ey)							

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			
QN40: Percenta	age of students who	had their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
	23.9	22.4	18.9	19.0	17.1	No linear change	Not available§	No change
	age of students who	currently drank alco	shol (at least one dr	ink of alcohol, on a	t least 1 day			
	32.8	22.1	30.3	27.0	20.9	No linear change	Not available	No change

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN45: Percenta	age of students who	ever used marijuana	a (one or more time	s during their life)				
	38.2	32.6	47.0	29.3	30.8	No linear change	Not available§	No change
QN46: Percenta	age of students who	tried marijuana for t	the first time before	e age 13 years				:
	13.0	7.8	11.8	10.9	6.4	No linear change	Not available	No change
QN47: Percenta survey)	age of students who	currently used mari	juana (one or more	times during the 30	days before the			
	21.0	15.8	25.2	16.0	14.3	No linear change	Not available	No change
QN48: Percenta	age of students who	ever used synthetic	marijuana (one or 1	more times during t	heir life)			
			9.6	9.2	10.4	No linear change	Not available	No change

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

<sup>§</sup>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 <sup>†</sup> 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) 8.7 10.7 10.6 16.6 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

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change fron 2016-2018
2009	2010	2012	2014	2016	2018	<del></del>		
	age of students who	ever used methampl during their life)	hetamines (also cal	led "speed," "crysta	l meth," "crank,"			
	8.6	4.3	4.4	5.3	1.2	Decreased, 2010-2018	Not available§	No change
N54: Percenta	age of students who	ever used ecstasy (a	also called "MDMA	," one or more time	es during their			
	7.6	5.3	6.9	7.2	3.9	No linear change	Not available	No change
N56: Percenta	age of students who	ever injected any ill g their life)	legal drug (used a n	eedle to inject any	illegal drug into			
	4.0	2.7	6.5	2.0	2.7	No linear change	Not available	No change
	age of students who	were offered, sold,	or given an illegal o	drug on school prop	erty (during the			
- monuis sero						No linear change		

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

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

# Nebraska High School Survey 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018		
2009	2010	2012	2014	2016	2018			
QN58: Percenta	age of students who	ever had sexual inte	rcourse		·			
	48.8	42.7	38.3	32.8	44.0	No linear change	Not available§	No change
QN59: Percenta	age of students who	had sexual intercoun	rse for the first time	e before age 13 year	rs	-		
	8.7	6.5	5.5	2.8	2.6	Decreased, 2010-2018	Not available	No change
QN60: Percenta	age of students who	had sexual intercoun	rse with four or mo	re persons during the	neir life			
	18.2	13.3	11.8	5.9	8.7	Decreased, 2010-2018	Not available	No change
	age of students who he 3 months before	were currently sexu the survey)	ally active (had sex	tual intercourse wit	h at least one			
	34.3	25.7	32.2	18.1	32.8	No linear change	Not available	Increased

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

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

Hispanic Sexual Behaviors		Health Risk Behav	vior and Percentag	ges		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018 <sup>†</sup>
2009	2010	2012	2014	2016	2018			
QN84: Percentage tests done if they		were ever tested fo	r human immunode	ficiency virus (HIV	() (not counting			
			9.6	13.4	14.1	No linear change	Not available <sup>§</sup>	No change

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

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

	]	Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
	entage of students w sex- and age-specifi				ile for body mass			
	17.6	16.5	21.5	23.1	11.5	No linear change	Not available <sup>¶</sup>	Decreased
	ercentage of students c reference data from 15.9			r body mass index,	based on sex-	No linear change	Not available	No chang
and age-specific	c reference data from	21.2	wth charts)§	•		No linear change	Not available	No chang
and age-specific	c reference data from	21.2	wth charts)§	•		No linear change	Not available  Not available	No chang
and age-specific	age of students who	21.2 were trying to lose v	wth charts) <sup>§</sup> 14.4 weight 53.1	19.0	17.6 55.2			

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

<sup>&</sup>lt;sup>§</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

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) 10.0 9.1 12.6 11.9 11.5 No linear change Not available§ No change QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) 6.3 5.6 6.7 8.5 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

