Nebraska High School Survey 10-year Trend Analysis Report

jury and Violenc		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN8: Percentage	e of students who d	id not always wear	a seat belt (when ric	ding in a car driven	by someone else)			
61.9	53.5	50.3	42.0	48.2	54.6	Decreased, 2010-2021	Decreased, 2010-2016 Increased, 2016-2021	Increased
		ode with a driver what s before the survey)		g alcohol (in a car	or other vehicle,			,
one or more times	s during the 50 day	s before the survey)	!					

^{*}Based on trend 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 Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change*	Change fron 2018-2021
2010	2012	2014	2016	2018	2021			
	ng the 30 days before	drove a car or other re the survey, among						
	6.8	10.1	6.3	5.8	4.5	Decreased, 2012-2021	Not available§	No change
		texted or e-mailed w						,
efore the surve	ey) 46.6	49.4	48.3	50.7	51.4	No linear change	Not available	No change
efore the surve	ey) 46.6	carried a weapon on				No linear change Decreased, 2014-2021	Not available Not available	No chang

^{*}Based on trend analyses using a logistic regression model controlling 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*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
		did not go to school g the 30 days before		insafe at school or o	on their way to or			
3.8	4.2	6.2	7.5	6.8	6.8	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	No change
		were threatened or i			rty (such as a			1
6.4	6.4	7.1	7.1	8.0	7.7	No linear change	No quadratic change	No change
QN16: Percenta survey)	ge of students who	were in a physical f	ight (one or more ti	imes during the 12 i	months before the			
26.7	20.1	19.7	19.2	19.1	19.9	Decreased, 2010-2021	Decreased, 2010-2014 No change, 2014-2021	No change

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

						2018-2021
2014	2016	2018	2021	<u> </u>		
ere ever physicall	ly forced to have sex	xual intercourse (wh	nen they did not	,		
8.3	8.4	8.2	9.7	No linear change	No quadratic change	No change
	ere ever physical	ere ever physically forced to have se	ere ever physically forced to have sexual intercourse (wh	ere ever physically forced to have sexual intercourse (when they did not	ere ever physically forced to have sexual intercourse (when they did not	ere ever physically forced to have sexual intercourse (when they did not

^{*}Based on trend analyses using a logistic regression model controlling 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	ges		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
someone they we njured with an ol	re dating or going object or weapon] or	experienced physica out with [counting s ne or more times dur e during the 12 mon	uch things as being ring the 12 months	g hit, slammed into before the survey,	something, or			
	7 (0.1	7 4		7 (X 11 1	N	37 1
	7.6	8.1	7.4	6.9	7.6	No linear change	Not available [§]	No change
N23: Percentag urvey)		8.1 were bullied on scho				No linear change	Not available [§]	No change

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

[§]Not enough years of data to calculate.

Total		
Injury	and	Violence

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
		felt sad or hopeless ever during the 12 i			row so that they			
21.0	19.5	24.1	27.0	32.0	36.4	Increased, 2010-2021	No quadratic change	No change
QN26: Percenta survey)	age of students who	seriously considered	l attempting suicide	e (during the 12 mo	nths before the			
14.2	12.1	14.6	16.1	17.7	19.2	Increased, 2010-2021	No quadratic change	No change
		made a plan about h	ow they would atte	empt suicide (during	g the 12 months			
QN27: Percenta before the survey	y)							
	y) 9.8	13.3	14.1	15.5	14.3	Increased, 2010-2021	No quadratic change	No change
efore the survey	9.8	13.3 actually attempted s	·	,		Increased, 2010-2021	No quadratic change	No chang

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

otal njury and Violenc		Health Risk Behav	vior and Percentag	es	Linear Change [*]	[†] Quadratic Change [*]	Change from 2018-2021 †	
2010	2012	2014	2016	2018	2021			
			pt that resulted in an		or overdose that			
2.6	1.8	3.3	2.2	3.3	3.0	No linear change	No quadratic change	No change

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

Nebraska High School Survey 10-year Trend Analysis Report

bacco Use		Health Risk Behavi	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QN30: Percenta	ge of students who	ever tried cigarette s	smoking (even one	or two puffs)				
38.7	31.9	31.4	24.0	22.8	18.7	Decreased, 2010-2021	No quadratic change	No change
QN31: Percenta	ge of students who	first tried cigarette s	moking before age	13 years (even one	e or two puffs)			
			8.4	7.1	6.1	No linear change	Not available [§]	No change
QN32: Percenta survey)	ge of students who	currently smoked ci	garettes (on at least	t 1 day during the 3	0 days before the			
15.0	10.9	13.3	7.4	4.2	3.6	Decreased, 2010-2021	No quadratic change	No change
QNFRCIG: Pero 30 days before the		who currently smok	ed cigarettes freque	ently (on 20 or mor	e days during the			
5.8	3.0	3.7	2.1	1.2	0.1	Decreased, 2010-2021	Decreased, 2010-2016 Decreased, 2016-2021	Decreased

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

2010 201	12							
		2014	2016	2018	2021			
QNDAYCIG: Percentage perfore the survey)	of students wh	no currently smo	oked cigarettes dail	ly (on all 30 days d	uring the 30 days			
4.1	2.4	2.6	1.2	0.9	0.1	Decreased, 2010-2021	No quadratic change	Decreased
2N34: Percentage of studens, e-cigars, e-hookahs,						No linear change	Not available [§]	Decreased

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

bacco Use		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
	rcentage of students 30 days before the	s who currently used survey)	electronic vapor pi	roducts frequently (on 20 or more			
		2.3	1.7	6.5	6.1	Increased, 2014-2021	Not available [§]	No change
QNDAYEVP: 1 the 30 days before		nts who currently use	•					
		1.5	1.2	5.1	4.9	Increased, 2014-2021	Not available	No change
	ntage of students when a 30 days before the	no currently smoked survey)	cigarettes or used of	electronic vapor pro	ducts (on at least	t		

^{*}Based on trend analyses using a logistic regression model controlling 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	Quadratic Change [*]	Change from 2018-2021 †				
2010	2012	2014	2016	2018	2021	_		
dissolvable toba	age of students who acco products [such on at least 1 day du	as Copenhagen, Gri	zzly, Skoal, or Cam					
			5.3	3.6	2.9	No linear change	Not available§	No change
dip, snus, or dis	ercentage of students ssolvable tobacco pro vapor products, on 20	oducts [such as Cop	enhagen, Grizzly, S	koal, or Camel Snu		No linear change	Not available	No change
	Percentage of stude assolvable tobacco pro	oducts [such as Cop	enhagen, Grizzly, S	koal, or Camel Snu				
	vapor products, on al	1 30 days during the	30 days before the	survey)				

^{*}Based on trend analyses using a logistic regression model controlling 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*	Change from 2018-2021
2010	2012	2014	2016	2018	2021	<u> </u>		
	age of students who ys before the survey	currently smoked c	igars (cigars, cigaril	los, or little cigars,	on at least 1 day	,		
9.6	8.3	8.1	6.7	4.1	3.0	Decreased, 2010-2021	No quadratic change	No change
	-	-				Decreased, 2010 2021	Tio quadratic change	
QNTB4: Percer	ntage of students wh	no currently smoked st 1 day during the 3	cigarettes or cigars 0 days before the so	or used smokeless urvey)	tobacco or			
QNTB4: Percer electronic vapor	ntage of students wh products (on at leas	no currently smoked st 1 day during the 3	cigarettes or cigars 0 days before the st	or used smokeless urvey) 17.2	tobacco or	No linear change	Not available [§]	
QNTB4: Percer electronic vapor QNFRCGR: Pe	ntage of students wh products (on at lease	no currently smoked	cigarettes or cigars to days before the start 14.2	or used smokeless urvey) 17.2	tobacco or 14.9			No chang

^{*}Based on trend 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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No change
nadratic change

^{*}Based on trend 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

Total Alcohol and Other Drug Use Health Risk Behavior and Percentages Linear Change* Quadratic Change* Change from 2018-2021 † 2010 2012 2014 2016 2018 2021 QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips) 16.5 12.9 13.7 13.3 13.4 12.4 Decreased, 2010-2021 No quadratic change No change QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey) 26.6 22.1 22.7 24.4 21.0 18.9 Decreased, 2010-2021 No quadratic change No change QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)

8.2

9.1

No linear change

Not available§

10.5

No change

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

[§]Not enough years of data to calculate.

al ohol and Othei	_	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021	<u> </u>		
		reported that the lar e 30 days before the		ks they had in a rov	www. 10 or more			
				1.8	3.6	No linear change	Not available§	No change
		usually got the alco		omeone giving it to	them (during the			
35.2	37.5	39.6	31.7	38.0	39.1	No linear change	No quadratic change	No change
	age of students who	ever used marijuana	(one or more times	s during their life)				
QN45: Percenta	age of students who							
QN45: Percenta 25.0	23.6	26.6	25.4	25.6	18.7	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	Decreased
25.0	23.6	26.6 tried marijuana for			18.7	Decreased, 2010-2021		Decreased

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

[§]Not enough years of data to calculate.

Total			
Alcohol and	Other	Drug	Use

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
QN47: Percenta survey)	ge of students who	currently used marij	juana (one or more	times during the 30) days before the			
12.7	11.7	13.7	13.4	11.6	11.0	No linear change	No quadratic change	No change
QN48: Percenta	ge of students who	ever used synthetic 7.5	marijuana (one or 1	more times during t	heir life) 4.3	No linear change	Not available [§]	No change
QN49: Percenta lifferently than h	ge of students who	•	5.2 on pain medicine w	6.2	4.3 escription or	No linear change	Not available [§]	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
		ever used inhalants s to get high, one or			aerosol spray			
9.7	7.0	8.1	6.0	6.0	7.3	No linear change	Decreased, 2010-2016 No change, 2016-2021	No chang
	age of students who or more times durin	ever injected any illeg their life)	egal drug (used a ne	eedle to inject any i	llegal drug into			1
			egal drug (used a n	eedle to inject any i	llegal drug into	Decreased, 2010-2021	Increased, 2010-2014 Decreased, 2014-2021	Decrease
heir body, one o	or more times during 1.9 age of students who	g their life)	1.6	2.2	0.9	Decreased, 2010-2021	· ·	Decrease

^{*}Based on trend 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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xual Behaviors	j	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
QN57: Percenta	ge of students who	ever had sexual inte	rcourse					
37.1	35.2	32.5	29.1	33.7	34.5	No linear change	Decreased, 2010-2016 No change, 2016-2021	No change
QN58: Percenta	ge of students who	had sexual intercour	se for the first time	before age 13 year	rs			•
3.8	4.1	3.3	2.8	2.2	2.5	Decreased, 2010-2021	No quadratic change	No change
QN59: Percenta	ge of students who	had sexual intercour	rse with four or mo	re persons during the	neir life			
10.6	9.4	8.0	6.0	9.0	10.4	No linear change	Decreased, 2010-2016 Increased, 2016-2021	No change
	ge of students who ne 3 months before t	were currently sexual	ally active (had sex	ual intercourse wit	h at least one			
27.0	25.7	24.9	20.5	25.0	26.8	No linear change	Decreased, 2010-2016 No change, 2016-2021	No change

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

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Total
Sevual Rehavior

]	Health Risk Behav	ior and Percentag	es	Linear Change [*]	Quadratic Change [*]	Change from 2018-2021 †	
2010	2012	2014	2016	2018	2021			
	age of students who atly sexually active)	drank alcohol or use	ed drugs before last	sexual intercourse	(among students			
19.8	19.7	17.9	13.7	16.5	20.4	No linear change	Decreased, 2010-2016 No change, 2016-2021	No change
QN62: Percenta	ge of students who ly active)	used a condom duri	ng last sexual inter	course (among stud	ents who were			
62.0	62.5	57.0	53.3	51.4	51.0	Decreased, 2010-2021	No quadratic change	No change
	age of students who y donated blood)	were ever tested for	human immunode	ficiency virus (HIV	(not counting			
		9.3	8.8	9.7	5.2	Decreased, 2014-2021	Not available [§]	Decreased
	ge of students who gonorrhea (during the			disease (STD) other	than HIV, such			
	Sometimen (during t	12 mondis octore	and survey)	8.1	4.7	No linear change	Not available	Decreased

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

[§]Not enough years of data to calculate.

	j	Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021	<u> </u>		
		ho were overweight c reference data fro			ile for body mass			
13.6	13.8	16.9	16.6	12.8	15.3	No linear change	No quadratic change	No change
		who had obesity (> n the 2000 CDC grown 13.0		or body mass index.	based on sex-	Increased, 2010-2021	No quadratic change	Increased
and age-specific	reference data from 12.7	13.0 at the 2000 CDC grown 13.0	wth charts) [§] 14.8	•		Increased, 2010-2021	No quadratic change	Increased
and age-specific 11.6 QN67: Percenta	reference data from 12.7 ge of students who	13.0 were trying to lose v	wth charts) [§] 14.8 weight	13.3	19.2			
nd age-specific 11.6	reference data from 12.7	13.0 at the 2000 CDC grown 13.0	wth charts) [§] 14.8	•		Increased, 2010-2021 No linear change	No quadratic change No change, 2010-2016 Increased, 2016-2021	Increased
11.6 2N67: Percenta 43.0	reference data from 12.7 ge of students who 42.2 ge of students who	13.0 were trying to lose v	wth charts) [§] 14.8 weight 43.8	13.3	19.2		No change, 2010-2016	

