# Nebraska High School Survey

Trend Analysis Report

Total Injur	y and V	iolence	<u>.</u>															
					Heal	th Risk	Behavi	ior and	Percen	itages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QN8:	Percent	tage of	students	s who di	id not al	ways w	ear a se	at belt	(when r	iding in	a car dı	riven by	someo	ne else)				
91.1	81.6					69.6	63.7			61.9	53.5	50.3	42.0	48.2	54.6	Decreased, 1991-2021	Decreased, 1991-2016 Increased, 2016-2021	Increased
	Percent times du						er who h	ad beer	n drinki	ng alcoł	nol (in a	car or o	other ve	hicle, oi	ne or			
46.1	43.4					38.5	35.6			23.9	20.3	22.3	22.1	14.6	14.8	Decreased, 1991-2021	Decreased, 1991-2003 Decreased, 2003-2021	No change

# Nebraska High School Survey

Total Injury	and V	iolence																
					Healt	th Risk	Behavi	or and	Percen	ntages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
times		he 30 da					ther veh students											
											6.8	10.1	6.3	5.8	4.5	Decreased, 2012-2021	Not available <sup>§</sup>	No change
							ed while driven a											
											46.6	49.4	48.3	50.7	51.4	No linear change	Not available	No change
				ts who c e the sur		a weapo	n on sch	nool pro	operty (	such as	a gun, l	mife, or	club, o	n at lea	st 1			
												8.1	5.4	4.1	3.3	Decreased, 2014-2021	Not available	No change

# Nebraska High School Survey

Trend Analysis Report

Total Injury	and V	iolence																
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
-		0			-	go to sch before tl			ey felt	unsafe a	t schoo	l or on t	heir wa	y to or f	from			
	3.0					3.1	3.9			3.8	4.2	6.2	7.5	6.8	6.8	Increased, 1993-2021	No quadratic change	No change
						eatened nths bef				pon on s	school p	roperty	(such a	s a gun,	knife,			
	5.8					8.8	9.7			6.4	6.4	7.1	7.1	8.0	7.7	No linear change	No quadratic change	No change
QN16: survey		ntage of	student	ts who v	were in	a physic	al fight	(one or	more t	imes du	ring the	e 12 mo	nths bef	ore the		·		
41.7	34.5					29.6	28.5			26.7	20.1	19.7	19.2	19.1	19.9	Decreased, 1991-2021	No quadratic change	No change

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
)N19	Perce	ntage of	studen	ts who	were evo	er physi	cally fo	orced to	have se	xual int	ercours	e (when	they di	d not w	ant to)			
21117																		
						9.9	9.1			8.1	8.6	8.3	8.4	8.2	9.7	No linear change	No quadratic change	No char
	Perce	ntage of	student	ts who a	experier			ing viol	ence (be							No linear change	No quadratic change	No chang
QN21: going nterco	out with ourse] th	n to do s nat they	sexual th did not	nings [c want to	ounting do, one	nced sex such th e or more	tual dati ings as re times	kissing. during	ence (be , touchin the 12 1 the surv	eing for ng, or bo nonths	ced by s eing phy	someone	e they w forced	vere dati to have	ng or sexual	No linear change	No quadratic change	No chang

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

#### Nebraska High School Survey

Trend Analysis Report

Total **Injury and Violence** Health Risk Behavior and Percentages Linear Change\* **Quadratic Change**<sup>\*</sup> Change from 2018-2021 \* 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016 2018 2021 QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey) Not available§ 7.6 8.1 7.4 6.9 7.6 No linear change No change QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey) No quadratic change 22.9 20.8 26.3 22.4 21.3 20.7 No linear change No change QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey) 15.8 15.7 18.9 17.5 15.7 17.1 No linear change No quadratic change No change

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

# Nebraska High School Survey

Trend Analysis Report

Total Injury	y and V	iolence	•															
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
					felt sad					for >=2	weeks	in a rov	w so tha	t they s	topped			
						25.3	25.1			21.0	19.5	24.1	27.0	32.0	36.4	Increased, 2003-2021	Decreased, 2003-2012 Increased, 2012-2021	No change
QN26	: Perce	ntage of	f studen	ts who s	seriously	y consid	lered att	empting	g suicid	e (durin	g the 1	2 montl	ns befor	e the su	rvey)			
28.3	24.2					17.9	16.5			14.2	12.1	14.6	16.1	17.7	19.2	Decreased, 1991-2021	Decreased, 1991-2012 Increased, 2012-2021	No change
QN27 the sur		ntage of	f studen	ts who i	made a j	plan abo	out how	they we	ould att	empt su	icide (d	luring tl	ne 12 m	onths b	efore			
17.3	20.8					17.2	14.3			10.9	9.8	13.3	14.1	15.5	14.3	Decreased, 1991-2021	Decreased, 1991-2012 Increased, 2012-2021	No change
QN28 survey		ntage of	f studen	ts who a	actually	attempt	ed suici	de (one	e or mor	e times	during	the 12	months	before t	he			
7.0	9.1					8.8	9.4			7.7	6.0	8.9	8.0	8.6	10.1	No linear change	No quadratic change	No change
																=		

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	or and	Percent	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
DN29						icide att 2 month				n injury	, poisor	ning, or	overdos	e that h	ad to			
	lice by t																	

# Nebraska High School Survey

**Trend Analysis Report** 

Total Tobacco Use

					Healt	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN30	: Percer	ntage of	student	ts who e	ever trie	d cigare	ette smo	oking (e	ven one	or two	puffs)							
72.4	67.1					60.2	53.4			38.7	31.9	31.4	24.0	22.8	18.7	Decreased, 1991-2021	Decreased, 1991-2003 Decreased, 2003-2021	No change
QN31	: Percer	ntage of	student	ts who f	ïrst tried	d cigare	ette smo	king be	fore age	e 13 yea	rs (ever	n one or	two pu	ffs)				
													8.4	7.1	6.1	No linear change	Not available <sup>§</sup>	No change
QN32 survey	: Percer	ntage of	student	ts who c	currently	y smoke	ed cigar	ettes (or	n at leas	t 1 day	during	the 30 d	ays bef	ore the	-			
29.2	33.7					24.1	21.8			15.0	10.9	13.3	7.4	4.2	3.6	Decreased, 1991-2021	Decreased, 1991-2005 Decreased, 2005-2021	No change
-	CIG: P efore th		•	udents v	who cur	rently s	moked	cigarette	es frequ	ently (o	on 20 or	more da	ays duri	ng the 3	30	·		
15.1	14.9					11.2	9.6			5.8	3.0	3.7	2.1	1.2	0.1	Decreased, 1991-2021	Decreased, 1991-2005 Decreased, 2005-2021	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.

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

# Nebraska High School Survey

Total Tobac	co Use				Heal	th Risk	Behav	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QNDA the sur		Percei	ntage of	student	ts who c	currently	/ smoke	ed cigare	ettes da	ily (on a	ll 30 da	ys durii	ng the 3	0 days l	before			
11.3	10.7					8.3	7.0			4.1	2.4	2.6	1.2	0.9	0.1	Decreased, 1991-2021	Decreased, 1991-2005 Decreased, 2005-2021	Decreased
								vapor p L, SMOI					, vapes,	vape pe	ens,			
												38.2	36.1	49.2	33.7	No linear change	Not available <sup>§</sup>	Decreased
pens, e		, e-hool	ahs, ho	okah pe	ens, and			ronic va JUUL,								No linear change	Not available	No change

# Nebraska High School Survey

Trend Analysis Report

Total Tobac	co Use																	
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
			ige of st fore the			rently u	sed elec	etronic <sup>•</sup>	vapor p	roducts	frequen	tly (on	20 or m	ore day	S			
												2.3	1.7	6.5	6.1	Increased, 2014-2021	Not available <sup>§</sup>	No change
	YEVP: efore th			studen	ts who c	currently	y used e	lectroni	ic vapor	produc	ts daily	(on all	30 days	during	the 30			
												1.5	1.2	5.1	4.9	Increased, 2014-2021	Not available	No change
			of stude fore the			tly smol	ked ciga	arettes o	or used	electron	ic vapo	r produ	cts (on	at least	1 day			
												24.3	11.9	17.0	14.4	Decreased, 2014-2021	Not available	No change

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

# Nebraska High School Survey

Trend Analysis Report

Tobac	co Use				Healt	th Risk	Behavio	or and P	Percentages	5					Linear Change <sup>*</sup>	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009 201	0 2012	2014	2016	2018	2021			
dissolv	able to	bacco p	roducts	[such a	s Coper	hagen,		Skoal, o	o (chewing or Camel Si					vapor			
												5.3	3.6	2.9	No linear change	Not available <sup>§</sup>	No change
snus, o	r dissol	vable to	obacco j	products	s [such a	as Cope	nhagen,	Grizzly,	obacco freq Skoal, or ( fore the sur	Camel Sn				dip, 0.5	No linear change	Not available	No change
snus, o electro QNDA or diss	r dissol nic vap	vable to or prod : Percentobacco	ntage of	20 or n	s [such a nore day ts who c n as Cop	as Cope ys durin currently penhage	nhagen, g the 30 / used si n, Grizz	Grizzly, days be	, Skoal, or G fore the sur s tobacco da l, or Camel	Camel Snu vey) aily (chew	us], not c	1.5	g any 0.9 uuff, dip	0.5	No linear change	Not available	No change