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

<sup>§</sup>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

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

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

eight Managem	ent and Dietary Bo	Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018 †
2009	2010	2012	2014	2016	2018			
QN74: Percent survey)	age of students who	did not eat other veg	getables (one or mo	ore times during the	7 days before the			
	23.9	23.2	25.0	17.7	24.1	No linear change	Not available§	No change
		who did not eat vege ots, or other vegetab						
	6.7	7.8	9.4	8.7	9.7	No linear change	Not available	No change
		who ate vegetables o bes, or potato chips],				. ,		
	56.3	56.4	58.0	56.8	53.3	No linear change	Not available	No change

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

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

		Health Risk Behavi	or and Percentage	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-201
2009	2010	2012	2014	2016	2018	_		
		who ate vegetables twoes, or potato chips],						
	26.8	24.3	25.1	27.7	18.3	No linear change	Not available§	No chan
				1 / 1	1			
excluding Fren		who ate vegetables the pes, or potato chips],						
excluding Fren						No linear change	Not available	No chan
excluding Frenche survey)  N75: Percenta	ch fries, fried potato  14.1  age of students who	pes, or potato chips],	14.2 bottle, or glass of s	getables, during the 16.0 oda or pop (such as	e 7 days before 8.9	No linear change	Not available	No chan

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
•	ercentage of students Pepsi, or Sprite, not		, ,	* *	¥ -			
	26.4	19.0	20.0	20.1	15.5	Decreased, 2010-2018	Not available§	No change
			:					
	ercentage of students Pepsi, or Sprite, not							
						Decreased, 2010-2018	Not available	Decrease
such as Coke, I	Pepsi, or Sprite, not	counting diet soda o	r diet pop, during tl	ne 7 days before the	e survey)	Decreased, 2010-2018	Not available	Decrease
such as Coke, I	Pepsi, or Sprite, not	counting diet soda o	r diet pop, during tl	ne 7 days before the	e survey)	Decreased, 2010-2018  No linear change	Not available  Not available	Decrease No chang
QNMILK1: Pelrank in a glass	Pepsi, or Sprite, not 17.0 age of students who	did not drink milk (17.5  who drank one or mon, or with cereal and	tr diet pop, during the 11.7  during the 7 days be 22.9  nore glasses per day	13.1 efore the survey) 18.3 of milk (counting	5.7 23.0 the milk they			

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

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

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
lrank in a glass		who drank three or on, or with cereal and re the survey)						
		· · · · · · · · · · · · · · · · · · ·						
	10.5	6.1	8.3	7.3	4.6	No linear change	Not available <sup>§</sup>	No change
QN77: Percenta		6.1 did not eat breakfast				No linear change	Not available <sup>§</sup>	No change
QN77: Percenta						No linear change  No linear change	Not available <sup>§</sup> Not available	No change
	age of students who	did not eat breakfas	t (during the 7 days	before the survey) 22.0	20.7			

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	_		
	l activity that increas	were physically acti sed their heart rate an						
	43.5	42.3	39.6	40.6	39.8	No linear change	Not available§	No change
		·						
east 1 day (in a	my kind of physical	ats who did not partic activity that increase e survey)						
least 1 day (in a		activity that increase				No linear change	Not available	No change
east 1 day (in and the time during the time du	the 7 days before the 15.2  Percentage of studer sical activity that income	activity that increase e survey)	22.3  ally active at least 6	18.0 60 minutes per day	19.4 on all 7 days (in		Not available	No change

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

	]	Health Risk Behavi	or and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN79: Percent	tage of students who	watched television 3	or more hours per	day (on an average	e school day)			
	31.0	30.9	30.8	16.3	21.4	Decreased, 2010-2018	Not available§	No change
	tage of students who ime spent on things s	uch as Xbox, PlaySt	ation, an iPad or o	ther tablet, a smartp	hone, texting,			
YouTube, Insta school day)	agram, Facebook, or 6	32.3	36.6	38.8	47.4	Increased, 2010-2018	Not available	No change
ochool day)  QN81: Percent		32.3	36.6	38.8	47.4	Increased, 2010-2018	Not available	No change