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
QN69: Percenta	ge of students who	did not eat fruit (on	e or more times dur	ing the 7 days befo	ore the survey)			
12.1	8.1	10.3	12.1	10.6	12.9	No linear change	No quadratic change	No change
		o did not eat fruit or		uices (such as oran	ge juice, apple			
4.7	4.1	5.6	7.6	6.5	8.9	Increased, 2010-2021	No quadratic change	No change
		o ate fruit or drank lice, during the 7 da			er day (such as			,
nange juice, app	3 , 6 1 3							

^{*}Based on trend 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*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021	_		
		o ate fruit or drank lice, during the 7 da			er day (such as			
26.9	26.4	26.8	26.2	24.6	22.8	Decreased, 2010-2021	No quadratic change	No change
QN70: Percenta survey) 39.8	ge of students who 38.6	did not eat green sal	lad (one or more tir	nes during the 7 da	ys before the 42.3	No linear change	No quadratic change	No change
39.8	38.6		42.7	41.8	42.3	No linear change	No quadratic change	No change
survey) 39.8	38.6	39.4	42.7	41.8	42.3	No linear change Increased, 2010-2021	No quadratic change No quadratic change	No change
39.8 QN71: Percenta 27.0	38.6 ge of students who 29.3	39.4 did not eat potatoes	42.7 (one or more times 31.2	during the 7 days	42.3 before the survey) 38.9			

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

ngnt Manageme	nt and Dietary Be	naviors Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN73: Percenta survey)	ge of students who	did not eat other ve	getables (one or mo	ore times during the	7 days before the			
16.8	17.2	19.1	16.9	19.1	21.3	No linear change	No quadratic change	No change
		who did not eat vege ots, or other vegetab						
4.5	5.4	6.4	5.8	7.5	8.5	Increased, 2010-2021	No quadratic change	No change
		who ate vegetables of es, or potato chips],				•		
	61.4	63.8	61.3	58.1	57.9	No linear change	No quadratic change	No change

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

eight Manageme	ent and Dietary Be	haviors Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021	_		
		who ate vegetables to es, or potato chips],						
26.5	25.8	27.4	23.8	24.4	21.7	Decreased, 2010-2021	No quadratic change	No change
		who ate vegetables thes, or potato chips],						
12.2	11.7	13.2	11.8	11.3	11.2	No linear change	No quadratic change	No change
		did not drink a can, t pop, one or more ti						
18.7	22.6	24.3	28.5	29.3	29.4	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	No change

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

otal Yeight Manageme	ent and Dietary Be	ehaviors Health Risk Behav	ior and Percentag	ees		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
		s who drank a can, b counting diet soda o						
26.2	22.3	20.4	18.2	16.5	14.0	Decreased, 2010-2021	No quadratic change	No change
		s who drank a can, b counting diet soda o				Decreased, 2010-2021	No quadratic change	No change
ON75: Percenta	ge of students who	did not drink milk (during the 7 days b	pefore the survey)				-
14.7	13.3	17.3	17.5	22.4	30.7	Increased, 2010-2021	No change, 2010-2016 Increased, 2016-2021	Increased

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

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-202
2010	2012	2014	2016	2018	2021	_		
lrank in a glass		who drank one or m n, or with cereal and the the survey)						
47.4	44.0	41.7	38.1	35.0	27.1	Decreased, 2010-2021	No quadratic change	Decrease
lrank in a glass		who drank three or n, or with cereal and the the survey)				Decreased, 2010-2021	No quadratic change	No ch
drank in a glass o one glass, dur	or cup, from a carto ing the 7 days before	n, or with cereal and re the survey)	l counting the half p	pint of milk served	at school as equal	Decreased, 2010-2021	No quadratic change	No
rank in a glass of one glass, dur	or cup, from a carto ing the 7 days before 13.0	n, or with cereal and re the survey)	10.0	pint of milk served 7.3	at school as equal 7.3	Decreased, 2010-2021	No quadratic change	No cha

^{*}Based on trend analyses using a logistic regression model controlling 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	ges		Linear Change [*]	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNBK7DAY:	Percentage of studer	nts who ate breakfas	st on all 7 days (dur	ing the 7 days before	re the survey)			
	37.8	36.2	34.9	31.1	26.5	Decreased, 2012-2021	Not available§	No change

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

nysical Activity	1	Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
	age of students who activity that increase survey)							
53.7	57.6	52.8	51.7	50.1	58.0	No linear change	No change, 2010-2016 Increased, 2016-2021	Increased

any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

15.9

28.0 32.3 29.7 26.8 27.9 30.6 No linear change No quadratic change No change

12.6

No linear change

Increased, 2010-2016

No change, 2016-2021

QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of

ONPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in

14.1

14.8

Total

the time during the 7 days before the survey)

10.7

10.4

No change

^{*}Based on trend 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

	1	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021	<u> </u>		
QN79: Percenta week when they	ge of students who were in school)	attended physical ed	lucation (PE) classe	es on 1 or more day	rs (in an average			
48.1	49.6	49.0	42.1	44.2	52.9	No linear change	Decreased, 2010-2016 Increased, 2016-2021	Increased
QNDLYPE: Perweek when they	rcentage of students were in school)	who attended physi	cal education (PE)	classes on all 5 day	vs (in an average			1
33.5	34.9	32.8	27.7	28.1	33.5	No linear change	No quadratic change	No change
	ge of students who lag the 12 months be		om playing a sport	or being physically	active (one or			
			15.4	15.0	17.1	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
	ge of students who onths before the sur	saw a dentist (for a vey)	check-up, exam, te	eth cleaning, or oth	er dental work,			
75.1	74.8	75.2	79.2	77.4	70.5	No linear change	Increased, 2010-2016 Decreased, 2016-2021	Decreased
QNNODNT: Pe dental work)	rcentage of student	s who never saw a d	entist (for a check-	up, exam, teeth clea	aning, or other			
1.8	1.4	1.6	1.4	1.3	4.0	No linear change	No change, 2010-2016 Increased, 2016-2021	No change
QN86: Percenta	ge of students who	got 8 or more hours	of sleep (on an ave	erage school night)				
		31.9	26.8	26.3	26.5	Decreased, 2014-2021	Not available§	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
	age of students who			n at least 1 day duri	ng the 30 days			
				57.3	57.9	No linear change	Not available§	No change
day (such as Ga	Percentage of studen storade or Powerade, survey)							
	torade or Powerade,					Decreased, 2010-2021	No quadratic change	No change
day (such as Gadays before the state of the	atorade or Powerade, survey) 15.9 Percentage of studen atorade or Powerade,	not counting low ca 15.7 ts who drank a can, b	llorie sports drinks 11.9 pottle, or glass of a	such as Propel or C 10.4 sports drink two or	10.0 more times per	Decreased, 2010-2021	No quadratic change	No change

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Total Site-Added

e-Added		Health Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
QN94: Percenta heir life)	age of students who	ever drank alcohol (at least one drink o	f alcohol, on at lea	st 1 day during			
60.6	52.1	51.7	54.0	52.2	45.0	Decreased, 2010-2021	No quadratic change	No change
PowerAde, not o	counting low-calorie	e sports drinks such a	as Propel or G2, du	ring the 7 days bef	ore the survey)			

^{*}Based on trend 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 [*]	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
		did exercises to streat lifting, during the 7			or more days			
57.7	58.8	54.3	51.7	48.7	59.0	No linear change	Decreased, 2010-2016 Increased, 2016-2021	Increased
eam, flag team,		participated in any counting any activities						
				26.7	24.9	No linear change	Not available§	NT 1
				20.7	24.9	Tio finear change	Tiot available	No change
		o described their grad	des in school as mo	:			Tot available	No change

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Male Injury and Violence

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
QN8: Percentag	ge of students who	lid not always wear a	a seat belt (when ri	ding in a car driven	by someone else)			
64.6	57.3	54.0	41.9	47.8	56.9	Decreased, 2010-2021	Decreased, 2010-2016 Increased, 2016-2021	Increased
	•	ode with a driver whys before the survey)		g alcohol (in a car	or other vehicle,			1
21.7	19.3	21.4	19.3	13.5	12.0	Decreased, 2010-2021	No quadratic change	No change
	ng the 30 days before	drove a car or other re the survey, among						
	7.3	11.2	6.9	5.9	4.2	Decreased, 2012-2021	Not available§	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-202
2010	2012	2014	2016	2018	2021			
uring the 30 da	ys before the surve	texted or e-mailed v y, among students w						
tore the surve	y)							
etore the surve	y) 46.4	49.1	45.8	48.9	51.9	No linear change	Not available [§]	No chan
N12: Percenta	46.4	carried a weapon or				No linear change	Not available [§]	No chan
	46.4	carried a weapon or				No linear change	Not available	. \$
12: Percenta st 1 day durin	46.4 age of students who ag the 30 days befor	carried a weapon or e the survey) 10.2	n school property (s	uch as a gun, knife.	or club, on at	Decreased, 2014-2021	Not available [§] Not available	
N12: Percenta east 1 day durin	46.4 age of students who ge the 30 days before	carried a weapon or e the survey)	7.8 The because they felt u	uch as a gun, knife.	or club, on at	Decreased, 2014-2021		No cha

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

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

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

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
dating or going forced to have s	out with to do sexua exual intercourse] th	experienced sexual of things [counting support of the counting support of the count was a second or went out with the count out with the country of the	ich things as kissin to do, one or more	g, touching, or being times during the 1	g physically 2 months before			
	4.7	3.2	2.7	1.9	5.9	No linear change	Not available [§]	No chang
		-		•				
someone they w	ere dating or going object or weapon] o	experienced physica out with [counting some or more times dur- e during the 12 mones.]	uch things as being ring the 12 months	hit, slammed into s before the survey, a	something, or	No linear change	Not available	No chang
someone they winjured with an who dated or we	ere dating or going object or weapon] o ent out with someon 5.3	out with [counting sine or more times during the 12 mon	uch things as being ring the 12 months ths before the surve 7.2	hit, slammed into sbefore the survey, a before the survey, a before the survey.	something, or among students 4.3	No linear change	Not available	No chang

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Male **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2018-2021 † 2010 2012 2014 2016 2018 2021 QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey) 11.8 9.7 10.9 8.0 13.0 11.5 No linear change No quadratic change No change QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) 14.5 19.2 21.1 11.5 17.1 24.7 Increased, 2010-2021 No quadratic change No change QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey) 10.8 7.8 11.3 9.2 12.7 13.8 No change Increased, 2010-2021 No quadratic change

^{*}Based on trend 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

Male **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2018-2021 † 2010 2012 2014 2016 2018 2021 QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) 8.6 6.5 9.8 11.0 12.0 10.9 Increased, 2010-2021 No quadratic change No change QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey) 6.8 4.4 7.7 6.0 6.4 5.9 No linear change No quadratic change No change QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)

2.9

2.1

No linear change

No quadratic change

3.5

1.9

2.6

1.7

No change

^{*}Based on trend 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

	1	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN30: Percenta	ge of students who	ever tried cigarette	smoking (even one	or two puffs)	:			
38.5	32.8	30.1	25.3	22.9	17.9	Decreased, 2010-2021	No quadratic change	No change
QN31: Percenta	ge of students who	first tried cigarette s			•	No linear change	Not available [§]	No change
QN32: Percenta		first tried cigarette s	9.1	7.7	6.3	No linear change	Not available [§]	No change
			9.1	7.7	6.3	No linear change Decreased, 2010-2021	Not available [§] No quadratic change	No change
QN32: Percenta survey) 14.4	ge of students who 10.9 centage of students	currently smoked ci	9.1 garettes (on at least	7.7 1 day during the 3 3.3	6.3 0 days before the 3.9			

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021	<u> </u>		
QNDAYCIG: For the surve		its who currently smo	oked cigarettes dail	ly (on all 30 days d	uring the 30 days			
4.9	2.5	2.9	0.9	1.3	0.2	Decreased, 2010-2021	No quadratic change	No change
		ever used an electronens, and mods [such 35.3				Decreased, 2014-2021	Not available [§]	Decreased
oens, e-cigars, e QN35: Percenta vape pens, e-cig	age of students who	ens, and mods [such 35.3 currently used an elekah pens, and mods	as JUUL, SMOK, 37.8 ectronic vapor prod	Suorin, Vuse, and I 49.5 luct (including e-cią	27.4 garettes, vapes,	Decreased, 2014-2021	Not available [§]	Decreased