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

# Nebraska High School Survey

Total Tobac	co Use																	
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 *
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
			student survey		currently	y smoke	d cigars	s (cigars	s, cigari	llos, or	little cig	gars, on	at least	1 day d	luring			
						18.2	16.8			9.6	8.3	8.1	6.7	4.1	3.0	Decreased, 2003-2021	No quadratic change	No change
						tly smol 30 days				s or use	d smoke	less toł	bacco or	electro	nic			
upor	jiouueu	5 (011 at	ioust i v	auy dui	ing the .	50 days		ine surv	(0))				14.2	17.2	14.9	No linear change	Not available <sup>§</sup>	No change
			age of st he 30 da			rrently s urvey)	moked	cigars f	frequent	tly (ciga	urs, ciga	rillos, o	r little c	igars, o	n 20			
						2.6	1.7			1.0	0.7	0.8	0.8	0.9	0.1	Decreased, 2003-2021	No quadratic change	Decreased

# Nebraska High School Survey

Total	
Tobacco	Use

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QNTB the sur	B2: Perc rvey)	entage	of stude	ents who	o curren	tly smo	ked ciga	arettes (	or cigars	s (on at	least 1 d	lay duri	ng the .	30 days	before			
						28.1	25.8			17.1	13.1	14.8	9.6	5.6	4.7	Decreased, 2003-2021	Decreased, 2003-2014 Decreased, 2014-2021	No change
-	AYCGR luring th		0			currentl	y smoke	ed ciga	rs daily	(cigars,	cigarill	os, or li	ttle ciga	ars, on a	11 30			
						1.6	1.2			0.7	0.5	0.8	0.4	0.6	0.1	Decreased, 2003-2021	No quadratic change	No change

# Nebraska High School Survey

Trend Analysis Report

					Healt	h Risk	Behavio	or and 1	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN40	Percei	ntage of	studen	ts who l	nad their	r first dr	ink of a	lcohol t	before a	ige 13 y	ears (ot	her thar	n a few s	sips)				
34.2	32.1					26.6	23.9			16.5	12.9	13.7	13.3	13.4	12.4	Decreased, 1991-2021	No quadratic change	No change
		ntage of e the sur		ts who c	currently	/ drank	alcohol	(at leas	t one dr	rink of a	lcohol,	on at le	ast 1 da	y durin	g the			
53.4	51.9					46.5	42.9			26.6	22.1	22.7	24.4	21.0	18.9	Decreased, 1991-2021	Decreased, 1991-2003 Decreased, 2003-2021	No change
were f	emale o		r more o	lrinks o	f alcoho		oinge dri ow if the											
													10.5	8.2	9.1	No linear change	Not available <sup>§</sup>	No change

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

# Nebraska High School Survey

**Trend Analysis Report** 

Total Alcoh	ol and (	Other I	Orug Us	e														
					Healt	th Risk	Behavio	or and l	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
							e largest the surv		of drin	nks they	v had in	a row v	was 10 o	or more				
														1.8	3.6	No linear change	Not available <sup>§</sup>	No change
							alcohol tl ly drank			omeone	e giving	; it to th	em (dur	ing the	30			
										35.2	37.5	39.6	31.7	38.0	39.1	No linear change	No quadratic change	No change
QN45:	: Percei	ntage of	fstuden	ts who e	ever use	d marijı	iana (on	e or mo	re time	es during	g their l	ife)	-					
22.3	19.3					34.6	32.3			25.0	23.6	26.6	25.4	25.6	18.7	Decreased, 1991-2021	Increased, 1991-2003 Decreased, 2003-2021	Decreased
QN46:	: Percei	ntage of	studen	ts who t	ried ma	rijuana	for the fi	irst time	e before	e age 13	years			-	-			
4.9	4.2					7.7	7.0			4.9	5.5	6.3	5.3	4.8	3.3	Decreased, 1991-2021	Increased, 1991-2003 Decreased, 2003-2021	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.

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

# Nebraska High School Survey

**Trend Analysis Report** 

Total Alcoh	ol and (	Other I	Drug Us	se														
					Healt	th Risk	Behavi	or and	Percen	itages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QN47:	Perce	ntage of	studen	ts who c	currently	y used n	narijuan	a (one	or more	times d	luring tł	ne 30 da	ıys befo	re the s	urvey)			
10.3	9.4					18.3	17.5			12.7	11.7	13.7	13.4	11.6	11.0	No linear change	Increased, 1991-2003 Decreased, 2003-2021	No change
QN48	Perce	ntage of	studen	ts who e	ever use	d synthe	etic mar	ijuana	(one or	more tir	nes dur	ing their	r life)					
												7.5	5.2	6.2	4.3	No linear change	Not available <sup>§</sup>	No change
than h	ow a do	ctor tol	d them	to use it		ng drug	iption p s such a								ently			
													14.3	14.7	7.1	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. <sup>§</sup>Not enough years of data to calculate.

# Nebraska High School Survey

**Trend Analysis Report** 

Total Alcoh	ol and (	Other I	Drug Us	e														
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
			student sprays t								conten	ts of aeı	rosol sp	ray can	s, or			
						11.7	11.3			9.7	7.0	8.1	6.0	6.0	7.3	Decreased, 2003-2021	No quadratic change	No change
			student nes duri			ected an	y illega	l drug (	used a r	needle to	o inject	any ille	gal dru	g into th	eir			
						2.0	3.1			1.9	1.9	4.0	1.6	2.2	0.9	Decreased, 2003-2021	No change, 2003-2014 Decreased, 2014-2021	Decreased
	: Percents before		student vey)	ts who v	were off	fered, so	old, or g	iven an	illegal	drug on	school	propert	y (durir	ng the 12	2			
	11.0					23.3	22.0			20.3	19.2	19.9	18.5	24.0	10.4	No linear change	Increased, 1993-2005 Decreased, 2005-2021	Decreased

# Nebraska High School Survey

Trend Analysis Report

Total
<b>Sexual Behaviors</b>

					Healt	h Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN57	Percer	ntage of	studen	ts who e	ver had	sexual	interco	urse										
52.5	47.0					42.8	40.8			37.1	35.2	32.5	29.1	33.7	34.5	Decreased, 1991-2021	No quadratic change	No change
QN58	Percer	ntage of	studen	ts who ł	nad sexu	al inter	course f	for the f	ïrst tim	e before	age 13	years						
6.8	5.9					5.1	4.4			3.8	4.1	3.3	2.8	2.2	2.5	Decreased, 1991-2021	No quadratic change	No change
QN59	Percer	ntage of	studen	ts who l	ad sexu	al inter	course	with fou	ir or mo	ore perso	ons duri	ng their	life					
18.3	15.1					12.0	11.9			10.6	9.4	8.0	6.0	9.0	10.4	Decreased, 1991-2021	No quadratic change	No change
	Percer the 3 m					rently s	exually	active	(had se	kual inte	ercourse	with at	least o	ne perso	on,			
37.2	31.9					31.5	29.9			27.0	25.7	24.9	20.5	25.0	26.8	Decreased, 1991-2021	No quadratic change	No change

# Nebraska High School Survey

Trend Analysis Report

Total Sexua	l Behav	viors																
					Heal	th Risk	Behavi	or and	Percen	itages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 *
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
		ntage of / sexual			drank al	cohol o	r used di	rugs be	fore las	t sexual	interco	urse (ar	nong sti	idents v	vho			
26.1	27.4					30.5	24.0			19.8	19.7	17.9	13.7	16.5	20.4	Decreased, 1991-2021	No quadratic change	No change
	Percer ly activ		studen	ts who	used a c	ondom	during l	ast sexu	ual inter	rcourse	(among	student	s who v	vere cur	rently			
53.3	59.6					60.2	61.6			62.0	62.5	57.0	53.3	51.4	51.0	No linear change	Increased, 1991-2012 Decreased, 2012-2021	No change
		ntage of onated		ts who	were ev	er testec	l for hur	nan im	munode	eficiency	y virus (	HIV) (r	not cour	iting tes	ts			
												9.3	8.8	9.7	5.2	Decreased, 2014-2021	Not available <sup>§</sup>	Decreased
							a sexual re the su		smitted	disease	(STD) o	other that	an HIV,	such as	5			
-		-	•	2				•						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.

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

# Nebraska High School Survey

Trend Analysis Report

		U		·	Heal	th Risk	Behavi	or and	Percei	ntages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
										ile but < charts) <sup>§</sup>		rcentile	for bod	y mass :	index,			
						14.5	13.7			13.6	13.8	16.9	16.6	12.8	15.3	No linear change	No quadratic change	No change
	-			-		-			-									
					who had 2000 Cl				entile f	for body	mass in	ndex, ba	ised on	sex- and	1			
									entile f	for body 11.6	7 mass in 12.7	ndex, ba 13.0	14.8	sex- and 13.3	1 19.2	Increased, 2003-2021	Increased, 2003-2016 Increased, 2016-2021	Increased
age-s	pecific r	eference	e data fr	rom the		DC grov 10.4	wth char 10.9	rts) <sup>§</sup>	entile f							,	,	Increased
age-s	pecific r	eference	e data fr	rom the	2000 C	DC grov 10.4	wth char 10.9	rts) <sup>§</sup>	entile 1	-						,	,	Increased
age-s QN6 45.5 QN68	2: Perce 43.7	ntage of	e data fr	rom the	2000 Cl	DC grov 10.4 ving to la 45.2	wth char 10.9 ose weig 46.3	rts) <sup>§</sup> ght		11.6	12.7 42.2	13.0 43.2	14.8 43.8	13.3 42.1	19.2 48.3	2003-2021 Decreased,	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.