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

	I	Health Risk Behavi	ior and Percentag	es		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
· · · · · ·								
	rcentage of students	who attended physi	cal education (PE)	classes on all 5 day	s (in an average			
	rcentage of students were in school) 34.7	who attended physi	ical education (PE)	classes on all 5 day	vs (in an average 22.3	Decreased, 2010-2018	Not available <sup>§</sup>	No change
week when they	were in school) 34.7	31.2	26.5	25.7	22.3	Decreased, 2010-2018	Not available <sup>§</sup>	No change
N83: Percenta	were in school)	31.2	26.5	25.7	22.3	Decreased, 2010-2018	Not available <sup>§</sup>	No chang

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

	]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change fron 2016-2018
2009	2010	2012	2014	2016	2018	<u> </u>		
	age of students who onths before the sur		check-up, exam, te	eth cleaning, or oth	er dental work,			
	62.9	59.4	66.0	70.7	64.8	No linear change	Not available <sup>§</sup>	No change
NNODNT: Po	ercentage of students	s who never saw a d	lentist (for a check-	up, exam, teeth cle	aning, or other			,
	ercentage of students	s who never saw a d	lentist (for a check-	up, exam, teeth clear	aning, or other	No linear change	Not available	No chang
ental work)	-	2.9	2.6	2.2	1.7	No linear change	Not available	No chang
ental work)	5.9	2.9	2.6	2.2	1.7	No linear change  No linear change	Not available  Not available	No chang
ental work) N87: Percenta	5.9	2.9 had ever been told b	2.6  Dy a doctor or nurse  18.9	2.2 e that they had asthr	1.7 ma	<u>-</u>		_

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

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

Hispanic Other	Health Risk Behavior and Percentages					Linear Change <sup>*</sup>	Quadratic Change*	Change from 2016-2018 <sup>†</sup>
2009	2010	2012	2014	2016	2018			
QN89: Percent before the surve		described their grad						
			67.6	72.8	73.1	No linear change	Not available <sup>§</sup>	No change

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018	<u> </u>		
	Percentage of studen atorade or Powerade survey)							
NGDDDW2. D	20.4	14.8	14.8	18.2	7.6	Decreased, 2010-2018	Not available <sup>§</sup>	Decreased
	Percentage of studen torade or Powerade, survey)	ts who drank a can, not counting low ca	bottle, or glass of a alorie sports drinks	sports drink two or such as Propel or G	more times per 2, during the 7			
lay (such as Ga	Percentage of studen torade or Powerade,	ts who drank a can,	bottle, or glass of a	sports drink two or	more times per	Decreased, 2010-2018  No linear change	Not available <sup>§</sup> Not available	,
ay (such as Ga ays before the	Percentage of studen torade or Powerade, survey) 12.8 Percentage of studen torade or Powerade,	ts who drank a can, not counting low ca 7.9 ts who drank a can,	bottle, or glass of a alorie sports drinks 7.3 bottle, or glass of a	sports drink two or such as Propel or G 11.5	more times per 2, during the 7 4.6 or more times per			Decreased

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

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

# Nebraska High School Survey 10-year Trend Analysis Report

	]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change <sup>*</sup>	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
QN91: Percenta their life)	age of students who	ever drank alcohol (	at least one drink o	of alcohol, on at least	st 1 day during			
	65.2	54.9	60.0	53.4	55.7	No linear change	Not available§	No change
	age of students who how a doctor told th					No linear change	Not available	No change
differently than		em to use it (one or did not drink a can,	more times during	the 30 days before  8.8  a sports drink (such	the survey)  8.4  as Gatorade or	No linear change	Not available	No change

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

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

# **Nebraska High School Survey** 10-year Trend Analysis Report

	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2016-2018
2009	2010	2012	2014	2016	2018			
emonade, swee Bull, not counti	tage of students who etened tea or coffee of ing soda or pop, spor ys before the survey)	lrinks, flavored milk ts drinks, energy dri	, Snapple, Sunny D	Delight, or energy d	rinks such as Red			
	18.3	10.3	16.0	18.1	10.8	No linear change	Not available <sup>§</sup>	No change
	tage of students who aps, sit-ups, or weigh 55.6				or more days	No linear change	Not available	No change
N98: Percent	tage of students who	used an indoor tanni	ing device (such as	a sunlamp, sunbed	, or tanning booth	, , , , , , , , , , , , , , , , , , ,		
	etting a spray-on tan							
not counting g								

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

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