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

obacco Use		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
	rcentage of students 30 days before the s	s who currently used survey)	electronic vapor pr	oducts frequently (on 20 or more			
		3.1	2.2	7.4	7.6	Increased, 2014-2021	Not available [§]	No change
QNDAYEVP: 1 the 30 days before		nts who currently use	ed electronic vapor	products daily (on	all 30 days during			
		2.2	1.2	5.4	5.4	Increased, 2014-2021	Not available	No change
	ntage of students when 20 days before the	no currently smoked survey)	cigarettes or used e	electronic vapor pro	ducts (on at least	· ,		
		22.8	12.5	16.7	12.6	Decreased, 2014-2021	Not available	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021	_		
dissolvable tob	acco products [such	currently used smol as Copenhagen, Gri ring the 30 days bef	zzly, Skoal, or Cam					
			8.3	5.7	4.3	No linear change	Not available§	No change
dip, snus, or dis	ssolvable tobacco pr	s who currently used oducts [such as Cop 0 or more days durin	enhagen, Grizzly, S	koal, or Camel Snu				
			2.5	1.6	1.0	No linear change	Not available	No change
		nts who currently us	ed smokeless tobac enhagen, Grizzly, S	koal, or Camel Snu				
dip, snus, or dis		ll 30 days during the	30 days before the	survey)				

^{*}Based on trend analyses using a logistic regression model controlling 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 Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021	<u> </u>		
	age of students who		gars (cigars, cigaril	los, or little cigars,	on at least 1 day	,		
12.5	10.9	11.0	8.3	4.9	2.9	Decreased, 2010-2021	No quadratic change	No change
	-							-
	ntage of students wh products (on at leas		days before the si	urvey)		No linear change	Not available [§]	No change
lectronic vapor	products (on at leas	at 1 day during the 3	days before the st	17.3	13.5	No linear change	Not available [§]	No change
ectronic vapor		at 1 day during the 3	16.1	17.3	13.5	No linear change	Not available [§]	No chang

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Male Tobacco Use

Health Risk Behavior and Percentages

Linear Change*
Quadratic Change*
Change from 2018-2021 †

2010 2012 2014 2016 2018 2021

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

4.2

QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)

1.2

17.2

0.7

14.4

0.9

16.2

0.8

10.4

0.9

5.2

0.2 No linear change

Decreased, 2010-2021

No quadratic change

No quadratic change

No change

No change

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

Nebraska High School Survey 10-year Trend Analysis Report

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

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

[§]Not enough years of data to calculate.

	1	Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-202
2010	2012	2014	2016	2018	2021			
		reported that the lar		ks they had in a rov	w was 10 or more			
within a coupie (or nours, during the	30 days before the	survey)					
within a couple (or nours, during the	. 30 days before the	survey)	2.8	5.2	No linear change	Not available [§]	No chang
N44: Percentag	ge of students who	usually got the alcoudents who currentl	hol they drank by so				Not available [§] No quadratic change	No chang
N44: Percentag 0 days before th 32.3	ge of students who e survey, among st 29.3	usually got the alcoudents who currentle	hol they drank by so y drank alcohol) 30.6	omeone giving it to 39.1	them (during the			

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Male **Alcohol and Other Drug Use Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2018-2021 † 2010 2012 2014 2016 2018 2021 QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) 10.9 8.6 13.5 13.4 12.7 13.6 Decreased, 2010-2021 No quadratic change No change QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life) 6.9 6.2 5.4 3.2 Decreased, 2014-2021 Not available§ No change QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life) 13.2 11.1 6.5 Decreased, 2016-2021 Not available Decreased

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

[§]Not enough years of data to calculate.

Iale lcohol and Other	_	Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
		ever used inhalants s to get high, one or			aerosol spray			
8.8	7.4	6.8	6.2	6.2	7.4	No linear change	No quadratic change	No change
	nge of students who	ever injected any ill g their life)	egal drug (used a n	eedle to inject any	illegal drug into			
2.3	2.9	4.5	1.5	3.0	1.0	Decreased, 2010-2021	No quadratic change	Decreased
QN56: Percenta 12 months befor		were offered, sold,	or given an illegal o	lrug on school prop	perty (during the			_
20.7	21.9	19.1	19.9	21.6	10.5	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	Decreased

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

Nebraska High School Survey 10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
N57: Percenta	ge of students who	ever had sexual inte	rcourse		•			
37.2	35.2	32.9	30.0	31.3	29.2	Decreased, 2010-2021	No quadratic change	No change
QN58: Percenta	ge of students who	had sexual intercou	rse for the first time	e before age 13 year	rs			
4.8	6.3	4.5	3.3	2.2	2.5	Decreased, 2010-2021	No quadratic change	No change
QN59: Percenta	ge of students who	had sexual intercou	rse with four or mo	re persons during the	neir life			
11.3	10.8	9.0	6.6	7.2	10.0	No linear change	Decreased, 2010-2016 No change, 2016-2021	No change
	ge of students who le 3 months before	were currently sexu the survey)	ally active (had sex	ual intercourse wit	h at least one			
25.7	26.0	23.4	20.2	21.4	22.4	No linear change	No quadratic change	No change

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

Male	
Sexual	Behaviors

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021	<u> </u>		
	ge of students who tly sexually active)	drank alcohol or use	ed drugs before last	sexual intercourse	(among students	,		
21.3	22.9	17.7	15.2	21.0	24.1	No linear change	No quadratic change	No change
QN62: Percenta currently sexuall		used a condom duri	ng last sexual inter	course (among stud	ents who were			
68.6	67.7	58.4	62.6	53.1	53.0	Decreased, 2010-2021	No quadratic change	No change
	ge of students who donated blood)	were ever tested for	human immunode	ficiency virus (HIV	(not counting			
		8.8	8.8	8.0	4.8	No linear change	Not available [§]	No change
		were tested for a sex he 12 months before		lisease (STD) other	than HIV, such			,
				6.8	4.2	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
		ho were overweight c reference data fro			ile for body mass			
13.5	15.7	17.3	15.8	11.3	11.8	No linear change	No quadratic change	No change
		who had obesity (> the 2000 CDC grown		or body mass index,	based on sex-			
				or body mass index,	based on sex- 22.1	Increased, 2010-2021	No quadratic change	Increased
and age-specific	reference data from 17.2	the 2000 CDC gro	wth charts) [§] 17.4			Increased, 2010-2021	No quadratic change	Increased
and age-specific	reference data from 17.2	16.5	wth charts) [§] 17.4			Increased, 2010-2021 Increased, 2010-2021	No quadratic change No change, 2010-2016 Increased, 2016-2021	Increased
15.0 QN67: Percenta 31.2	reference data from 17.2 age of students who 29.7	16.5 were trying to lose v	wth charts)§ 17.4 weight 29.3	31.2	22.1		No change, 2010-2016	

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

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

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
N69: Percenta	ge of students who	did not eat fruit (on	e or more times dur	ing the 7 days befo	ore the survey)			
12.9	9.4	13.6	14.7	11.9	11.7	No linear change	No quadratic change	No change
		o did not eat fruit or		uices (such as oran	ge juice, apple			
5.3	4.6	7.4	9.2	7.4	8.7	Increased, 2010-2021	No quadratic change	No change
		o ate fruit or drank			er day (such as			
	ole juice, or grape ju	lice, during the 7 da	ys before the surve	y)				

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

	1	Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
		o ate fruit or drank lice, during the 7 da			er day (such as			
28.2	27.6	26.2	25.6	25.0	25.6	No linear change	No quadratic change	No change
QN70: Percenta survey) 44.2	ge of students who 45.2	did not eat green sal	lad (one or more tin	nes during the 7 da	ys before the 45.9	No linear change	No quadratic change	No change
44.2	45.2	-	47.3	44.7	45.9	No linear change	No quadratic change	No change
44.2	45.2	46.3	47.3	44.7	45.9	No linear change Increased, 2010-2021	No quadratic change No quadratic change	No change
44.2 QN71: Percenta 25.7	45.2 ge of students who 28.6	46.3	47.3 (one or more times 30.8	during the 7 days	45.9 Defore the survey) 36.6			

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

ergin Manageme	nt and Dietary Be	Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN73: Percenta survey)	ge 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	20.5	No linear change	No quadratic change	No change
		who did not eat vege ots, or other vegetab						
5.5	6.9	8.4	7.6	8.2	7.4	No linear change	No quadratic change	No change
		who ate vegetables of es, or potato chips],						
			60.8	56.9	60.0	No linear change	No quadratic change	No change

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

		Health Risk Behav	or and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021	<u> </u>		
		who ate vegetables to es, or potato chips],						
27.5	23.7	26.8	26.5	25.0	24.0	No linear change	No quadratic change	No change
		who ate vegetables thes, or potato chips],						
survey)	·							
-	11.1	13.0	13.2	12.2	12.8	No linear change	No quadratic change	No cha
12.4 QN74: Percenta	11.1	did not drink a can, t pop, one or more ti	bottle, or glass of s	oda or pop (such as	Coke, Pepsi, or	No linear change	No quadratic change	No cha

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

eight Manageme	ent and Dietary Be	chaviors Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
		s who drank a can, b counting diet soda o						
29.7	27.0	24.4	24.2	20.3	15.3	Decreased, 2010-2021	No quadratic change	No change
		s who drank a can, b counting diet soda o				Decreased, 2010-2021	No quadratic change	No change
QN75: Percenta	ge of students who	did not drink milk (during the 7 days b	efore the survey)				,
10.7	9.7	12.1	12.9	16.2	28.9	Increased, 2010-2021	No change, 2010-2016 Increased, 2016-2021	Increased

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

		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021	<u> </u>		
drank in a glass		who drank one or m n, or with cereal and the the survey)						
53.3	48.3	49.1	46.7	42.3	31.2	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	Decreased
QNMILK3: Per		who drank three or		ny of milk (counting pint of milk served				
	or cup, from a carto ring the 7 days befor		,					
			14.0	10.2	8.3	Decreased, 2010-2021	No quadratic change	No change
to one glass, dur	ring the 7 days before 15.6	e the survey)	14.0			Decreased, 2010-2021	No quadratic change	No change

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

^{*}Not enough years of data to calculate.

]	Health Risk Behav	ior and Percentag	Linear Change*	Quadratic Change*	Change from 2018-2021 †		
2010	2012	2014	2016	2018	2021			
QNBK7DAY:	Percentage of studen	ts who ate breakfas	t on all 7 days (dur	ing the 7 days befor	e the survey)			
	40.6	38.8	33.8	32.6	29.3	Decreased, 2012-2021	Not available§	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021	_		
	activity that increas	were physically acti sed their heart rate an						
61.3	65.2	59.0	56.6	57.6	65.5	No linear change	Decreased, 2010-2016 Increased, 2016-2021	No change
least 1 day (in a		ats who did not partic activity that increase e survey)						
least 1 day (in ai	ny kind of physical	activity that increase				No linear change	No quadratic change	No chang
least 1 day (in at the time during t 8.5 QNPA7DAY: F	ny kind of physical the 7 days before the 7.2 Percentage of studer sical activity that inc	activity that increase e survey)	13.0 ally active at least 6	14.0 0 minutes per day of	11.1 on all 7 days (in	No linear change	No quadratic change	No chang

^{*}Based on trend 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*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021	_		
QN79: Percenta week when they		attended physical ed	lucation (PE) class	es on 1 or more day	vs (in an average			
55.3	57.7	56.6	46.4	50.5	58.8	No linear change	Decreased, 2010-2016 Increased, 2016-2021	No change
QNDLYPE: Perweek when they		who attended phys	cal education (PE)	classes on all 5 day	s (in an average			,
38.7	39.3	38.9	32.9	32.3	38.6	No linear change	No quadratic change	No change
	ge of students who	had a concussion from the survey)	om playing a sport	or being physically	active (one or			,
			18.2	16.0	19.3	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

		or and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2018-2021 †
2012	2014	2016	2018	2021			
		check-up, exam, tec	eth cleaning, or other	er dental work,			
73.3	73.6	75.4	74.9	69.2	No linear change	No quadratic change	No change
ntage of students	who never saw a do	entist (for a check-	up, exam, teeth clea	aning, or other			
1.6	1.8	2.2	1.3	7.0	Increased, 2010-2021	No change, 2010-2016 Increased, 2016-2021	Increased
of students who g	got 8 or more hours	of sleep (on an ave	erage school night)				
	35.1	28.9	31.1	25.3	Decreased, 2014-2021	Not available§	Decreased
n	f students who s before the surv 73.3 tage of students	f students who saw a dentist (for a contribution of before the survey) 73.3 73.6 tage of students who never saw a dentist (for a contribution of before the survey) 1.6 1.8	f students who saw a dentist (for a check-up, exam, terbefore the survey) 73.3 73.6 75.4 tage of students who never saw a dentist (for a check- 1.6 1.8 2.2 f students who got 8 or more hours of sleep (on an aver	f students who saw a dentist (for a check-up, exam, teeth cleaning, or other before the survey) 73.3 73.6 75.4 74.9 tage of students who never saw a dentist (for a check-up, exam, teeth cleaning) 1.6 1.8 2.2 1.3	f students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, before the survey) 73.3 73.6 75.4 74.9 69.2 tage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other 1.6 1.8 2.2 1.3 7.0	f students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, before the survey) 73.3 73.6 75.4 74.9 69.2 No linear change tage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other 1.6 1.8 2.2 1.3 7.0 Increased, 2010-2021 f students who got 8 or more hours of sleep (on an average school night)	f students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, before the survey) 73.3 73.6 75.4 74.9 69.2 No linear change No quadratic change tage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other 1.6 1.8 2.2 1.3 7.0 Increased, 2010-2021 No change, 2010-2016 Increased, 2016-2021