<sup>8</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN69	: Percei	ntage of	student	s who c	did not e	eat fruit	(one or	more ti	mes du	ring the	7 days	before t	he surv	ey)				
						12.9	12.4			12.1	8.1	10.3	12.1	10.6	12.9	No linear change	Decreased, 2003-2014 No change, 2014-2021	No change
-		0			o did no the sur		it or dri	nk 1009	% fruit j	uices (s	such as o	orange j	uice, ap	ple juic	e, or			
						5.4	6.2			4.7	4.1	5.6	7.6	6.5	8.9	Increased, 2003-2021	Decreased, 2003-2012 Increased, 2012-2021	No change
					o ate fru ing the '					ne or m	ore time	es per d	ay (sucl	n as ora	nge			
						57.8	56.4			59.0	62.2	58.7	57.0	55.8	52.0	Decreased, 2003-2021	Increased, 2003-2012 Decreased, 2012-2021	No change

# Nebraska High School Survey

Trend Analysis Report

Total Weigł	nt Mana	agemer	nt and E	Dietary	Behavi	ors												
					Heal	th Risk	Behavi	or and	Percer	itages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
							ank 1009 pefore th			wo or m	ore tim	es per c	lay (suc	h as ora	nge			
						25.5	23.6			26.9	26.4	26.8	26.2	24.6	22.8	No linear change	No change, 2003-2014 Decreased, 2014-2021	No change
QN70	: Perce	ntage o	f studen	ts who	did not	eat gree	n salad (	(one or	more ti	mes dur	ing the	7 days	before t	he surve	ey)			
						31.3	34.9			39.8	38.6	39.4	42.7	41.8	42.3	Increased, 2003-2021	No quadratic change	No change
QN71	: Perce	ntage of	f studen	ts who	did not	eat pota	toes (on	e or mo	ore time	s during	the 7 d	lays bef	ore the	survey)				
						22.6	26.5			27.0	29.3	30.6	31.2	33.8	38.9	Increased, 2003-2021	No quadratic change	No change
QN72	: Perce	ntage of	f studen	ts who	did not	eat carro	ots (one	or mor	e times	during t	he 7 da	ys befo	re the su	urvey)				
						45.3	47.9			52.8	51.4	50.0	49.6	50.4	51.3	Increased, 2003-2021	No quadratic change	No change

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavio	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN73 urvey		ntage of	studen	ts who c	lid not e	eat other	vegetal	bles (or	ne or mo	ore time	es during	g the 7 c	lays bef	fore the				
						13.3	16.6			16.8	17.2	19.1	16.9	19.1	21.3	Increased, 2003-2021	No quadratic change	No change
-							regetable es, durin				-	0	rench fr	ies, frie	d			
-							0				-	0	rench fr 5.8	ies, frie 7.5	d 8.5	Increased, 2003-2021	No quadratic change	No change
otato 2NVI	es, or po CG1: Pe	otato ch	ips], can	rrots, or dents w	other v	egetable 3.2 vegetabl	es, durin	ng the 7	days bo	4.5	e survey 5.4 (green s	7) 6.4 alad, po	5.8	7.5 excludin	8.5	,	No quadratic change	No change

# Nebraska High School Survey

					Healt	th Risk	Behavior	and Percer	ntages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005 20	007 2009	2010	2012	2014	2016	2018	2021			
								nore times j egetables, d						ng			
						27.7	24.2		26.5	25.8	27.4	23.8	24.4	21.7	Decreased, 2003-2021	No quadratic change	No change
								more times egetables, d						ing			
						12.2	9.6		12.2	11.7	13.2	11.8	11.3	11.2	No linear change	No quadratic change	No change
								or glass of e 7 days be				oke, Per	osi, or S	prite,			

# Nebraska High School Survey

Total Weigl	nt Man	agemen	t and D	oietary 1	Behavio	ors												
					Healt	th Risk	Behavio	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
		Percenta si, or Spi												er day (	such			
										26.2	22.3	20.4	18.2	16.5	14.0	Decreased, 2010-2021	No quadratic change	No change
		Percenta si, or Spa												er day (	such			
										17.0	13.8	11.9	10.3	8.4	7.4	Decreased, 2010-2021	No quadratic change	No change
QN75	: Perce	ntage of	fstuden	ts who c	did not o	lrink mi	lk (duri	ng the 7	7 days b	efore th	ne surve	y)			;			
						14.7	12.5			14.7	13.3	17.3	17.5	22.4	30.7	Increased, 2003-2021	No change, 2003-2012 Increased, 2012-2021	Increased

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	ior and H	Percent	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
glass	or cup, f		arton, o	r with c	ereal an			glasses j half pint										
				•		50.3	52.6			47.4	44.0	41.7	38.1	35.0	27.1	Decreased, 2003-2021	No change, 2003-2010 Decreased, 2010-2021	Decreased
a glas	s or cup		carton,	or with	cereal a			re glasses he half pir										_
						18.4	18.6			15.6	13.0	13.2	10.0	7.3	7.3	Decreased, 2003-2021	No quadratic change	No change
		ntage of	studen	ts who	did not e	eat breal	kfast (di	uring the	7 days	before	the sur	vey)						
QN76	: Percei																	

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

# Nebraska High School Survey

					Heal	th Risk	Behavi	or and	Percent	ages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from
																		2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			

# Nebraska High School Survey

Trend Analysis Report

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
of phy		tivity th				ysically rate and												
										53.7	57.6	52.8	51.7	50.1	58.0	No linear change	No change, 2010-2016 Increased, 2016-2021	Increase
		D						. • .	1		-			. 1		-		
day (ii	n any ki	nd of pl		activity		reased t					es of phy breathe							
day (ii	n any ki	nd of pl	iysical a	activity							breathe	hard so	ome of t			No linear change	Increased, 2010-2016 No change, 2016-2021	No chang
day (ii during QNPA kind o	n any kit the 7 d	nd of ph ays befo Percer al activ	hysical a bre the s	activity survey)	that inc		heir hea	rt rate a	ind mad	e them 10.4 50 minu	breathe 10.7 Ites per	hard so 14.1 day on a	14.8 14.8 all 7 day	he time 15.9 ys (in ar	12.6	No linear change		No chang

# Nebraska High School Survey

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
	Percer	-		ts who a	attended	l physic	al educa	ation (P	E) class	es on 1	or more	e days (i	n an av	erage w	eek			
46.6	48.6					49.1	48.9			48.1	49.6	49.0	42.1	44.2	52.9	No linear change	No quadratic change	Increased
-	YPE: I hey we 32.1		0	tudents	who att	ended p 36.4	hysical 34.3	educati	on (PE)	classes	on all 5 34.9	5 days (1 32.8	in an av 27.7	erage w 28.1	veek 33.5	No linear change	No quadratic change	No change
when 1 34.4 2N81	hey wei 32.1	re in scl	nool)	ts who h	had a co	36.4				33.5	34.9	32.8	27.7	28.1	33.5	No linear change	No quadratic change	No chang

# Nebraska High School Survey

Trend Analysis Report

Total Other																		
					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
			studen the surv		saw a de	entist (fo	or a che	ck-up, e	exam, te	eth clea	uning, o	other d	lental w	ork, du	ring			
										75.1	74.8	75.2	79.2	77.4	70.5	No linear change	Increased, 2010-2016 Decreased, 2016-2021	Decreased
QNNC work)	DNT:	Percent	tage of s	students	s who ne	ever sav	v a denti	ist (for a	a check-	up, exa	m, teeth	cleanir	ng, or of	her den	tal			
										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:	Percer	ntage of	studen	ts who g	got 8 or	more h	ours of	sleep (o	n an avo	erage sc	chool ni	ght)						
												31.9	26.8	26.3	26.5	Decreased, 2014-2021	Not available <sup>§</sup>	No change

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

# Nebraska High School Survey

Total Site-A	dded																	
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 *
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
							phone v r vehicle		riving (c	on at lea	st 1 day	during	the 30	days be	fore			
														57.3	57.9	No linear change	Not available <sup>§</sup>	No change
	as Gator						can, bott alorie sp											
										17.1	15.9	15.7	11.9	10.4	10.0	Decreased, 2010-2021	No quadratic change	No change
	as Gator						can, bott alorie sp									·		
										10.2	8.3	8.1	7.8	5.6	5.8	Decreased, 2010-2021	No quadratic change	No change

# Nebraska High School Survey

					Healt	h Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN94	Percei	ntage of	student	s who e	ever dra	nk alcol	hol (at le	east one	drink o	of alcoh	ol, on a	t least 1	day du	ring the	ir life)			
82.9	78.8					78.4	73.2			60.6	52.1	51.7	54.0	52.2	45.0	Decreased, 1991-2021	No quadratic change	No change
														-		·		
							can, bott uch as P											
												before	the surv		38.1	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	Decreased
Power QN97 sweet counti	Ade, no	ntage of or coff or pop,	student	calorie s who c s, flavo	sports c	lrinks su can, bot c, Snapj		ropel or lass of a ny Deli	r G2, du a sugar- ght, or o	31.2 -sweeter	e 7 days 31.9 ned bev drinks s	34.2 erage (such as l	42.6 such as l Red Bul	46.2 demonad	le,	,	,	Decreased

# Nebraska High School Survey

Total Site-A	dded																	
					Healt	th Risk	Behavi	or and	Percent	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
							strength s before			r muscl	es on th	ree or r	nore da <u>y</u>	ys (such	as			
										57.7	58.8	54.3	51.7	48.7	59.0	No linear change	Decreased, 2010-2016 Increased, 2016-2021	Increased
flag te		lance cl					iny orga un by th											
		•												26.7	24.9	No linear change	Not available <sup>§</sup>	No change
	2: Perco the sur		of stude	nts who	describ	bed their	grades	in scho	ol as mo	ostly A'	s or B's	(during	the 12	months				
												79.4	81.4	79.0	77.8	No linear change	Not available	No change