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

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

7.7

6.4

Decreased, 2010-2021

No quadratic change

11.8

10.9

days before the survey)
15.6

12.5

No change

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Male Site-Added

		Health Risk Behav	ior and Percentage	es		Linear Change*	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021	<u> </u>		
QN94: Percenta heir life)	age of students who	ever drank alcohol (at least one drink o	f alcohol, on at leas	st 1 day during			
59.1	50.0	46.6	50.0	49.5	43.4	Decreased, 2010-2021	No quadratic change	No change
PowerAde, not of 23.6	counting low-calorie	sports drinks such	as Propel or G2, du	ring the 7 days before	ore the survey) 31.5	Increased, 2010-2021	Increased, 2010-2016	

^{*}Based on trend 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 [*]	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
		did exercises to streat lifting, during the 7			or more days			
67.3	68.5	62.5	57.4	59.1	69.6	No linear change	Decreased, 2010-2016 Increased, 2016-2021	Increased
eam, flag team,		participated in any counting any activities						
2 months before								
2 months befor				18.4	14.1	No linear change	Not available [§]	No change
		o described their grad	des in school as mo			No linear change	Not available ^s	No change

^{*}Based on trend analyses using a logistic regression model controlling 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 [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
QN8: Percentag	ge of students who d	lid not always wear	a seat belt (when ri	ding in a car driven	by someone else)			
58.9	49.3	46.5	41.8	48.8	52.0	No linear change	Decreased, 2010-2016 No change, 2016-2021	No change

18.0

15.3

Decreased, 2010-2021

No quadratic change

No change

23.2

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

24.4

26.1

21.3

the 30 days before the survey) 6.3 9.1 5.7 5.2 4.9 No linear change Not available§ No change

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

[§]Not enough years of data to calculate.

ury and Violend		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
during the 30 day	ys before the surve	texted or e-mailed v y, among students w						
before the survey	<i>y)</i>							
before the surve	47.0	49.8	51.0	52.4	51.9	No linear change	Not available§	No change
QN12: Percenta	47.0	carried a weapon or				No linear change	Not available [§]	No change
QN12: Percenta	47.0 age of students who	carried a weapon or				No linear change Decreased, 2014-2021	Not available [§] Not available	No change
QN12: Percenta least 1 day durin QN14: Percenta	47.0 age of students who ag the 30 days before	carried a weapon or re the survey)	2.7 because they felt u	uch as a gun, knife.	, or club, on at			

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

[§]Not enough years of data to calculate.

nale ury and Violenc		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
		were threatened or i			rty (such as a			
gun, knife, or clu	ib, one or more tim	es during the 12 moi	nths before the surv	ey)				
gun, knife, or clu	b, one or more tim	es during the 12 mor	5.9	7.9	7.8	Increased, 2010-2021	No quadratic change	No change
4.2 QN16: Percentag	5.0	_	5.9	7.9		Increased, 2010-2021	No quadratic change	No change
4.2 QN16: Percentag	5.0	5.1	5.9	7.9		Increased, 2010-2021 No linear change	No quadratic change Decreased, 2010-2016 No change, 2016-2021	No change
4.2 QN16: Percentag survey) 20.6	5.0 ge of students who	5.1 were in a physical f	5.9 ight (one or more ti	7.9 mes during the 12 r	months before the		Decreased, 2010-2016	

^{*}Based on trend 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*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
dating or going forced to have s	out with to do sexua exual intercourse] th	experienced sexual of things [counting support of the counting support of the count	ich things as kissin to do, one or more	g, touching, or being times during the 1	ng physically 2 months before			
	15.6	13.8	12.0	13.6	25.7	Increased, 2012-2021	Not available [§]	Increased
		experienced physica out with [counting s	uch things as being	hit, slammed into	something, or			
injured with an	object or weapon] o	ne or more times dur e during the 12 mon 11.7			11.0	No linear change	Not available	No change
injured with an who dated or we	object or weapon] o ent out with someon 10.0	e during the 12 mon	ths before the surve	8.6	11.0	No linear change	Not available	No chang

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

[§]Not enough years of data to calculate.

male jury and Violenc		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
		were electronically l media, ever during			h texting,			
20.1	22.2	25.1	23.2	20.6	26.4	No linear change	No quadratic change	No change
		felt sad or hopeless, ever during the 12 i			row so that they			
27.7	27.9	31.4	35.2	43.0	48.8	Increased, 2010-2021	No quadratic change	No change
		31.4 seriously considered				Increased, 2010-2021	No quadratic change	No change

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

emale jury and Violence		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN27: Percentag		made a plan about h	now they would atte	empt suicide (durin	g the 12 months			
13.4	13.3	17.0	16.8	18.8	18.2	Increased, 2010-2021	No quadratic change	No change
QN28: Percentag the survey)	ge of students who	actually attempted s	suicide (one or mor	e times during the	2 months before			
8.5	7.6	9.4	9.8	10.0	14.8	Increased, 2010-2021	No quadratic change	No change
		had a suicide attempte (during the 12 mo			or overdose that			
2.5	2.0	3.0	2.5	3.7	4.0	No linear change	No quadratic change	No change

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

Nebraska High School Survey 10-year Trend Analysis Report

Female

]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
QN30: Percenta	ge of students who	ever tried cigarette	smoking (even one	or two puffs)	:			
38.8	31.1	32.7	22.5	22.5	19.2	Decreased, 2010-2021	No quadratic change	No change
QN31: Percenta	ge of students who	first tried cigarette s	smoking before age	13 years (even one	or two puffs) 5.4	No linear change	Not available [§]	No change
QN32: Percenta		first tried cigarette s	7.6	6.3	5.4	No linear change	Not available [§]	No change
			7.6	6.3	5.4	No linear change Decreased, 2010-2021	Not available [§] No quadratic change	
QN32: Percenta urvey) 15.5	ge of students who 10.8 centage of students	currently smoked ci	7.6 garettes (on at leas	6.3 t 1 day during the 3	5.4 0 days before the 3.4			No change

^{*}Based on trend analyses using a logistic regression model controlling 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 Percentago	es		Linear Change*	Quadratic Change*	Change fro 2018-202
2010	2012	2014	2016	2018	2021	<u> </u>		
QNDAYCIG: Poefore the survey		ts who currently sm	oked cigarettes dail	y (on all 30 days du	uring the 30 days			
3.3	2.3	2.1	1.3	0.4	0.0	Not available	Not available [§]	Not availa
		ever used an electro ens, and mods [such						

16.7

17.8

No linear change

22.8

7.1

least 1 day during the 30 days before the survey)

No change

Not available

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Female

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
	ercentage of students 30 days before the s	s who currently used survey)	electronic vapor pi	roducts frequently (on 20 or more			
		1.3	1.2	5.4	4.5	Increased, 2014-2021	Not available [§]	No change
QNDAYEVP: the 30 days befo		nts who currently us	ed electronic vapor	products daily (on	all 30 days during			
		0.6	1.1	4.7	4.3	Increased, 2014-2021	Not available	No change
	ntage of students when a 30 days before the	no currently smoked survey)	cigarettes or used e	electronic vapor pro	ducts (on at least	t		,
		25.5	11.0	16.9	16.7	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	rior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021	_		
dissolvable tob	tage of students who acco products [such , on at least 1 day du	as Copenhagen, Gri	zzly, Skoal, or Cam					
			1.6	1.1	1.3	No linear change	Not available§	No change
dip, snus, or dis	ercentage of students ssolvable tobacco pr vapor products, on 2	oducts [such as Cop	enhagen, Grizzly, S	koal, or Camel Snu		Not available	Not available	Not available
	Percentage of stude	nts who currently us				-		
dip, snus, or dis	ssolvable tobacco pr vapor products, on a	ll 30 days during the	30 days before the	survey)				

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

[§]Not enough years of data to calculate.

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-202
2010	2012	2014	2016	2018	2021			
		currently smoked c	igars (cigars, cigari	llos, or little cigars,	on at least 1 day			
	ge of students who s before the survey		igars (cigars, cigari	llos, or little cigars,	on at least 1 day 2.4	Decreased, 2010-2021	No quadratic change	No chan

0.5

0.0

Not available

Not available

0.7

0.6

0.2

0.4

Not available

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Female

		ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2012	2014	2016	2018	2021			
age of students wh	o currently smoked	cigarettes or cigars	(on at least 1 day d	uring the 30 days			
11.9	13.3	8.3	5.7	4.7	Decreased, 2010-2021	No quadratic change	No change
	age of students wh	age of students who currently smoked	age of students who currently smoked cigarettes or cigars	age of students who currently smoked cigarettes or cigars (on at least 1 day d	age of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days	age of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days	age of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days

^{*}Based on trend 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 2018-2021
2010	2012	2014	2016	2018	2021	_		
N40: Percenta	ge 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	11.6	No linear change	No quadratic change	No change
	ge of students who ys before the survey	currently drank alco	ohol (at least one dr	ink of alcohol, on a	t least 1 day			
27.5	23.5	24.9	27.2	24.7	21.4	No linear change	No quadratic change	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change fron 2018-2021
2010	2012	2014	2016	2018	2021			
		reported that the lar		nks they had in a ro	w was 10 or more			
,	<i>6</i> ·	.	,	0.7	1.3	No linear change	Not available§	No change
		usually got the alcoludents who currentl		omeone giving it to	them (during the			
				omeone giving it to	them (during the 37.7	No linear change	No quadratic change	No chang
37.7	he survey, among st	tudents who currentl 47.6	y drank alcohol) 32.7	37.7		No linear change	No quadratic change	No chang
30 days before t	he survey, among st	tudents who currentl	y drank alcohol) 32.7	37.7			No quadratic change No quadratic change	No chang
37.7 QN45: Percenta	he survey, among st 45.4 age of students who	47.6 ever used marijuana	y drank alcohol) 32.7 a (one or more time	37.7 s during their life)	37.7	No linear change No linear change		
30 days before t 37.7 QN45: Percenta 23.6	he survey, among st 45.4 age of students who 22.7	47.6 ever used marijuana	y drank alcohol) 32.7 a (one or more time) 24.7	37.7 s during their life) 26.9	37.7			

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
QN47: Percenta survey)	age of students who	currently used mari	juana (one or more	times during the 30	days before the			
12.0	9.9	14.4	13.0	12.4	13.1	No linear change	No quadratic change	No chang
N48: Percenta	age of students who	ever used synthetic	marijuana (one or r	more times during t	heir life)			
		7.6	3.5	6.9	5.5	No linear change	Not available [§]	No chang
ifferently than	how a doctor told the	ever took prescriptionem to use it (counting the more times during the	ng drugs such as co					

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use Health Risk Behavior and Percentages Linear Change* Quadratic Change* Change from 2018-2021 † 2010 2012 2014 2016 2018 2021 QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life) 9.3 4.9 10.6 6.6 5.6 7.3 No linear change Decreased, 2010-2016 No change No change, 2016-2021 QN55: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life) 1.4 0.8 3.1 0.8 0.9 1.4 No linear change No change No quadratic change QN56: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey) 19.8 16.8 16.4 20.8 26.0 10.5 Decreased, 2010-2021 No change, 2010-2016 Decreased Decreased, 2016-2021

^{*}Based on trend 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

Female Sexual Behaviors

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021	 -		
QN57: Percenta	ge of students who	ever had sexual inte	rcourse	:				
37.2	35.4	31.7	28.2	36.1	39.0	No linear change	Decreased, 2010-2016 Increased, 2016-2021	No change
QN58: Percenta	ge of students who	had sexual intercour	se for the first time	e before age 13 year	rs			•
2.7	1.8	2.1	2.2	1.8	2.5	No linear change	No quadratic change	No change
QN59: Percenta	ge of students who	had sexual intercour	rse with four or mo	re persons during the	neir life			
9.9	7.9	7.1	5.4	10.5	10.9	No linear change	Decreased, 2010-2014 Increased, 2014-2021	No change
	ge of students who	were currently sexuates the survey)	ally active (had sex	cual intercourse with	h at least one			
28.5	25.4	26.2	20.8	28.4	30.7	No linear change	Decreased, 2010-2016 Increased, 2016-2021	No change

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

Female	<u>, </u>
Sexual	Behaviors

]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021	<u> </u>		
	ge of students who tly sexually active)	drank alcohol or use	ed drugs before last	sexual intercourse	(among students			
18.3	16.3	17.6	12.3	12.7	18.3	No linear change	No quadratic change	No change
N62: Percenta urrently sexuall		used a condom duri	ng last sexual intere	course (among stud	ents who were			
56.0	56.9	56.3	44.6	50.8	50.8	No linear change	No quadratic change	No change
	ge of students who donated blood)	were ever tested for	human immunode	ficiency virus (HIV	() (not counting			
		9.8	8.0	11.1	5.6	Decreased, 2014-2021	Not available§	Decreased
		were tested for a sex he 12 months before		lisease (STD) other	than HIV, such			,
s ciliality dia of			• -					

^{*}Based on trend analyses using a logistic regression model controlling 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 2018-2021
2010	2012	2014	2016	2018	2021			
		ho were overweight c reference data from			ile for body mass			
13.6	11.8	16.4	17.5	14.3	19.4	Increased, 2010-2021	No quadratic change	No change
			-	-				
		who had obesity (> a the 2000 CDC grow 9.3		or body mass index,	based on sex-	Increased, 2010-2021	No quadratic change	Increased
and age-specific	reference data from 7.9	the 2000 CDC grow	wth charts) [§] 12.1	•		Increased, 2010-2021	No quadratic change	Increased
and age-specific	reference data from 7.9	9.3	wth charts) [§] 12.1	•		Increased, 2010-2021 No linear change	No quadratic change No quadratic change	Increased No change
8.0 QN67: Percenta 55.5	reference data from 7.9 ge of students who 55.4 ge of students who	9.3 were trying to lose v	wth charts) [§] 12.1 weight 58.3	10.3	15.9 56.1	,		

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

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

Female Weight Managemo	-	chaviors Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN69: Percenta	ge of students who	did not eat fruit (on	e or more times du	ring the 7 days before	ore the survey)			
11.1	6.7	6.9	9.0	9.2	14.4	No linear change	Decreased, 2010-2014 Increased, 2014-2021	No change
		o did not eat fruit o		uices (such as oran	ge juice, apple			
4.0	3.5	3.8	5.5	5.3	9.3	Increased, 2010-2021	No quadratic change	No change
		to ate fruit or drank uice, during the 7 da			er day (such as			
57.1	62.9	58.7	56.6	55.4	44.3	Decreased, 2010-2021	No change, 2010-2014 Decreased, 2014-2021	Decreased

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

male eight Manageme	nt and Dietary Be	haviors Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
		o ate fruit or drank ince, during the 7 da			er day (such as			
25.8	25.2	27.4	26.7	24.3	19.6	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	No change
QN70: Percenta survey)	ge of students who	did not eat green sa	lad (one or more tir	mes during the 7 da	ys before the			
35.2	31.6	32.7	37.7	38.8	39.0	Increased, 2010-2021	No quadratic change	No change
QN71: Percenta	ge of students who	did not eat potatoes	(one or more times	during the 7 days	before the survey)			
28.2	30.3	34.2	31.6	33.0	42.1	Increased, 2010-2021	No quadratic change	Increased
				1	ofore the survey)	,		,
QN72: Percenta	ge of students who	did not eat carrots (one or more times of	iuring the / days be	erore the survey)			

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

Agnt Manageme	nt and Dietary Be	Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
QN73: Percenta survey)	ge of students who	did not eat other ve	getables (one or mo	re times during the	7 days before the			
15.0	15.8	15.6	13.9	16.1	22.4	No linear change	No quadratic change	No change
		who did not eat vege ots, or other vegetab						
3.6	3.9	4.3	3.6	6.5	9.8	Increased, 2010-2021	No quadratic change	No change
		who ate vegetables of es, or potato chips],				;		
	62.8	63.2	62.1	59.4	55.3	No linear change	No quadratic change	No chang

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

organ ryaming can	ent and Dietary Be	Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021	<u> </u>		
		who ate vegetables to es, or potato chips],						
25.3	28.0	27.9	21.1	23.3	19.7	Decreased, 2010-2021	No quadratic change	No change
[excluding frenc survey)	h fries, fried potato	who ate vegetables thes, or potato chips],	carrots, or other ve	getables, during the	e 7 days before the		N	
11.7	12.2	13.3	10.2	10.2	9.6	No linear change	No quadratic change	No change
		did not drink a can, t pop, one or more ti						
21.4	26.5	26.9	34.4	31.6	27.0	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	No change

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

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
		s who drank a can, b counting diet soda o						
22.5	17.2	15.8	11.9	12.7	12.2	Decreased, 2010-2021	No quadratic change	No chang
		s who drank a can, b counting diet soda o				Decreased, 2010-2021	No quadratic change	No chang
such as Coke, F	Pepsi, or Sprite, not	counting diet soda o	r diet pop, during tl	ne 7 days before the	survey)	Decreased, 2010-2021	No quadratic change	No chang

^{*}Based on trend 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 2018-2021
2010	2012	2014	2016	2018	2021	_		
drank in a glass		who drank one or m n, or with cereal and the the survey)						
41.5	39.3	33.9	29.7	27.8	22.9	Decreased, 2010-2021	No quadratic change	No change
drank in a glass		who drank three or n, or with cereal and the the survey)				Decreased, 2010-2021	No quadratic change	No change
drank in a glass to one glass, dur	or cup, from a carto ing the 7 days befor 10.1	n, or with cereal and re the survey) 8.4	1 counting the half	pint of milk served 4.3	at school as equal 6.4	Decreased, 2010-2021	No quadratic change	No chan
drank in a glass to one glass, dur	or cup, from a carto ing the 7 days befor 10.1	n, or with cereal and re the survey)	1 counting the half	pint of milk served 4.3	at school as equal 6.4	Decreased, 2010-2021	No quadratic change	No

^{*}Based on trend analyses using a logistic regression model controlling 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 Weight Managem	nent and Dietary Be	haviors Health Risk Behav	ior and Percentag	ges		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021 [†]
2010	2012	2014	2016	2018	2021			
QNBK7DAY:	Percentage of studer	nts who ate breakfas	t on all 7 days (dur	ing the 7 days before	re the survey)			
	34.8	33.9	36.4	29.7	23.8	Decreased, 2012-2021	Not available [§]	No change

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

[§]Not enough years of data to calculate.

	1	Health Risk Behavi	ior and Percentage	es		Linear Change [*]	Quadratic Change*	Change from 2018-202
2010	2012	2014	2016	2018	2021	_		
	activity that increas	were physically acti sed their heart rate ar						
45.9	49.5	46.3	47.2	42.6	50.0	No linear change	No quadratic change	Increase
	ny kind of physical	ats who did not partic activity that increase e survey)	ed their heart rate ar	nd made them breat	the hard some of			
	14.5	15.7	16.3	17.3	14.4	No linear change	No quadratic change	No chang
12.5 NPA7DAY: F	14.5 Percentage of studen sical activity that inc	15.7 ats who were physical creased their heart ra	ally active at least 6	0 minutes per day of	on all 7 days (in	No linear change	No quadratic change	No chan

^{*}Based on trend 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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Female

]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
	age of students who a	attended physical ed	ducation (PE) classe	es on 1 or more day	rs (in an average	,		
40.4	41.0	41.1	37.9	37.5	46.8	No linear change	No quadratic change	Increased
-	rcentage of students were in school)	who attended phys	ical education (PE)	classes on all 5 day	vs (in an average			
27.9	30.0	26.9	22.4	24.2	28.7	No linear change	No quadratic change	No change
ON81: Percenta	age of students who lang the 12 months be		om playing a sport	or being physically	active (one or			
	-							

^{*}Based on trend analyses using a logistic regression model controlling 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

		Health Risk Behav	ior and Percentag	res		Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021	_		
	ge of students who	saw a dentist (for a vey)	check-up, exam, te	eth cleaning, or oth	er dental work,			
77.3	76.5	77.3	83.1	80.5	71.7	No linear change	Increased, 2010-2016 Decreased, 2016-2021	Decreased
QNNODNT: Pe dental work)	rcentage of student	s who never saw a c	lentist (for a check-	up, exam, teeth clea	aning, or other			,
1.3	1.2	1.4	0.4	0.7	1.1	No linear change	No quadratic change	No change
QN86: Percenta	ge of students who	got 8 or more hours	of sleep (on an ave	erage school night)				
		28.9	24.8	21.5	27.4	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

emale te-Added								
		Health Risk Behavi	or and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021	<u> </u>		
		talked on a cell pho who drove a car or ot		n at least 1 day duri	ng the 30 days			
				57.1	59.0	No linear change	Not available§	No change
	Percentage of studen storade or Powerade	ts who drank a can, l not counting low ca						
days before the	survey)	e e	•	•	, ,			
days before the 9.6	survey) 8.8	9.8	6.7	6.8	6.2	Decreased, 2010-2021	No quadratic change	No change
9.6 QNSPDRK2: F	8.8 Percentage of studen attorade or Powerade	_	6.7 pottle, or glass of a	6.8 sports drink two or	6.2 more times per	Decreased, 2010-2021	No quadratic change	No change

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

[§]Not enough years of data to calculate.

Female
Site-Added

		Health Risk Behav	Linear Change*	Quadratic Change [*]	Change from 2018-2021 †			
2010	2012	2014	2016	2018	2021	_		
QN94: Percentagheir life)	ge 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	46.8	Decreased, 2010-2021	No quadratic change	No change
ON96: Percenta	ge of students who	did not drink a can.	bottle, or glass of a	sports drink (such	as Gatorade or			
		did not drink a can, e sports drinks such a 42.4				Increased, 2010-2021	Increased, 2010-2016	Decreased
PowerAde, not co	ounting low-calorie	e sports drinks such a	as Propel or G2, du	ring the 7 days before 55.7	ore the survey) 44.9	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	Decreased
39.0 QN97: Percentagemonade, sweete	40.1 ge of students who ened tea or coffee of	e sports drinks such	50.4 or glass of a sugar-	55.7 sweetened beverage Delight, or energy d	44.9 e (such as rinks such as Red	Increased, 2010-2021		Decreased
39.0 2N97: Percentagemonade, sweets	40.1 ge of students who ened tea or coffee of	drank a can, bottle, lrinks, flavored milk ts drinks, energy dri	50.4 or glass of a sugar-	55.7 sweetened beverage Delight, or energy d	44.9 e (such as rinks such as Red	Increased, 2010-2021 No linear change		Decreased No chang

^{*}Based on trend 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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e-Added		Health Risk Behav	Linear Change [*]	Quadratic Change [*]	Change from 2018-2021 †			
2010	2012	2014	2016	2018	2021			
	age of students who				or more days			
47.8	48.5	45.3	46.1	38.6	48.2	No linear change	No quadratic change	Increased

QN102: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

84.8 85.6 85.1 80.8 No linear change Not available No change

35.8

No linear change

Not available§

34.8

QN99: Percentage of students who participated in any organized dance activities (such as cheerleading, dance team, flag team, or dance classes, counting any activities run by their school or community groups, during the

12 months before the survey)

Female

No change

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

[§]Not enough years of data to calculate.

White*	k	
Injury	and	Violence

		Health Risk Beha	Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §			
2010	2012	2014	2016	2018	2021			
QN8: Percentag	ge of students who d	id not always wear	a seat belt (when ri	ding in a car driven	by someone else)			
59.3	50.5	47.3	38.2	45.6	56.5	No linear change	Decreased, 2010-2016 Increased, 2016-2021	Increased
		ode with a driver where survey)		g alcohol (in a car	or other vehicle,			
23.6	19.2	20.9	18.5	14.8	16.3	Decreased, 2010-2021	No quadratic change	No change
	ng the 30 days before	drove a car or other re the survey, among						
	6.9	8.2	5.7	3.7	5.2	No linear change	Not available¶	No change

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

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

2016 ailed while driving a caents who had driven a c	ar or other vehicle du				
ents who had driven a c	ar or other vehicle du		1		
50.6					
	53.8	55.1	Increased, 2012-2021	Not available¶	No chang
pon on school property	(such as a gun, knife	e, or club, on at			
4.6	4.3	3.6	No linear change	Not available	No chang
	4.6	4.6 4.3			4.6 4.3 3.6 No linear change Not available

^{*}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 [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021	_		
		were threatened or i			rty (such as a			
4.8	5.2	5.1	5.9	6.6	6.5	No linear change	No quadratic change	No chang
N16: Percenta		5.1 were in a physical f				No linear change	No quadratic change	No chang
N16: Percenta						No linear change	No quadratic change Decreased, 2010-2014 No change, 2014-2021	No chang
QN16: Percenta survey) 23.3	age of students who	were in a physical f	ight (one or more ti	mes during the 12 i	months before the		Decreased, 2010-2014	

^{*}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.

njury and Viole	nce	Health Risk Beha	Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §			
2010	2012	2014	2016	2018	2021	_		
dating or going of forced to have so	out with to do sexua exual intercourse] th	experienced sexual al things [counting so that they did not wan ted or went out with	ach things as kissin t to do, one or more	ng, touching, or being times during the 1	ng physically 2 months before			
	9.4	7.5	4.8	7.5	15.6	Increased, 2012-2021	Not available [¶]	Increased
someone they winjured with an o	rere dating or going object or weapon] o	experienced physica out with [counting s ne or more times du e 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 o	rere dating or going object or weapon] o	out with [counting s ne or more times du	uch things as being ring the 12 months	g hit, slammed into before the survey,	something, or	No linear change	Not available	No chang
someone they w injured with an o who dated or we	ere dating or going object or weapon] o ent out with someon 6.5	out with [counting s ne or more times du e during the 12 mon	uch things as being ring the 12 months this before the surve	g hit, slammed into before the survey, ey) 7.1	something, or among students	No linear change	Not available	No change

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

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

		Health Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
		were electronically l media, ever during			h texting,			
nougran, race	oon, or outer soon	i incura, e ver dering	the 12 months out	ite tile sail (e))				
16.4	16.8	18.8	16.5	16.5	17.9	No linear change	No quadratic change	No chang
N25: Percenta	ge of students who	18.8 felt sad or hopeless, ever during the 12	(almost every day f	for >=2 weeks in a		No linear change	No quadratic change	No chang
N25: Percenta	ge of students who	felt sad or hopeless	(almost every day f	for >=2 weeks in a		No linear change Increased, 2010-2021	No quadratic change	No chang
2N25: Percenta topped doing so 19.8	ge of students who me usual activities 17.9	felt sad or hopeless, ever during the 12	(almost every day f months before the s 25.6	for >=2 weeks in a survey) 29.4	row so that they 34.6			

^{*}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.