#### Nebraska High School Survey

Trend Analysis Report

Male **Injury and Violence** Health Risk Behavior and Percentages Linear Change\* Quadratic Change\* Change from 2018-2021 \* 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016 2018 2021 QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else) 92.4 85.3 73.5 68.4 64.6 57.3 54.0 41.9 47.8 56.9 Decreased, Decreased, 1991-2016 Increased 1991-2021 Increased, 2016-2021 ON9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey) 45.4 43.5 37.0 36.6 21.7 19.3 21.4 19.3 13.5 12.0 Decreased, 1991-2005 No change Decreased. 1991-2021 Decreased, 2005-2021 QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) 7.3 11.2 6.9 5.9 4.2 Decreased, Not available§ No change 2012-2021

\*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

Trend Analysis Report

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
							ed while driven a											
											46.4	49.1	45.8	48.9	51.9	No linear change	Not available <sup>§</sup>	No change
											-101	47.1	45.0	40.9	51.7	i to inical change		No change
			student s before			a weapo	n on sch	nool pro	operty (s	such as								
						a weapo	n on sch	nool pro	operty (s	such as						Decreased, 2014-2021	Not available	No change
lay du QN14	ring the	e 30 day	s before	e the sur	rvey) lid not g	go to sch	n on sch nool bec he surve	cause th			a gun, k	nife, or 10.2	club, o 7.8	n at leas 5.3	st 1 5.0	Decreased,		

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

# Nebraska High School Survey

Trend Analysis Report

Male Injury	and Vi	iolence			Healt	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
							or inju			oon on s	school p	roperty	(such a	s a gun,	, knife,			
	8.8					12.0	12.7			8.3	7.7	8.3	7.7	7.7	7.8	Decreased, 1993-2021	Increased, 1993-2005 Decreased, 2005-2021	No chang
QN16: survey		ntage of	studen	ts who v	were in	a physic	cal fight	(one of	r more t	imes du	ring the	12 mo	nths bef	ore the				
50.5	45.3					37.8	36.6			32.1	25.6	22.8	25.5	26.4	24.2	Decreased, 1991-2021	No quadratic change	No change
QN19:	Percer	ntage of	studen	ts who v	were eve	er physi	cally fo	rced to	have se	xual int	ercours	e (when	they di	d not w	ant to)			
						8.3	5.9			5.3	5.9	5.4	3.9	3.9	3.5	Decreased, 2003-2021	No quadratic change	No change

#### Nebraska High School Survey

Trend Analysis Report

Male **Injury and Violence** Health Risk Behavior and Percentages Linear Change\* Quadratic Change<sup>\*</sup> **Change from** 2018-2021 \* 2001 2003 2005 2007 2009 2010 2012 2014 2016 2018 2021 1991 1993 1995 1997 1999 QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey) Not available§ 4.7 3.2 2.7 1.9 5.9 No linear change No change QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey) No linear change 5.3 3.7 7.2 4.8 4.3 Not available No change QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey) 22.6 17.0 24.4 21.3 18.9 13.8 No change, 2010-2016 Decreased Decreased, 2010-2021 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.

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

# Nebraska High School Survey

Trend Analysis Report

]j	and V				Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
						ectronica g the 12					illied th	rough te	exting, I	nstagrai	m,			
										11.8	9.7	13.0	11.5	10.9	8.0	No linear change	No quadratic change	No change
						or hopel 12 mon				for >=2	weeks	in a row	v so that	they st	opped			
						19.2	19.0			14.5	11.5	17.1	19.2	21.1	24.7	No linear change	Decreased, 2003-2012 Increased, 2012-2021	No change
	Percer	ntage of	student	ts who s	seriously	y consid	lered att	empting	g suicide	e (durin	g the 12	2 month	s before	e the sur	rvey)			
QN26:																		

# Nebraska High School Survey

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN27 the sur		ntage of	student	s who r	nade a j	plan abo	out how	they we	ould atte	empt su	icide (d	uring th	ie 12 mo	onths be	efore			
13.0	16.5					14.5	11.1			8.6	6.5	9.8	11.0	12.0	10.9	Decreased, 1991-2021	No quadratic change	No change
QN28 survey		ntage of	student	s who a	ctually	attempt	ed suici	ide (one	or mor	e times	during	the 12 r	nonths l	before the	he			
						6.4	7.7			6.8	4.4	7.7	6.0	6.4	5.9	No linear change	No quadratic change	No change
4.5	6.4																	
4.5 QN29	: Percei	ntage of a doctor								n injury	, poisor	ning, or	overdos	se that h	ad to			

# Nebraska High School Survey

**Trend Analysis Report** 

Male	
Tobacco	Use

					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN30	: Percer	ntage of	student	ts who e	ever trie	d cigare	ette smo	oking (e	ven one	or two	puffs)							
74.9	70.9					60.9	56.1			38.5	32.8	30.1	25.3	22.9	17.9	Decreased, 1991-2021	Decreased, 1991-2005 Decreased, 2005-2021	No change
QN31	: Percei	ntage of	student	ts who f	first trie	d cigare	ette smo	king be	fore age	e 13 yea	ırs (ever	n one or	two pu	ffs)				
													9.1	7.7	6.3	No linear change	Not available <sup>§</sup>	No change
QN32 survey	: Percer	ntage of	student	ts who o	currently	y smoke	ed cigar	ettes (or	n at leas	t 1 day	during	he 30 d	ays bef	ore the				
29.8	35.2					22.5	21.6			14.4	10.9	14.2	7.4	3.3	3.9	Decreased, 1991-2021	Decreased, 1991-2014 Decreased, 2014-2021	No change
-	CIG: P efore th		0	udents v	who cur	rently s	moked	cigarette	es frequ	ently (o	on 20 or	more da	ays duri	ng the 3	30			
15.0	16.8					11.1	10.1			6.2	3.3	3.6	1.6	1.4	0.2	Decreased, 1991-2021	Decreased, 1991-2005 Decreased, 2005-2021	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.

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

# Nebraska High School Survey

Trend Analysis Report

Male	
Tobacco	Use

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QNDA the sur		Perce	ntage of	student	ts who c	currently	smoke	d cigare	ettes dai	ly (on a	ll 30 da	ys durii	ng the 3	0 days l	before			
11.6	12.8					9.6	7.6			4.9	2.5	2.9	0.9	1.3	0.2	Decreased, 1991-2021	Decreased, 1991-2005 Decreased, 2005-2021	No change
						ed an ele [such a							, vapes,	vape pe	ens,			
												35.3	37.8	49.5	27.4	Decreased, 2014-2021	Not available <sup>§</sup>	Decreased
pens, e	e-cigars	, e-hool	cahs, ho		ens, and	y used a mods [s												
												21.2	11.3	17.1	12.1	Decreased, 2014-2021	Not available	No change

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

# Nebraska High School Survey

Trend Analysis Report

Male Tobac	co Use																	
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> <b>2018-2021</b> <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
	EVP: F the 30					rently u	sed elec	etronic	vapor p	roducts	frequen	tly (on	20 or m	ore day	S			
												3.1	2.2	7.4	7.6	Increased, 2014-2021	Not available <sup>§</sup>	No change
	YEVP: efore th			studen	ts who c	currently	used e	lectron	ic vapoi	r produc	ts daily	(on all	30 days	s during	the 30			
												2.2	1.2	5.4	5.4	Increased, 2014-2021	Not available	No change
	5: Perc the 30					tly smo	ked ciga	arettes o	or used	electron	ic vapo	r produ	cts (on	at least	1 day			
												22.8	12.5	16.7	12.6	Decreased, 2014-2021	Not available	No change

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

# Nebraska High School Survey

Trend Analysis Report

					Heal	th Risk	k Beh	havior	and Pe	rcent	ages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2018-2021 *
1991	1993	1995	1997	1999	2001	2003	20	05 20	007 2	009	2010	2012	2014	2016	2018	2021	-		
dissol	vable to	bacco p		[such a	s Coper	hagen,	, Griz	zzly, Sł	koal, or			bacco, s s], not c				vapor			
														8.3	5.7	4.3	No linear change	Not available <sup>§</sup>	No change
							_												
snus, e	or dissol	vable to		product	s [such a	as Cope	enhag	gen, Gi	rizzly, S	Skoal,	, or Ca	ently (ch mel Snu y)		obacco,			No linear change	Not available	No change
QNDA	or dissol onic vap	vable to or prod	ntage of	f studen cts [suc	s [such a nore day	as Cope ys durin currentl penhage	enhag ng the ly use en, G	gen, Gı e 30 da ed smo Grizzly,	rizzly, s ays befo keless , Skoal,	Skoal, ore the	, or Car e surve	mel Snu	s], not c	2.5	g any 1.6 uff, dip	dip, 1.0 , snus,		Not available	

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

# Nebraska High School Survey

Trend Analysis Report

Male Tobac	co Use				Healt	th Risk	Behavio	or and	Percen	tages						Linear Change*	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
			f student e survey		currently	y smoke	d cigars	(cigars	s, cigari	llos, or	little cig	gars, on	at least	1 day d	luring			
						24.2	21.7			12.5	10.9	11.0	8.3	4.9	2.9	Decreased, 2003-2021	No quadratic change	No change
-		•				•	ked ciga before t		0	s or used	d smoke	less tob	acco or	electro	nic			
				-	C				•				16.1	17.3	13.5	No linear change	Not available <sup>§</sup>	No change
			age of s he 30 da				moked	cigars f	requen	tly (ciga	ırs, ciga	rillos, o	r little c	cigars, o	n 20	· · · · · · · · · · · · · · · · · · ·		
						3.1	2.3			1.7	0.9	0.9	0.9	1.2	0.2	Decreased, 2003-2021	No quadratic change	No change

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

### Nebraska High School Survey

Male	
Tobacco	Use

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QNTB the sur		entage	of stude	ents who	o curren	tly smo	ked ciga	arettes	or cigars	(on at	least 1 d	lay duri	ng the 3	30 days	before			
						28.8	27.6			17.2	14.4	16.2	10.4	5.2	4.2	Decreased, 2003-2021	Decreased, 2003-2014 Decreased, 2014-2021	No change
	YCGR uring th					currentl	y smoke	ed ciga	rs daily	(cigars,	cigarill	os, or li	ttle ciga	urs, on a	11 30			
						2.3	1.7			1.2	0.7	0.9	0.8	0.9	0.2	Decreased, 2003-2021	No quadratic change	No change

# Nebraska High School Survey

Trend Analysis Report

1995 ntage of	1997 student	<b>1999</b> s who h	2001 had their		<b>2005</b> rink of a	<b>2007</b>	2009 before a	2010	2012	2014	2016	2018	2021			
ntage of	student	s who h	ad their		rink of a	lcohol l	before a									
								ige 13 y	ears (ot	her that	n a few	sips)				
				31.3	27.8			18.8	14.8	14.9	15.2	13.5	12.8	Decreased, 1991-2021	No quadratic change	No change
		s who c	urrently	/ drank	alcohol	(at leas	t one dr	ink of a	lcohol,	on at le	ast 1 da	y durin	g the			
				43.8	44.4			25.7	20.8	20.5	21.4	17.4	16.2	Decreased, 1991-2021	Decreased, 1991-2005 Decreased, 2005-2021	No change
r five or	more d	lrinks of	f alcoho											1991-2021	Decreased, 2005-2021	
n r	tage of	five or more d	tage of students who c	tage of students who currently	43.8 tage of students who currently were b five or more drinks of alcohol in a re	43.8 44.4 tage of students who currently were binge dri five or more drinks of alcohol in a row if the	43.8 44.4 tage of students who currently were binge drinking ( five or more drinks of alcohol in a row if they were	43.8 44.4 tage of students who currently were binge drinking (had four five or more drinks of alcohol in a row if they were male, w	43.8 44.4 25.7 tage of students who currently were binge drinking (had four or mo five or more drinks of alcohol in a row if they were male, within a	43.8 44.4 25.7 20.8 tage of students who currently were binge drinking (had four or more drink five or more drinks of alcohol in a row if they were male, within a couple	43.8 44.4 25.7 20.8 20.5 tage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were male, within a couple of hour	43.8 44.4 25.7 20.8 20.5 21.4 tage of students who currently were binge drinking (had four or more drinks of alcohol in five or more drinks of alcohol in a row if they were male, within a couple of hours, on at	43.8 44.4 25.7 20.8 20.5 21.4 17.4 tage of students who currently were binge drinking (had four or more drinks of alcohol in a row if five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 draws before the survey)	43.8 44.4 25.7 20.8 20.5 21.4 17.4 16.2 tage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day lays before the survey)	43.8 44.4 25.7 20.8 20.5 21.4 17.4 16.2 Decreased, 1991-2021 tage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day lays before the survey)	43.8 44.4 25.7 20.8 20.5 21.4 17.4 16.2 Decreased, Decreased, 1991-2005 Decreased, 2005-2021 tage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day lays before the survey)

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

#### Nebraska High School Survey

Trend Analysis Report

Male **Alcohol and Other Drug Use** Health Risk Behavior and Percentages Linear Change\* Quadratic Change\* **Change from** 2018-2021 \* 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 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) 2.8 5.2 No linear change Not available<sup>§</sup> No change QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol) 32.3 29.3 30.6 30.6 39.1 38.5 No linear change No quadratic change No change QN45: Percentage of students who ever used marijuana (one or more times during their life) 24.8 23.3 36.2 35.0 26.3 24.6 25.225.8 24.1 16.4 Decreased. Increased, 1991-2003 Decreased Decreased, 2003-2021 1991-2021 QN46: Percentage of students who tried marijuana for the first time before age 13 years 6.1 6.0 10.0 8.9 6.8 7.3 7.0 5.8 5.4 3.2 Increased, 1991-2003 No change Decreased, 1991-2021 Decreased, 2003-2021

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

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

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

# Nebraska High School Survey

Trend Analysis Report

Male Alcoh	ol and (	Other I	Orug Us	e														
					Heal	th Risk	Behavio	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN47	: Perce	ntage of	fstudent	ts who o	currently	y used n	narijuan	a (one o	or more	times c	luring tl	ne 30 da	ys befo	ore the s	urvey)			
12.0	12.1					20.5	19.3			13.5	13.4	12.7	13.6	10.9	8.6	Decreased, 1991-2021	Increased, 1991-2003 Decreased, 2003-2021	No change
QN48	: Perce	ntage of	fstudent	ts who e	ever use	ed synthe	etic mari	ijuana (	one or	more tii	nes dur	ng thei	r life)					
												6.9	6.2	5.4	3.2	Decreased, 2014-2021	Not available <sup>§</sup>	No change
than h	ow a do	octor tol		to use it	(counti	ing drug	iption p s such a								rently			
													13.2	11.1	6.5	Decreased, 2016-2021	Not available	Decreased

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

# Nebraska High School Survey

Trend Analysis Report

AICOIR		Juliel L	Orug Us	e	Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
									ıe, breat heir life		conten	ts of aeı	cosol spi	ray cans	s, or			
						11.5	11.2			8.8	7.4	6.8	6.2	6.2	7.4	Decreased, 2003-2021	No quadratic change	No change
			student nes duri			ected an	y illega	l drug (	used a n	eedle to	o inject	any ille	gal drug	; into th	eir			
						2.7	3.8			2.3	2.9	4.5	1.5	3.0	1.0	Decreased, 2003-2021	No change, 2003-2014 Decreased, 2014-2021	Decreased
	Percen before			ts who v	vere off	ered, so	old, or g	iven an	illegal o	lrug on	school	propert	y (durin	g the 12	2			
	13.5					27.6	23.9			20.7	21.9	19.1	19.9	21.6	10.5	Decreased, 1993-2021	Increased, 1993-2005 Decreased, 2005-2021	Decreased

### Nebraska High School Survey

Trend Analysis Report

Male Sexual Behaviors

					Healt	h Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN57:	Percer	ntage of	studen	ts who e	ver had	sexual	interco	urse										
55.9	51.8					43.7	40.6			37.2	35.2	32.9	30.0	31.3	29.2	Decreased, 1991-2021	No quadratic change	No change
QN58:	Percer	ntage of	studen	ts who h	nad sexu	al inter	course f	for the f	irst time	e before	age 13	years						
11.0	8.7					7.9	5.5			4.8	6.3	4.5	3.3	2.2	2.5	Decreased, 1991-2021	No quadratic change	No change
QN59:	Percer	ntage of	studen	ts who h	ad sexu	al inter	course	with fou	ır or mo	ore perso	ons duri	ng their	life		-			
20.7	17.8					13.9	11.7			11.3	10.8	9.0	6.6	7.2	10.0	Decreased, 1991-2021	No quadratic change	No change
				ts who v ne surve		rently s	exually	active	(had sex	cual inte	ercourse	with at	least or	ne perso	on,			
37.5	32.7					30.1	30.2			25.7	26.0	23.4	20.2	21.4	22.4	Decreased, 1991-2021	No quadratic change	No change

# Nebraska High School Survey

Trend Analysis Report

					Heal	th Risk	Behavi	or and	Percentag	es						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009 20	010 2	012 2	2014	2016	2018	2021	-		
			f studen lly activ		drank al	cohol o	r used d	rugs be	fore last se	xual int	tercour	se (am	iong sti	idents v	vho			
26.0	32.3					35.2	25.5		2	1.3 2	2.9	17.7	15.2	21.0	24.1	Decreased, 1991-2021	No quadratic change	No change
	Perce y activ		f studen	ts who u	used a c	ondom	during l	ast sexu	al intercou	rse (an	nong st	udents	s who v	vere cur	rently			
sexual			f studen	ts who u	used a c	ondom 65.2	during l 66.9	ast sexu			-		s who v 62.6	vere cur 53.1	rently 53.0	No linear change	Increased, 1991-2012 Decreased, 2012-2021	No change
sexual 59.8 QN82	y activ 66.7 Perce	e)	f studen			65.2	66.9			8.6 6	57.7	58.4	62.6	53.1	53.0	No linear change	,	No change
sexual 59.8 QN82	y activ 66.7 Perce	e) ntage of	f studen			65.2	66.9		6	8.6 6	57.7 :	58.4	62.6	53.1	53.0	No linear change	,	No change No change
sexual 59.8 QN82 done i QN83	y activ 66.7 Perce they d	e) ntage of onated	f studen blood)	ts who v	were ev	65.2 er tested	66.9 I for hur	nan im	6	3.6 6 ency vi	57.7 S	58.4 IV) (no 8.8	62.6 ot cour 8.8	53.1 nting tes 8.0	53.0 ts 4.8		Decreased, 2012-2021	

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

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

### Nebraska High School Survey

Trend Analysis Report

					Heal	th Risk	Behavi	or and l	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 *
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
							eight (>= the 2000					rcentile	for bod	y mass :	index,			
						15.9	14.6			13.5	15.7	17.3	15.8	11.3	11.8	Decreased, 2003-2021	No quadratic change	No change
							$y ( \ge 93)$ wth char		entile f	or body	mass in	ndex, ba	ised on a	sex- and	1			
									entile f	or body 15.0	mass in 17.2	ndex, ba 16.5	used on a	sex- and 16.1	1 22.1	Increased, 2003-2021	No quadratic change	Increased
age-s	becific r	eference	e data fr	om the	2000 C	DC grov 14.7	wth char	'ts) <sup>§</sup>	entile f	-						,	No quadratic change	Increased
age-s	becific r	eference	e data fr	om the	2000 C	DC grov 14.7	wth char 14.0	'ts) <sup>§</sup>	entile f	-				16.1		,	No quadratic change No quadratic change	Increased
age-s QN67 24.4 QN68	: Perce 22.8	ntage of	e data fr	ts who	2000 Cl	DC grov 14.7 ving to 1 26.1	wth chan 14.0 ose weig	rts) <sup>§</sup> ght		15.0 31.2	17.2 29.7	16.5 32.1	17.4 29.3	16.1 31.2	22.1 41.0	2003-2021 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.