White*	k	
Injury	and	Violence

		Health Risk Beha	vior and Percenta	Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §		
2010	2012	2014	2016	2018	2021			
QN27: Percental before the surve		made a plan about h	now they would atte	empt suicide (during	g the 12 months			
10.2	8.8	11.6	10.7	14.8	14.5	Increased, 2010-2021	No quadratic change	No change
the survey)		actually attempted s		_				
6.0	4.0	7.4	5.3	7.8	10.1	Increased, 2010-2021	No quadratic change	No change
ON29: Percent:		had a suicide attempse (during the 12 mo			or overdose that			

^{*}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.

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		Health Risk Beha	vior and Percenta		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §	
2010	2012	2014	2016	2018	2021			
QN30: Percenta	ge of students who	ever tried cigarette	smoking (even one	or two puffs)	· · ·			
36.8	28.7	27.3	22.4	21.4	18.8	Decreased, 2010-2021	No quadratic change	No change
30.0						·		
	·	first tried cigarette s	smoking before age		or two puffs) 5.4	No linear change	Not available¶	No chang
QN31: Percenta	ge of students who	first tried cigarette s	6.9	13 years (even one 6.8	5.4	No linear change	Not available [¶]	No chang
QN31: Percenta QN32: Percenta	ge of students who		6.9	13 years (even one 6.8	5.4	No linear change Decreased, 2010-2021	Not available¶	No chang No chang
QN31: Percenta QN32: Percenta urvey) 15.5	ge of students who ge of students who 11.0 centage of students	currently smoked ci	6.9 Igarettes (on at least	13 years (even one 6.8 1 day during the 3 4.5	5.4 0 days before the 4.0			

^{*}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.

White*	
Tobacco	Use

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
QNDAYCIG: P before the surve	Percentage of studen y)	ts 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	0.2	Decreased, 2010-2021	No quadratic change	Decreased
QN34: Percenta	2.3 age of students who -hookahs, hookah p	ever used an electro	onic vapor product (including e-cigaret	tes, vapes, vape	Decreased, 2010-2021 No linear change	No quadratic change Not available	Decreased
QN34: Percenta pens, e-cigars, e QN35: Percenta vape pens, e-cig	age of students who	ever used an electronens, and mods [such 34.4]	onic vapor product (as JUUL, SMOK, 33.2 ectronic vapor product)	including e-cigaret Suorin, Vuse, and l 48.2	tes, vapes, vape blu]) 37.7 garettes, vapes,			

^{*}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.

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
	rcentage of students 30 days before the	s who currently used survey)	electronic vapor pi	oducts frequently (on 20 or more			
		1.7	2.3	8.0	7.1	Increased, 2014-2021	Not available¶	No change
QNDAYEVP: the 30 days before		nts who currently us	ed electronic vapor	products daily (on	all 30 days during	<u>y</u>		·
		1.0	1.5	6.3	5.5	Increased, 2014-2021	Not available	No change
	ntage of students when the 30 days before the	no currently smoked survey)	cigarettes or used of	electronic vapor pro	ducts (on at least	t		
		21.1	12.3	18.7	16.2	No linear change	Not available	No change

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

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

obacco Use		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021	_		_J_V
2010	2012	2014	2010	2018	2021			
dissolvable toba	acco products [such	currently used smol as Copenhagen, Griz uring the 30 days before	zzly, Skoal, or Cam	,	· • · · · · · · · · · · · · · · · · · ·			
			6.2	4.0	3.8	No linear change	Not available [¶]	No change
dip, snus, or dis	ssolvable tobacco pr	s who currently used oducts [such as Cope 0 or more days during the control of the current of th	enhagen, Grizzly, S	koal, or Camel Snu				
dip, snus, or dis	ssolvable tobacco pr	oducts [such as Cope	enhagen, Grizzly, S	koal, or Camel Snu		No linear change	Not available	No change
dip, snus, or dis any electronic v QNDAYSKL: dip, snus, or dis	essolvable tobacco provapor products, on 2 Percentage of stude ssolvable tobacco pr	oducts [such as Cope	enhagen, Grizzly, S ag the 30 days befor 1.7 ed smokeless tobac enhagen, Grizzly, S	koal, or Camel Snure the survey) 0.8 co daily (chewing the koal, or Camel Snur	0.7 obacco, snuff,	No linear change	Not available	No chang

^{*}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.

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
	age of students who		gars (cigars, cigaril	llos, or little cigars,	on at least 1 day			
8.6	7.7	7.0	6.2	3.3	3.9	Decreased, 2010-2021	No quadratic change	No change
	ntage of students wh products (on at leas		0 days before the si	urvey)		No linear shouse	Not available!	No change
lectronic vapor	products (on at leas	st 1 day during the 3	0 days before the st	urvey) 18.9	17.0	No linear change	Not available¶	No change
ectronic vapor		st 1 day during the 3	0 days before the st	urvey) 18.9	17.0	No linear change	Not available¶	No chang

^{*}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.

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					2018-2021 [§]		
2012	2014	2016	2018	2021			
e of students wh	o currently smoked	cigarettes or cigars	(on at least 1 day d	luring the 30 days	S		
13.4	13.8	9.8	5.6	5.6	Decreased, 2010-2021	No quadratic change	No change
	e of students who	e of students who currently smoked 13.4 13.8	e of students who currently smoked cigarettes or cigars 13.4 13.8 9.8	e of students who currently smoked cigarettes or cigars (on at least 1 day of 13.4 13.8 9.8 5.6	e of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days	e of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days 13.4 13.8 9.8 5.6 5.6 Decreased, 2010-2021	e of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days 13.4 13.8 9.8 5.6 5.6 Decreased, 2010-2021 No quadratic change

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

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

		Health Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021	_		
QN40: Percenta	ige of students who	had their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
14.8	10.0	11.3	12.1	12.9	13.7	No linear change	Decreased, 2010-2014 No change, 2014-2021	No change
	nge of students who	currently drank alco	hol (at least one dri	ink of alcohol, on a	t least 1 day			
	22.4	21.2	24.6	21.6	21.6	No linear change	No quadratic change	No change
25.7								
QN42: Percenta		currently were bing drinks of alcohol in e the survey)						

^{*}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.

Thite* Icohol and Othe	er Drug Use	Health Risk Beha	Linear Change [†]	Linear Change [†] Quadratic Change [†]	Change from 2018-2021 §			
2010	2012	2014	2016	2018	2021	_		
		reported that the lar e 30 days before the		ıks they had in a rov	w was 10 or more	,		
				1.6	3.9	No linear change	Not available [¶]	No change
		usually got the alco tudents who currentl 43.2		omeone giving it to	them (during the 38.9	No linear change	No quadratic change	No change
30 days before the 37.3	the survey, among s	tudents who currentl	y drank alcohol) 34.9	38.1		No linear change	No quadratic change	No change
30 days before the 37.3	the survey, among s	tudents who currentl 43.2	y drank alcohol) 34.9	38.1		No linear change	No quadratic change No quadratic change	No change
37.3 QN45: Percenta	41.0 age of students who	tudents who currentl 43.2 ever used marijuana	y drank alcohol) 34.9 (one or more time 21.8	38.1 s during their life) 23.5	38.9			

^{*}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 [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
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	10.5	No linear change	No quadratic change	No change
QN48: Percenta	age of students who	ever used synthetic	marijuana (one or i	more times during t	heir life)			
		5.5	4.3	5.1	4.2	No linear change	Not available¶	No change
	how a doctor told th	ever took prescripti nem to use it (counti more times during t	ng drugs such as co					
	ila reicocei, olle ol	8						

^{*}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 Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
		ever used inhalants s to get high, one or			aerosol spray			
7.7	6.2	6.3	4.8	6.0	7.2	No linear change	Decreased, 2010-2016 No change, 2016-2021	No change
	age of students who	ever injected any ill g their life)	egal drug (used a n	eedle to inject any	illegal drug into			
1.2	1.4	3.0	1.1	1.4	1.4	No linear change	No quadratic change	No change
	age of students who	were offered, sold,	or given an illegal d	lrug on school prop	erty (during the			
12 months befor								

^{*}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.

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
N57: Percenta	ge of students who	ever had sexual inte	ercourse	:	:-			
34.7	32.6	28.0	29.8	31.7	35.3	No linear change	No quadratic change	No chang
N58: Percenta	ge 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	2.4	No linear change	No quadratic change	No chang
N59: Percenta	ge of students who	had sexual intercou	rse with four or mo	re persons during the	neir life			
9.4	7.4	6.8	6.2	7.6	11.9	No linear change	Decreased, 2010-2016 Increased, 2016-2021	No chang
	ge of students who ne 3 months before	were currently sexu the survey)	ally active (had sex	tual intercourse with	h at least one			
	24.4	21.8	21.9	23.7	27.7	No linear change	No quadratic change	No chang

^{*}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.

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exual Behaviors		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
	ge of students who tly sexually active)	drank alcohol or use	ed drugs before last	sexual intercourse	(among students			
18.1	17.7	15.4	11.1	14.9	20.8	No linear change	Decreased, 2010-2016 Increased, 2016-2021	No change
QN62: Percenta currently sexuall		used a condom duri	ng last sexual inter	course (among stud	lents who were			1
63.3	61.6	57.7	53.2	54.9	53.9	No linear change	No quadratic change	No change
QN82: Percenta tests done if they	ge of students who donated blood)	were ever tested for	human immunode	ficiency virus (HIV	() (not counting			
		7.6	7.6	8.3	4.5	Decreased, 2014-2021	Not available¶	Decreased
		were tested for a sex		disease (STD) other	than HIV, such			
as chiamydia or g	gonornica (during t	ne 12 months before	the survey)	6.7	4.7	No linear change	Not available	No change

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

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

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
		ho were overweight c reference data from			ile for body mass			
12.4	12.7	15.6	14.9	13.0	16.0	No linear change	No quadratic change	No change
		who had obesity (> n the 2000 CDC grow		or body mass index,	based on sex-			
10.4	11.9	12.7	13.7	11.9	16.3	Increased, 2010-2021	No quadratic change	Increased
QN67: Percenta	age of students who	were trying to lose v	weight					
41.0	39.4	40.1	41.9	38.7	46.9	No linear change	No quadratic change	Increased
	age of students who	did not drink fruit ju	nice (100% fruit jui	ces one or more tim	nes during the 7			
QN68: Percenta days before the	survey)							

^{*}Non-Hispanic.

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

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

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

		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
QN69: Percenta	ge of students who	did not eat fruit (one	e or more times dur	ring the 7 days befo	re the survey)			
11.1	7.2	9.8	11.1	10.8	11.2	No linear change	No quadratic change	No change
		o did not eat fruit or		uices (such as orang	ge juice, apple			
4.3	3.3	5.2	6.4	6.4	7.2	Increased, 2010-2021	No quadratic change	No change
			1000/ fmit inicas or	ne or more times pe	r day (such as	 		
	tage of students whole juice, or grape j	o ate fruit or drank ince, during the 7 day			3 \			

^{*}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.

		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
	tage of students whole juice, or grape ju				er day (such as			
25.9	26.9	26.5	24.4	24.5	23.4	Decreased, 2010-2021	No quadratic change	No chang
QN70: Percenta urvey)	ge of students who	did not eat green sal	lad (one or more tir	nes during the 7 da	ys before the			
39.4	37.0	40.0	39.6	38.7	38.6	No linear change	No quadratic change	No chang
N71: Percenta	age of students who	did not eat potatoes	(one or more times	during the 7 days	before the survey)			
	28.4	29.1	27.4	30.1	37.3	Increased, 2010-2021	No quadratic change	Increased
24.0								
	age of students who	did not eat carrots (one or more times of	luring the 7 days be	efore the survey)			

^{*}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.

		Health Risk Behav	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
QN73: Percenta 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	18.4	No linear change	No quadratic change	No chang
		who did not eat vege ots, or other vegetab						,
3.9	4.7	5.1	4.7	5.3	7.1	Increased, 2010-2021	No quadratic change	No chang
ONIVECT. D		who ate vegetables o						
	ch fries, fried potato	es, or potato emps],	carrots, or other ve	B				

^{*}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.