<sup>§</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning

in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

# Nebraska High School Survey

					Healt	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
)N69	: Perce	ntage of	student	ts who o	did not e	eat fruit	(one or	more ti	imes du	ring the	7 days	before t	he surv	ey)				
						14.5	14.4			12.9	9.4	13.6	14.7	11.9	11.7	No linear change	No quadratic change	No change
			of stude e 7 days				it or dri 7.4	nk 1009	% fruit j	juices (s 5.3	uch as o 4.6	orange j 7.4	uice, ap 9.2	ple juic 7.4	e, or 8.7	Increased, 2003-2021	No quadratic change	No change
			of stude							ne or m	ore time	es per d	ay (such	n as orai	nge			
	apple ju	nce, or g	grape ju	ice, uui	ing the	/ uays t		le sui ve	.,,,									

# Nebraska High School Survey

Trend Analysis Report

					Heal	th Risk	Behavi	or and	Percent	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
				ents who lice, dur					juices tw ey)	vo or m	nore tim	es per d	ay (sucl	h as ora	nge			
						28.3	24.2			28.2	27.6	26.2	25.6	25.0	25.6	No linear change	No quadratic change	No change
																	1 C	
QN7(	: Perce	ntage of	f studen	ts who o	did not e	eat green 34.4	n salad ( 38.9	(one or	more tin	nes dur 44.2		7 days l				Increased, 2003-2021	Increased, 2003-2010 No change, 2010-2021	No change
_						34.4	38.9		more tim	44.2	ring the 45.2	7 days 1 46.3	before tl 47.3	he surve 44.7	ey)	Increased,	Increased, 2003-2010	No change
_						34.4	38.9		. <u></u>	44.2	ring the 45.2	7 days 1 46.3	before tl 47.3	he surve 44.7	ey)	Increased,	Increased, 2003-2010	No change No change
QN71	: Perce	ntage of	f studen	ts who o	did not o	34.4 eat potat 22.3	38.9 toes (on 24.0	e or mo	. <u></u>	44.2 s during 25.7	ring the 45.2 g the 7 c 28.6	7 days 1 46.3 lays bef 27.3	47.3 ore the s	44.7 44.7 survey) 34.5	ey) 45.9	Increased, 2003-2021 Increased,	Increased, 2003-2010 No change, 2010-2021	

# Nebraska High School Survey

Trend Analysis Report

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN73 survey		ntage of	f studen	ts who	did not e	eat othe	r vegeta	bles (or	ne or mo	ore time	s durin	g the 7 d	lays bef	fore the				
						14.8	18.8			18.5	18.6	22.4	19.3	21.8	20.5	Increased,	No quadratic change	No change
																2003-2021		
							vegetabl es, durir						rench fr	ies, frie	d	2003-2021		
													rench fr 7.6	ies, frie 8.2	d 7.4	Increased,	No quadratic change	No
potato QNVE	es, or po	otato ch	iips], ca	rrots, or	other v	4.5 vegetabl	es, durir	ng the 7	days bo	5.5 ber day (	6.9	y) 8.4 alad, pc	7.6	8.2	7.4		No quadratic change	No char

# Nebraska High School Survey

Trend Analysis Report

					Heal	th Risk	Behavio	or and 1	Percent	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
							es two c , or other								ng			
						28.8	25.6			27.5	23.7	26.8	26.5	25.0	24.0	No linear change	No quadratic change	No change
-						0	es three or other 10.1			iring the		s before		-	ing 12.8	No linear change	No quadratic change	No change
N74	fries, fr	ried pot	atoes, o	r potato ts who o	chips],	13.1 drink a o	, or othe	r vegeta le, or gl	bles, du	12.4	e 7 days 11.1 pop (su	s before 13.0 ch as Co	the sur 13.2	vey) 12.2	12.8	No linear change	No quadratic change	No change

# Nebraska High School Survey

Trend Analysis Report

					Healt	h Risk	Behavio	or and l	Percent	ages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
							n, bottle liet pop,							er day (	such			
										29.7	27.0	24.4	24.2	20.3	15.3	Decreased, 2010-2021	No quadratic change	No chang
		Dana an ta	an of a	1 .		nle a aa	n hottla	or glas	s of sod	la or no	on two o	r mora	times n	or day (	such			
	DDA2: 1 ke, Peps						iet pop,							er day (	such			
														10.2	9.2	Decreased, 2010-2021	No quadratic change	No chang
as Col	ke, Peps	i, or Spi	rite, not	countin	ig diet so	oda or d		during	the 7 da	ys befo 20.1	Tre the s	survey) 15.6	-	-		,	No quadratic change	No chang

# Nebraska High School Survey

					Healt	th Risk	Behavi	or and l	Percenta	ges						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009 2	2010	2012	2014	2016	2018	2021			
glass o		rom a c	arton, o	r with c					per day o t of milk s									
C		•		•		57.6	59.8		5	53.3	48.3	49.1	46.7	42.3	31.2	Decreased, 2003-2021	Decreased, 2003-2016 Decreased, 2016-2021	Decreased
QNM	LK3: I	Percenta	ge of st	udents	vho dra	nk three	ormor	1										
			carton,	or with					s per day nt of mill									
	s or cup		carton,	or with					nt of mill	c serve						Decreased, 2003-2021	Decreased, 2003-2014 Decreased, 2014-2021	No change
during	s or cup the 7 d	ays befo	carton, ore the s	or with survey)	cereal a	and cou 24.0	nting the 23.9	e half pi	nt of mill	served	15.6	hool as 17.6	equal t	o one gl	ass,	,	<i>,</i>	No change

# Nebraska High School Survey

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			_010 _0_1
NBK	K7DAY	: Perce	ntage of	fstuden	ts who	ate brea	kfast on	all 7 da	ays (dur	ing the	7 days l	pefore tl	he surve	ey)				

# Nebraska High School Survey

Trend Analysis Report

					Heal	th Risk	Behavi	or and	Percen	itages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
of phy		ivity th				ysically t 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
day (ir	n any ki	nd of pl		activity		lid not p reased t												
day (ir	n any ki	nd of pl	nysical a	activity										he time		No linear change	No quadratic change	No change
day (in during QNPA kind o	n any ki the 7 d	nd of pł ays befo Percer al activ	nysical a ore the s	activity survey)	that inc		heir hea	active a	and mac	le them 8.5 60 minu	breathe 7.2 ites per	hard so 12.7 day on a	13.0 all 7 da	he time 14.0 ys (in ai	11.1 	No linear change	No quadratic change	No chang

# Nebraska High School Survey

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
-	Percer	0		ts who a	attended	physic	al educa	tion (P	E) class	es on 1	or more	days (i	n an av	erage w	eek			
55.2	52.1					55.9	56.1			55.3	57.7	56.6	46.4	50.5	58.8	No linear change	No quadratic change	No change
	VDE. I	Percenta	ige of si	udents	who atte	ended p	hysical	educati	on (PE)	classes	on all 5	i days (i	in an av	erage w	veek			
-	they we		nool)															
-			nool)			42.1	40.2			38.7	39.3	38.9	32.9	32.3	38.6	No linear change	No quadratic change	No change
when 40.7 2N81	they wer 35.9	e in scl	student		nad a co	ncussio		playing	a sport							No linear change	No quadratic change	No chang

#### Nebraska High School Survey

Trend Analysis Report

Male Other Health Risk Behavior and Percentages Linear Change<sup>\*</sup> Quadratic Change\* **Change from** 2018-2021 \* 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016 2018 2021 QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey) 73.3 73.3 73.6 75.4 74.9 69.2 No linear change No quadratic change No change QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) 2.2 1.6 1.8 2.2 1.3 7.0 No change, 2010-2016 Increased Increased, 2010-2021 Increased, 2016-2021 QN86: Percentage of students who got 8 or more hours of sleep (on an average school night) 35.1 28.9 31.1 25.3 Decreased. Not available§ Decreased 2014-2021