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
		who ate vegetables to es, or potato chips],						
26.5	26.6	27.6	23.7	26.1	22.2	Decreased, 2010-2021	No quadratic change	No chang
		who ate vegetables thes, or potato chips],						
	11.2	12.2	11.2	11.5	10.8	No linear change	No quadratic change	No chang
ivey)	11.2	12.2	11.2	11.5	10.8	No linear change	No quadratic change	

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

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

eigni ivianagen	nent and Dietary B	enaviors Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
		s who drank a can, b counting diet soda o						
		19.5	17.6	15.3	15.1	Decreased, 2010-2021	No quadratia abanca	N. 1
26.1	22.8	19.3	17.0	10.0	13.1	Decreased, 2010-2021	No quadratic change	No change
26.1	22.8	19.3	17.0	13.3	13.1	Decreased, 2010-2021	No quadratic change	No change
QNSODA2: Per	rcentage of students	s who drank a can, b	ottle, or glass of so	da or pop two or m	ore times per day	Decreased, 2010-2021	No quadratic change	No chang
QNSODA2: Per	rcentage of students	s who drank a can, b	ottle, or glass of so	da or pop two or m	ore times per day	Decreased, 2010-2021	No quadratic change	No chang
QNSODA2: Persuch as Coke, P	rcentage of students Pepsi, or Sprite, not 13.6	s who drank a can, b counting diet soda c	ottle, or glass of so or diet pop, during t 9.0	da or pop two or mone 7 days before the 7.9	ore times per day e survey)	, 		

^{*}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.

		Health Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021	_		
drank in a glass o		who drank one or m n, or with cereal and the the survey)						
49.9	48.1	46.0	41.0	37.4	28.6	Decreased, 2010-2021	No quadratic change	Decrease
						,	4	
lrank in a glass o		who drank three or n, or with cereal and the survey)				Decreased, 2010-2021	No quadratic change	No chan
drank in a glass of one glass, duri	or cup, from a carto ing the 7 days before 15.1	n, or with cereal and re the survey) 14.7	10.6	pint of milk served 8.0	at school as equal	Decreased, 2010-2021		
drank in a glass o o one glass, duri	or cup, from a carto ing the 7 days before 15.1	n, or with cereal and re the survey)	10.6	pint of milk served 8.0	at school as equal	Decreased, 2010-2021		

^{*}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.

eight Managen	nent and Dietary B	ehaviors Health Risk Beha	vior and Percenta	Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §		
2010	2012	2014	2016	2018	2021			
QNBK7DAY:	Percentage of stude	nts who ate breakfas	t on all 7 days (duri	ing the 7 days befor	e the survey)			
	41.6	39.6	38.0	32.0	29.0	Decreased, 2012-2021	Not available¶	No chang

^{*}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.

hite* nysical Activity		Health Risk Beha	Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §			
2010	2012	2014	2016	2018	2021			
	activity that increas	were physically acti sed their heart rate a						
57.6	62.3	57.8	54.8	53.4	59.1	No linear change	No quadratic change	No change
QNPA0DAY: Pleast 1 day (in an	Percentage of studen	nts who did not particactivity that increase	cipate in at least 60	minutes of physica	l activity on at	No linear change Increased, 2010-2021	No quadratic change Increased, 2010-2016 No change, 2016-2021	No change
QNPA0DAY: P east 1 day (in an he time during t 8.5	Percentage of studenty kind of physical when the days before the 8.9 Percentage of students sical activity that income	nts who did not particactivity that increase e survey)	cipate in at least 60 and their heart rate and 12.8	minutes of physicand made them breat 14.5	al activity on at the hard some of 11.4		Increased, 2010-2016	

^{*}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.

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021	<u> </u>		
QN79: Percenta week when they		attended physical ed	ducation (PE) class	es on 1 or more day	s (in an average			
46.8	48.6	48.9	43.6	42.5	50.6	No linear change	No quadratic change	Increased
QNDLYPE: Per week when they		who attended physic	ical education (PE)	classes on all 5 day	vs (in an average			
33.6	35.7	34.6	29.5	28.8	35.0	No linear change	No quadratic change	No change
	ge of students who ag the 12 months be	had a concussion fro fore the survey)	om playing a sport	or being physically	active (one or			
			15.1	15.0	15.8	No linear change	Not available¶	No change

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

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

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021	<u> </u>		
	ge 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	78.0	No linear change	Increased, 2010-2016 No change, 2016-2021	No change
QNNODNT: Pe dental work)	rcentage of student	s who never saw a d	lentist (for a check-	up, exam, teeth clea	aning, or other			
1.0	0.9	1.4	1.3	0.8	2.2	No linear change	No quadratic change	Increased
QN86: Percenta	ge of students who	got 8 or more hours	of sleep (on an ave	erage school night)				
					28.0			

^{*}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.

/hite* ite-Added								
		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §
2010	2012	2014	2016	2018	2021			
		talked on a cell pho who drove a car or of		n at least 1 day duri	ing the 30 days	,		
			,					
				59.7	61.4	No linear change	Not available¶	No change
day (such as Ga	torade or Powerade,	ts who drank a can, , not counting low ca		sports drink one or	more times per	No linear change	Not available [¶]	No change
	torade or Powerade,			sports drink one or	more times per	No linear change Decreased, 2010-2021	Not available [¶] No quadratic change	No change
day (such as Ga days before the 16.2 QNSPDRK2: P	atorade or Powerade, survey) 16.1 Percentage of studen atorade or Powerade.	, not counting low ca	9.8 bottle, or glass of a	sports drink one or such as Propel or C 10.1	more times per 32, during the 7 10.0			

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

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

Nebraska High School Survey 10-year Trend Analysis Report

White*

2014 ever drank alcohol (2016 at least one drink o	2018	2021			
ever drank alcohol (at least one drink o	f alcohol, on at lea				
		r alconor, on at ica	st 1 day during	,		
50.5	55.0	52.9	48.7	Decreased, 2010-2021	No quadratic change	No change
				Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	No change
r	e sports drinks such a 34.3 o drank a can, bottle, drinks, flavored milk	a sports drinks such as Propel or G2, du 34.3 43.1 drank a can, bottle, or glass of a sugardrinks, flavored milk, Snapple, Sunny Erts drinks, energy drinks, or 100% fruit	e sports drinks such as Propel or G2, during the 7 days befored as 34.3 43.1 46.9 drank a can, bottle, or glass of a sugar-sweetened beverage drinks, flavored milk, Snapple, Sunny Delight, or energy drinks, energy drinks, or 100% fruit juice, one or more statements.	drank a can, bottle, or glass of a sugar-sweetened beverage (such as drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red rts drinks, energy drinks, or 100% fruit juice, one or more times per day	e sports drinks such as Propel or G2, during the 7 days before the survey) 34.3 43.1 46.9 40.2 Increased, 2010-2021 drank a can, bottle, or glass of a sugar-sweetened beverage (such as drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red rts drinks, energy drinks, or 100% fruit juice, one or more times per day	e sports drinks such as Propel or G2, during the 7 days before the survey) 34.3 43.1 46.9 40.2 Increased, 2010-2021 Increased, 2010-2016 No change, 2016-2021 o drank a can, bottle, or glass of a sugar-sweetened beverage (such as drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red rts drinks, energy drinks, or 100% fruit juice, one or more times per day

^{*}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.

Nebraska High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percenta	Linear Change [†]	Quadratic Change [†]	Change from 2018-2021 §		
2010	2012	2014	2016	2018	2021	- 		
		4:4	nothen or tone thei	r muscles on three	or more days			
	age of students who os, sit-ups, or weight				•			

27.0

81.4

25.2

80.5

No linear change

No linear change

QN102: Percentage of students who described their grades in school as mostly A's or B's (during the 12

85.0

83.1

months before the survey)

No change

No change

Not available[¶]

Not available

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

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

Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Injury and Violence

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
QN8: Percentag	ge of students who d	id not always wear a	a seat belt (when ri	ding in a car driven	by someone else)			
75.2	61.3	65.7	49.2	53.1	57.2	Decreased, 2010-2021	Decreased, 2010-2016 No change, 2016-2021	No change
		ode with a driver where survey)		g alcohol (in a car	or other vehicle,			1
23.9	26.9	27.2	32.1	13.1	12.2	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	No change
	ng the 30 days before	drove a car or other re the survey, among						
	6.2	13.0	7.5	7.2	4.5	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change fro 2018-202
2010	2012	2014	2016	2018	2021			
			1.1. 1.1.		.1 .11	,		
•	ys before the surve	texted or e-mailed w y, among students w		,	•	No linear change	Not available [§]	No chan
uring the 30 day efore the survey 2N12: Percenta	ys before the surveyy) 39.9	50.6 carried a weapon on	ho had driven a car 39.9	or other vehicle du	ring the 30 days	No linear change	Not available [§]	No chan

10.0

6.3

No linear change

No quadratic change

9.8

10.3

5.3

11.3

No change

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

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

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

		Health Risk Behavi	or and Percentage	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
dating or going forced to have s	out with to do sexua exual intercourse] th	experienced sexual of a lithings [counting subset they did not want ed or went out with section 1.5]	to do, one or more	g, touching, or bein times during the 1	g physically 2 months before			
	13.2	10.4	12.9	7.8	16.3	No linear change	Not available§	No change
		experienced physica out with [counting st	uch things as being	hit, slammed into s	something, or			
injured with an	object or weapon] or	ne or more times dur e during the 12 mon 10.6			4.2	No linear change	Not available	No change
injured with an who dated or we	object or weapon] o ent out with someon 7.9	e during the 12 mon	ths before the surve	4.8	4.2	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2018-2021 † 2010 2012 2014 2016 2018 2021 QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey) 12.3 13.8 17.0 23.1 12.9 14.1 No linear change No quadratic change No change QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) 37.4 24.5 26.9 32.7 30.0 41.6 Increased, 2010-2021 No quadratic change No change QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey) 16.7 15.5 20.4 24.7 19.7 14.6 No linear change No change No quadratic change

^{*}Based on trend 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

Hispanic Injury and Violence

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN27: Percentage before the survey		made a plan about h	ow they would atte	empt suicide (during	g the 12 months			
12.9	12.9	19.3	23.8	17.1	9.4	No linear change	Increased, 2010-2016 Decreased, 2016-2021	Decreased
QN28: Percentag the survey)	ge of students who	actually attempted s	uicide (one or more	e times during the 1	2 months before	, , , , , , , , , , , , , , , , , , ,		
13.9	13.3	15.9	15.8	13.8	4.7	Decreased, 2010-2021	No change, 2010-2016 Decreased, 2016-2021	Decreased
		had a suicide attemp			or overdose that			
4.6	3.5	5.4	5.7	5.5	1.8	No linear change	No quadratic change	No change

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

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic

	j	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
N30: Percenta	ge of students who	ever tried cigarette	smoking (even one	or two puffs)	•			
46.0	40.5	46.5	32.1	26.1	20.6	Decreased, 2010-2021	No quadratic change	No change
N31: Percenta	ge of students who	first tried cigarette s	smoking before age	13 years (even one	or two puffs)	No linear change	Not available [§]	No change
		first tried cigarette s	14.9	7.6	8.6	<u>-</u>	Not available [§]	No change
N32: Percenta			14.9	7.6	8.6	<u>-</u>	Not available [§] No quadratic change	No change
N32: Percenta urvey) 14.6	ge of students who 9.6 centage of students	currently smoked ci	garettes (on at least	7.6 t 1 day during the 3	8.6 0 days before the 2.1			

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Tobacco Use

		Health Risk Behavi	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNDAYCIG: F before the surve		ats who currently sme	oked cigarettes dai	ly (on all 30 days d	uring the 30 days			
4.7	2.7	1.6	0.6	0.0	0.0	Not available	Not available§	Not available
		ever used an electro ens, and mods [such 55.6				Decreased, 2014-2021	Not available	Decreased
pens, e-cigars, e QN35: Percenta vape pens, e-cig	age of students who	ens, and mods [such 55.6 currently used an elekah pens, and mods	as JUUL, SMOK, 41.3 ectronic vapor proc	Suorin, Vuse, and 51.7 duct (including e-cig	30.2 garettes, vapes,	Decreased, 2014-2021	Not available	Decreased

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
	rcentage of students 30 days before the	s who currently used survey)	electronic vapor pr	oducts frequently (on 20 or more			
		4.7	0.5	2.2	6.8	No linear change	Not available [§]	No change
QNDAYEVP: the 30 days befo		nts who currently us	ed electronic vapor	products daily (on	all 30 days during			
		3.1	0.5	1.2	5.6	No linear change	Not available	No change
					1			
	ntage of students when a stude	no currently smoked survey)	cigarettes or used e	electronic vapor pro	ducts (on at least			

^{*}Based on trend 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 2018-2021
2010	2012	2014	2016	2018	2021	_		
dissolvable tob	acco products [such	currently used smol as Copenhagen, Gri- ring the 30 days bef	zzly, Skoal, or Cam					
			2.3	1.9	0.0	Not available	Not available§	Not availabl
dip, snus, or dis	ssolvable tobacco pr	s who currently used oducts [such as Cope 0 or more days during	enhagen, Grizzly, Sing the 30 days befor	koal, or Camel Snu e the survey)	s], not counting	No.	Not and Table	N
			0.0	0.4	0.0	Not available	Not available	Not availabl
dip, snus, or dis	ssolvable tobacco pr	nts who currently us oducts [such as Cop ll 30 days during the	enhagen, Grizzly, S	koal, or Camel Snu				

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic

]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021	<u> </u>		
	age of students who		gars (cigars, cigaril	llos, or little cigars,	on at least 1 day			
13.9	10.7	9.4	5.1	3.1	2.2	Decreased, 2010-2021	No quadratic change	No change
		1						
	ntage of students wh products (on at leas		0 days before the si	urvey)		No linear change	Not available [§]	No change
ectronic vapor	products (on at leas	at 1 day during the 3	0 days before the st	urvey) 12.4	13.3	No linear change	Not available [§]	No change
ectronic vapor NFRCGR: Pe		at 1 day during the 3	0 days before the standard 10.6	urvey) 12.4	13.3	No linear change	Not available [§]	No change

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic

2014						
	2016	2018	2021			
s who currently smoked	l cigarettes or cigars	(on at least 1 day o	luring the 30 days	3		
17.1	6.9	3.8	2.2	Decreased, 2010-2021	No quadratic change	No change
S	17.1	17.1 6.9	17.1 6.9 3.8 students who currently smoked cigars daily (cigars, cigarillos, o	17.1 6.9 3.8 2.2 students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on	students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on	17.1 6.9 3.8 2.2 Decreased, 2010-2021 No quadratic change students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on

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

[§]Not enough years of data to calculate.