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

# Nebraska High School Survey

Trend Analysis Report

Male Site-A	dded																	
					Healt	th Risk	Behavio	r and P	ercent	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
							phone wl vehicle)		ving (o	n at lea	st 1 day	during	the 30	days be	fore			
														57.6	56.2	No linear change	Not available <sup>§</sup>	No change
	as Gator						an, bottle lorie spo											
										24.4	22.7	21.3	16.9	13.7	13.8	Decreased, 2010-2021	No quadratic change	No change
-	as Gator		0				an, bottle lorie spo								•			
										15.6	12.5	11.8	10.9	7.7	6.4	Decreased, 2010-2021	No quadratic change	No change

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

# Nebraska High School Survey

Sile-A	dded				Healt	th Risk	Behavi	or and I	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN94	Perce	ntage of	studen	ts who e	ever dra	nk alcol	nol (at le	east one	drink o	of alcoh	ol, on a	t least 1	day du	ring the	ir life)			
83.6	80.8					77.6	73.1			59.1	50.0	46.6	50.0	49.5	43.4	Decreased, 1991-2021	No quadratic change	No change
							can, bott 1ch as P											
										23.6	24.2	26.2	35.4	37.5	31.5	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	No change
sweete counti	ened tea	or coffe or pop,	ee drink	s, flavo	red mill	k, Snapj	tle, or g ble, Sum or 100%	ny Delig	ght, or e	energy o	drinks s	uch as H	Red Bul	l, not				

# Nebraska High School Survey

Male Site-A	dded																	
					Healt	th Risk	Behavio	or and	Percent	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
							strength s before			r muscl	es on th	ree or r	nore da	ys (such	ı as			
										67.3	68.5	62.5	57.4	59.1	69.6	No linear change	Decreased, 2010-2016 Increased, 2016-2021	Increased
flag te		lance cl					iny orga un by th											
														18.4	14.1	No linear change	Not available <sup>§</sup>	No change
	2: Perce the surv		of stude	nts who	describ	bed their	grades	in scho	ol as mo	ostly A'	s or B's	(during	the 12	months				
												74.2	77.1	73.5	75.3	No linear change	Not available	No change

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN8:	Percen	tage of s	students	who di	d not al	ways w	ear a sea	at belt (	when ri	ding in	a car dr	iven by	someoi	ne else)				
89.8	77.9					65.5	58.7			58.9	49.3	46.5	41.8	48.8	52.0	Decreased, 1991-2021	Decreased, 1991-2016 No change, 2016-2021	No change
-		tage of suring the					r who ha	ad been	drinkir	ng alcoh	ol (in a	car or o	other ve	hicle, or	ne or			
46.7	43.3					39.9	34.6			26.1	21.3	23.2	24.4	15.3	18.0	Decreased, 1991-2021	No quadratic change	No change
times		he 30 d					ther veh students											
before																		

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

# Nebraska High School Survey

**Trend Analysis Report** 

Injury	and Vi	iolence			Healt	h Risk	Behavio	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
			student rvey, an															
											47.0	49.8	51.0	52.4	51.9	No linear change	Not available <sup>§</sup>	No change
			student s before			weapoi	n on sch	nool pro	perty (s	such as a	a gun, k	nife, or	club, o	n at leas	st 1			
												5.3	2.7	2.2	1.6	Decreased, 2014-2021	Not available	No change
			student ay durii						ey felt ı	insafe a	t school	l or on t	heir wa	y to or i	from	·		
	1.9					3.2	3.4			2.8	5.2	6.8	8.1	6.9	8.3	Increased, 1993-2021	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.

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

# Nebraska High School Survey

injury	anu v	iolence			Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
						eatened nths bef				oon on s	school p	property	(such a	s a gun,	, knife,			
	2.8					5.5	6.5			4.2	5.0	5.1	5.9	7.9	7.8	Increased, 1993-2021	No quadratic change	No chang
QN16 survey		ntage of	student	s who v	were in a	a physic	al fight	(one of	r more t	imes du	ring the	e 12 mo	nths bef	fore the				
32.8	23.6					21.0	19.9			20.6	14.4	16.1	12.2	10.9	15.7	Decreased, 1991-2021	No quadratic change	No chang
QN19	Percei	ntage of	student	s who v	vere eve	er physi	cally fo	rced to	have se	xual int	ercours	e (when	they di	d not w	ant to)			
						11.7	12.4			11.1	11.4	11.4	13.0	12.7	16.5	No linear change	No change, 2003-2014 No change, 2014-2021	No chang

# Nebraska High School Survey

Trend Analysis Report

					Heal	th Risk	Behav	ior a	nd Perce	entages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	200	07 2009	2010	2012	2014	2016	2018	2021	-		
going interc	out with ourse] th	n to do s nat they	sexual the did not	hings [c want to	ounting do, one	such the or mo	ings as re times	kissi s duri	iolence ( ing, touch ing the 12 re the su	ning, or b 2 months	eing ph	ysically	forced	to have	sexual			
											15.6	13.8	12.0	13.6	25.7	Increased, 2012-2021	Not available <sup>§</sup>	Increased
																2012-2021		
someo with a	one they n object	were d or wea	ating or pon] on	going one or mo	out with	[counti s during	ng such the 12	n thin mon	violence gs as bei ths befor	ng hit, sl	ammed	into sor	nething	, or inju				
someo with a	one they n object	were d or wea	ating or pon] on	going one or mo	out with ore times	[counti s during	ng such the 12	n thin mon	gs as bei ths befor	ng hit, sl	ammed	into sor	nething	, or inju			Not available	No change
someo with a went	one they n object out with	were d or wea someon	ating or pon] on ne durin	going of the or mo	out with ore times 2 month	[counti s during s before	ng such the 12 the sur	n thin mon rvey)	gs as bei ths befor	ng hit, sl e the sur	ammed vey, amo 10.0	into son ong stud 11.7	nething lents wl 7.2	, or inju ho datec 8.6	l or 11.0		Not available	No change

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

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
	: Percei ook, or o										Illied th	rough te	exting, I	nstagrai	m,			
										20.1	22.2	25.1	23.2	20.6	26.4	No linear change	No quadratic change	No change
	: Percei some us									for >=2	weeks	in a row	v so that	they st	opped			
						31.6	31.5			27.7	27.9	31.4	35.2	43.0	48.8	Increased, 2003-2021	Decreased, 2003-2012 Increased, 2012-2021	No change
QN26	: Percei	ntage of	student	ts who s	seriously	y consid	lered att	empting	g suicid	e (durin	ig the 12	2 month	s before	e the sur	rvey)			
35.7	30.5					24.0	21.5			18.0	16.8	18.0	23.0	22.8	25.3	Decreased, 1991-2021	Decreased, 1991-2012 Increased, 2012-2021	No change

# Nebraska High School Survey

Trend Analysis Report

					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QN27 he su		ntage of	f studen	ts who 1	made a j	plan abo	out how	they we	ould atte	empt su	icide (d	uring th	e 12 m	onths be	fore			
21.4	25.2					20.1	17.7			13.4	13.3	17.0	16.8	18.8	18.2	Decreased, 1991-2021	Decreased, 1991-2012 No change, 2012-2021	No change
																	e ,	
QN28 survey		ntage of	f studen	ts who a	actually	attemp	ted suic	ide (one	or mor	e times	during	the 12 r	nonths	before t	ne			
urvey		ntage of	f studen	ts who a	actually	attemp 11.3	ted suic	ide (one	or mor	e times 8.5	during 7.6	the 12 n 9.4	nonths	before the fore the f	ne 14.8	No linear change	No quadratic change	No change
urvey 9.3 QN29	) 11.8	ntage of	f studen	ts who l	had a su	11.3	11.1 tempt th	ide (one nat resul e the sur	ted in a	8.5	7.6	9.4	9.8	10.0	14.8		-	No change

# Nebraska High School Survey

**Trend Analysis Report** 

Female	
Tobacco	Use

	Health Risk Behavior and Percentages														Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>	
1991 1	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN30: F	Percen	tage of	student	s who e	ver trie	d cigare	ette smo	king (e	ven one	or two	puffs)							
69.9 6	63.2					59.5	50.7			38.8	31.1	32.7	22.5	22.5	19.2	Decreased, 1991-2021	Decreased, 1991-2003 Decreased, 2003-2021	No change
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)																		
													7.6	6.3	5.4	No linear change	Not available <sup>§</sup>	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																		
28.5 3	32.1					25.8	21.8			15.5	10.8	12.2	7.0	4.8	3.4	Decreased, 1991-2021	Decreased, 1991-2005 Decreased, 2005-2021	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																		
15.1 1	12.9					11.3	9.1			5.3	2.7	3.6	2.4	1.0	0.0	Not available	Not available	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.