Hispanic Alcohol and Other Drug Use

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
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	10.3	Decreased, 2010-2021	No quadratic change	No change
	age of students who ys before the survey 22.1	currently drank alco	shol (at least one dr	ink of alcohol, on a	t least 1 day	Decreased, 2010-2021	No quadratic change	No change
32.0	22.1	30.3	27.0	20.9	13.3	Decreased, 2010-2021	140 quadratic change	110 change
								•
f they were fem	age of students who ale or five or more ag the 30 days before	drinks of alcohol in						

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

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

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	or and Percentag	es		Linear Change [*]	Quadratic Change*	Change fron 2018-2021
2010	2012	2014	2016	2018	2021			
N48: Percenta	age of students who	ever used synthetic i	marijuana (one or r	nore times during th	neir life)			
		9.6	9.2	10.4	4.8	No linear change	Not available§	No change
N49: Percenta	age of students who	ever took prescription						
	how a doctor told the nd Percocet, one or	nem to use it (counting the more times during the		17.8	6.0	Decreased, 2016-2021	Not available	Decrease
Hydrocodone, a N51: Percenta	nd Percocet, one or		19.3 (sniffed glue, breath	17.8	6.0	Decreased, 2016-2021	Not available	Decrease

^{*}Based on trend analyses using a logistic regression model controlling 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

Hisnanic

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
								
		ever injected any ill	egal drug (used a ne	eedle to inject any i	illegal drug into			
	age of students who or more times during 2.7		egal drug (used a no	eedle to inject any i	illegal drug into	Not available	Not available [§]	Not availab
heir body, one o	2.7 age of students who	g their life)	2.0	2.7	0.0	Not available	Not available [§]	Not availab

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN57: Percenta	ge of students who	ever had sexual inte	rcourse	:	;			
48.8	42.7	38.3	32.8	44.0	37.7	No linear change	No quadratic change	No change
QN58: Percenta	ge 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	1.0	Decreased, 2010-2021	No quadratic change	No change
QN59: Percenta	ge of students who	had sexual intercou	rse with four or mo	re persons during th	neir life			
18.2	13.3	11.8	5.9	8.7	5.7	Decreased, 2010-2021	No quadratic change	No change
	ge of students who	were currently sexu	ally active (had sex	cual intercourse with	h at least one			
34.3	25.7	32.2	18.1	32.8	28.4	No linear change	No quadratic change	No change

^{*}Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05. †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*	Quadratic Change [*]	Change from 2018-202
2010	2012	2014	2016	2018	2021			
				-		•		
	age of students who	were ever tested for	human immunode	ficiency virus (HIV)) (not counting			

7.6

No linear change

Not available

11.5

as chlamydia or gonorrhea (during the 12 months before the survey)

No change

^{*}Based on trend analyses using a logistic regression model controlling 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	or and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021	<u> </u>		
		ho were overweight c reference data from			ile for body mass			
17.6	16.5	21.5	23.1	11.5	15.5	No linear change	No quadratic change	No change
and age-specific	reference data from	who had obesity (>a the 2000 CDC grow	wth charts)§	•				,
				or body mass index.	based on sex-	Increased, 2010-2021	No change, 2010-2016 Increased, 2016-2021	Increased
and age-specific 15.9	reference data from 21.2	the 2000 CDC grov	wth charts) [§] 19.0	•		Increased, 2010-2021		Increased
and age-specific 15.9	reference data from 21.2	14.4	wth charts) [§] 19.0	•		Increased, 2010-2021 No linear change		Increased No change
and age-specific 15.9 QN67: Percenta 55.5	ge of students who	14.4 were trying to lose v	veight 55.9	17.6	63.4	·	Increased, 2016-2021 No change, 2010-2016	

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

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

]	Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2018-2021
2010	2012	2014	2016	2018	2021			
QN69: Percenta	ge of students who	did not eat fruit (on	e or more times dur	ing the 7 days befo	re the survey)			
12.6	10.0	11.9	11.5	9.1	11.5	No linear change	No quadratic change	No change
		o did not eat fruit or ys before the survey		uices (such as oran	ge juice, apple			
6.3	5.6	6.7	8.5	4.5	8.9	No linear change	No quadratic change	No change
		o ate fruit or drank lice, during the 7 da			er day (such as			

^{*}Based on trend 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 2018-2021
2010	2012	2014	2016	2018	2021	_		
		o ate fruit or drank laice, during the 7 day			er day (such as			
26.8	23.7	25.5	31.6	23.5	20.7	No linear change	No quadratic change	No change
QN70: Percenta	age of students who	did not eat green sal	ad (one or more tir	nes during the 7 da	ys before the			
39.6	41.4	40.5	49.7	42.3	45.1	No linear change	No quadratic change	No chang
QN71: Percenta	age of students who	did not eat potatoes	(one or more times	during the 7 days	before the survey)			
QN71: Percenta 39.9	age of students who 36.3	did not eat potatoes 37.1	(one or more times	during the 7 days 42.2	before the survey) 34.1	No linear change	No quadratic change	No chang
39.9	36.3	_	41.0	42.2	34.1	No linear change	No quadratic change	No chang

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

	ent and Dietary Be	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021	<u> </u>		
QN73: Percenta	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	21.5	No linear change	No quadratic change	No change
		who did not eat vege ots, or other vegetab						
6.7	7.8	9.4	8.7	9.7	3.3	No linear change	No change, 2010-2016 Decreased, 2016-2021	Decreased
		who ate vegetables o						1
[excluding frenc survey)	n mes, mes potato							

^{*}Based on trend 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 Percentago	es		Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021	<u> </u>		
		who ate vegetables to es, or potato chips],						
26.8	24.3	25.1	27.7	18.3	23.7	No linear change	No quadratic change	No change
		who ate vegetables thes, or potato chips],						
	13.2	14.2	16.0	8.9	13.9	No linear change	No quadratic change	No change
14.1								
QN74: Percenta		did not drink a can, t pop, one or more ti						

^{*}Based on trend 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 2018-2021
2010	2012	2014	2016	2018	2021			
		s who drank a can, b counting diet soda o						
26.4	19.0	20.0	20.1	15.5	8.4	Decreased, 2010-2021	No quadratic change	No change
		s who drank a can, b						
						Decreased, 2010-2021	No quadratic change	No chan
(such as Coke, F	Pepsi, or Sprite, not	counting diet soda o	r diet pop, during t	he 7 days before the	survey)	Decreased, 2010-2021	No quadratic change	No chang

^{*}Based on trend 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 2018-2021 †
2010	2012	2014	2016	2018	2021	_		
lrank in a glass		who drank one or n on, or with cereal and re the survey)						
36.8	33.3	32.2	32.8	24.9	23.1	Decreased, 2010-2021	No quadratic change	No chang
rank in a glass		who drank three or on, or with cereal and re the survey)				Decreased, 2010-2021	No quadratic change	No chang
rank in a glass one glass, dur	or cup, from a carto ring the 7 days before	on, or with cereal and re the survey)	d counting the half	pint of milk served	at school as equal	Decreased, 2010-2021	No quadratic change	No chan
rank in a glass o one glass, dur 10.5	or cup, from a cartoring the 7 days before 6.1	on, or with cereal and re the survey)	7.3	pint of milk served 4.6	at school as equal 4.0	Decreased, 2010-2021	No quadratic change	No chan

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

[§]Not enough years of data to calculate.

Hispanic Weight Managem	ent and Dietary Be	haviors Health Risk Behav	ior and Percentag	ges		Linear Change*	Quadratic Change [*]	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QNBK7DAY:	Percentage of studen	nts who ate breakfas	t on all 7 days (dur	ing the 7 days before	re the survey)			
	26.4	28.9	24.2	29.9	20.1	No linear change	Not available [§]	No change

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic **Physical Activity Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2018-2021 † 2010 2012 2014 2016 2018 2021 QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 43.5 42.3 39.6 40.6 39.8 55.2 No linear change No quadratic change No change QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 15.2 16.7 22.3 18.0 19.4 10.4 No linear change No quadratic change No change QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 23.3 21.7 20.7 18.9 21.8 25.7 No linear change No quadratic change No change

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

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic

]	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2018-2021 †
2010	2012	2014	2016	2018	2021			
QN79: Percenta week when they	age of students who were in school)	attended physical ed	lucation (PE) class	es on 1 or more day	rs (in an average	,		
52.3	49.5	50.5	39.7	47.8	59.5	No linear change	No quadratic change	No change
QNDLYPE: Pe week when they	rcentage of students were in school)	who attended phys	ical education (PE)	classes on all 5 day	vs (in an average			
34.7	31.2	26.5	25.7	22.3	32.6	No linear change	No quadratic change	No change
	age of students who lang the 12 months be		om playing a sport	or being physically	active (one or			
			14.7	14.7	16.3	No linear change	Not available§	No change

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

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic

		Health Risk Behav	Linear Change*	Quadratic Change [*]	Change from 2018-2021 †			
2010	2012	2014	2016	2018	2021	_		
	ge of students who nths before the sur	saw a dentist (for a vey)	check-up, exam, te	eth cleaning, or oth	er dental work,			
62.9	59.4	66.0	70.7	64.8	58.5	No linear change	Increased, 2010-2016 Decreased, 2016-2021	No change
QNNODNT: Per dental work)	rcentage of student	s who never saw a d	entist (for a check-	up, exam, teeth clea	aning, or other			
5.9	2.9	2.6	2.2	1.7	4.6	No linear change	No change, 2010-2016 No change, 2016-2021	No change
QN86: Percentag	ge of students who	got 8 or more hours	of sleep (on an ave	erage school night)				,
		28.6	22.1	24.4	26.7	No linear change	Not available§	No change

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

[§]Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Site-Added **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2018-2021 † 2010 2012 2014 2016 2018 2021 QN89: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle) 53.4 51.1 No linear change Not available§ No change

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

20.4

14.8

14.8

18.2

7.6

8.6 Decreased, 2010-2021

No quadratic change

No change

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

12.8

Hispanic

7.9

7.3

11.5

4.6

5.1 Decreased, 2010-2021

No quadratic change

No change

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

Not enough years of data to calculate.

Nebraska High School Survey 10-year Trend Analysis Report

Hispanic Site-Added

		Health Risk Behav	ior and Percentag	Linear Change*	Quadratic Change [*]	Change from 2018-2021		
2010	2012	2014	2016	2018	2021	_		
QN94: Percenta heir life)	age of students who	ever drank alcohol (at least one drink o	of alcohol, on at lea	st 1 day during			
65.2	54.9	60.0	53.4	55.7	39.6	Decreased, 2010-2021	No quadratic change	No change
PowerAde, not of 27.2	counting low-calorie	e sports drinks such	as Propel or G2, du	ring the 7 days bef	ore the survey)			

^{*}Based on trend 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

Uicnonio

		Health Risk Behav	Linear Change [*]	Quadratic Change [*]	Change from 2018-2021			
2010	2012	2014	2016	2018	2021			
		did exercises to stre t lifting, during the 7			or more days			
55.6	51.5	47.8	46.7	42.8	65.0	No linear change	No change, 2010-2016 Increased, 2016-2021	Increased
	or dance classes, co	participated in any counting any activitie						
				30.7	16.4	Decreased, 2018-2021	Not available§	Decreased
N102: Percen		o described their gra	des in school as mo	ostly A's or B's (dur	ing the 12			

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

[§]Not enough years of data to calculate.