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

# Nebraska High School Survey

					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QNDA the sur		Percer	ntage of	student	ts who c	currently	/ smoke	d cigare	ettes dai	ly (on a	ıll 30 da	ys durii	ng the 3	0 days l	before			
11.0	8.5					7.1	6.4			3.3	2.3	2.1	1.3	0.4	0.0	Not available	Not available <sup>§</sup>	Not available
													-					
									oroduct ( K, Suori				vapes,	vape pe	ens,	·		
													vapes, 34.2		ens, 40.3	No linear change	Not available	No change
e-cigar QN35:	s, e-hoo Percer	okahs, h	ookah j studen	pens, ar	d mods	[such a	s JUUL	., SMOI	K, Suori	in, Vuse duct (ine	e, and bl	u]) 41.0 e-cigar	34.2 ettes, va	48.6	40.3	No linear change	Not available	No change
e-cigar QN35: pens, e	s, e-hoo Percer -cigars,	okahs, h ntage of e-hook	ookah j studen	pens, ar	d mods	[such a	s JUUL	., SMOI	K, Suori	in, Vuse duct (ine	e, and bl	u]) 41.0 e-cigar	34.2 ettes, va	48.6	40.3	No linear change	Not available	No chang

# Nebraska High School Survey

Trend Analysis Report

co Use																	
				Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 *
1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
					rently u	ised elec	etronic	vapor pi	roducts	frequen	tly (on	20 or m	ore day	s			
											1.3	1.2	5.4	4.5	Increased, 2014-2021	Not available <sup>§</sup>	No change
			studen	ts who c	currently	y used e	lectroni	ic vapor	produc	ts daily	(on all	30 days	during	the 30			
											0.6	1.1	4.7	4.3	Increased, 2014-2021	Not available	No change
					tly smo	ked cig	arettes o	or used o	electron	ic vapor	r produ	cts (on	at least	1 day			
											25.5	11.0	16.9	16.7	No linear change	Not available	No change
	<b>1993</b> EVP: F the 30 of YEVP: offore the 5: Perc	<b>1993 1995</b> EVP: Percenta the 30 days bef YEVP: Percer fore the survey 5: Percentage of	<b>1993 1995 1997</b> EVP: Percentage of st the 30 days before the YEVP: Percentage of fore the survey)	1993199519971999EVP: Percentage of studentsthe 30 days before the surveyYEVP: Percentage of studentoffore the survey)5: Percentage of students who	Healt <b>1993 1995 1997 1999 2001</b> EVP: Percentage of students who cur the 30 days before the survey) YEVP: Percentage of students who of store the survey)	Health Risk         1993       1995       1997       1999       2001       2003         EVP:       Percentage of students who currently uthe 30 days before the survey)         YEVP:       Percentage of students who currently offere the survey)         5:       Percentage of students who currently smo	Health Risk Behavi         1993       1995       1997       1999       2001       2003       2005         EVP:       Percentage of students who currently used electric and any substance of students who currently used electric and any substance of students who currently used electric and any substance of students who currently used electric and any substance of students who currently used electric and any substance of students who currently used electric and any substance of students who currently used electric and any substance of students who currently used electric and any substance of students who currently used electric and any substance of students who currently used electric and any substance of students who currently used electric and any substance of students who currently used electric and any substance of students who currently used electric and any substance of students who currently smoked cigated and any substance of students who currently smoked cigated and any substance of students who currently smoked cigated and any substance of students who currently smoked cigated and any substance of students who currently smoked cigated and any substance of students who currently smoked cigated and any substance of students who currently smoked cigated any su	Health Risk Behavior and         1993       1995       1997       1999       2001       2003       2005       2007         EVP:       Percentage of students who currently used electronic the 30 days before the survey)       Students who currently used electronic the survey         YEVP:       Percentage of students who currently used electronic the survey         5:       Percentage of students who currently smoked cigarettes of the survey	Health Risk Behavior and Percen         1993       1995       1997       1999       2001       2003       2005       2007       2009         EVP:       Percentage of students who currently used electronic vapor per         the 30 days before the survey)         YEVP:       Percentage of students who currently used electronic vapor per         off-region       Students who currently used electronic vapor per         off-region       Students who currently used electronic vapor         off-region       Students who currently used electronic vapor         off-region       Students who currently used electronic vapor         St.       Percentage of students who currently smoked cigarettes or used off-the survey	Health Risk Behavior and Percentages         1993       1995       1997       1999       2001       2003       2005       2007       2009       2010         EVP:       Percentage of students who currently used electronic vapor products the 30 days before the survey)       Students who currently used electronic vapor products the survey         YEVP:       Percentage of students who currently used electronic vapor products the survey         5:       Percentage of students who currently smoked cigarettes or used electronic	Health Risk Behavior and Percentages         1993       1995       1997       1999       2001       2003       2005       2007       2009       2010       2012         EVP: Percentage of students who currently used electronic vapor products frequent the 30 days before the survey)       Students who currently used electronic vapor products daily fore the survey)         Students who currently smoked cigarettes or used electronic vapor	Health Risk Behavior and Percentages         1993       1995       1997       1999       2001       2003       2005       2007       2009       2010       2012       2014         EVP: Percentage of students who currently used electronic vapor products frequently (on the 30 days before the survey)       1.3         YEVP: Percentage of students who currently used electronic vapor products daily (on all offore the survey)       0.6         5: Percentage of students who currently smoked cigarettes or used electronic vapor products daily (on all offore the survey)	Health Risk Behavior and Percentages         1993       1995       1997       1999       2001       2003       2005       2007       2009       2010       2012       2014       2016         EVP: Percentage of students who currently used electronic vapor products frequently (on 20 or m the 30 days before the survey)       1.3       1.2         YEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days effore the survey)       0.6       1.1         5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on the 30 days before the survey)       0.6       1.1	Health Risk Behavior and Percentages         1993       1995       1997       1999       2001       2003       2005       2007       2009       2010       2012       2014       2016       2018         EVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more day the 30 days before the survey)       1.3       1.2       5.4         YEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during fore the survey)       0.6       1.1       4.7         5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least the 30 days before the survey)       1.2       5.4	Health Risk Behavior and Percentages         1993       1995       1997       1999       2001       2003       2005       2007       2009       2010       2012       2014       2016       2018       2021         EVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days before the survey)       1.3       1.2       5.4       4.5         YEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 fore the survey)       0.6       1.1       4.7       4.3         5: Percentage of students who currently smoked cigarettes or used electronic vapor products to a least 1 day the 30 days before the survey)       0.6       1.1       4.7       4.3	Health Risk Behavior and Percentages       Linear Change*         1993       1995       1997       1999       2001       2003       2005       2007       2009       2010       2012       2014       2016       2018       2021         EVP: Percentage of students who currently used electronic vapor products frequently (or 20 or more days before the survey)       1.3       1.2       5.4       4.5       Increased, 2014-2021         YEVP: Percentage of students who currently used electronic vapor products daily (or all 30 days during the 30 days before the survey)       0.6       1.1       4.7       4.3       Increased, 2014-2021         St. Percentage of students who currently smoked cigarettes or used electronic vapor products (or at 1 days)       0.6       1.1       4.7       4.3       Increased, 2014-2021	Health Risk Behavior and Percentages       Linear Change*       Quadratic Change*         1993       1995       1997       1999       2001       2005       2007       2009       2012       2014       2016       2018       2021         EVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days before the survey)       1.3       1.2       5.4       4.5       Increased, 2014-2021       Not available*         YEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days before the survey)       0.6       1.1       4.7       4.3       Increased, 2014-2021       Not available         St: Percentage of students who currently smoked cigarettes or used electronic vapor products (on all 2014 vapor)       0.6       1.1       4.7       4.3       Increased, 2014-2021       Not available

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

# Nebraska High School Survey

Trend Analysis Report

Femal Tobac	le co Use																	
					Healt	th Risk	Behavi	or and	Percen	itages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 *
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
dissol	vable to	bacco p	roducts	[such a	s Coper	hagen,	smokeles Grizzly, e the sur	, Skoal							vapor			
													1.6	1.1	1.3	No linear change	Not available <sup>§</sup>	No change
snus, o	or disso	lvable to	obacco	products	s [such a	as Cope	used smo enhagen, ng the 30	Grizzl	y, Skoa	l, or Ĉa	mel Snu				dip,			
													0.2	0.2	0.0	Not available	Not available	Not available
or diss	olvable	tobacc	o produ	cts [sucl	h as Coj	penhage	y used si en, Grizz efore the	zly, Sko	oal, or C									

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

# Nebraska High School Survey

Trend Analysis Report

Femal Tobac	e co Use				Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
	Percer days be				currently	y smoke	d cigars	s (cigars	s, cigari	llos, or	little cig	gars, on	at least	1 day d	luring			
						11.7	11.5			6.5	5.5	4.9	4.3	2.7	2.4	Decreased, 2003-2021	No quadratic change	No change
	4: Perc									or used	d smoke	eless tob	acco or	electro	nic			
	<b>I</b>				0				.,,				11.8	16.6	16.7	No linear change	Not available <sup>§</sup>	No change
	CCP	Percenta	age of st	tudents	who cu	rrently s	moked	cigars f	frequent	ly (ciga	irs, ciga	rillos, o	r little c	igars, o	on 20			
	e days d		he 30 da	ays befo	ore the s	urvey)												

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

# Nebraska High School Survey

Trend Analysis Report

ealth Risk Behavio	and Percentages		Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	~
				Qualitant Change	Change from 2018-2021 *
01 2003 2005	2007 2009 2010 2012 20	14 2016 2018 2021	-		
rrently smoked cigar	ettes or cigars (on at least 1 day of	during the 30 days before			
27.3 24.0	16.9 11.9 13	.3 8.3 5.7 4.7	Decreased, 2003-2021	No quadratic change	No change
who currently smoked	cigars daily (cigars, cigarillos, c	-	Not available	Not available <sup>§</sup>	Not availabl
-	1.0 0.7				

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

# Nebraska High School Survey

Trend Analysis Report

1991 199	93 19	995 1	997	1999														2018-2021
				1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
2N40: Per	ercentag	ge of st	udents	s who h	ad their	first dr	ink of al	cohol t	before a	ge 13 y	ears (ot	her thar	a few s	sips)				
28.1 25.9	.9					21.8	19.8			14.0	10.9	11.8	11.0	12.5	11.6	Decreased, 1991-2021	No quadratic change	No change
N41: Per 0 days bef				s who c	urrently	/ drank	alcohol (	(at least	t one dr	ink of a	lcohol,	on at le	ast 1 da	y during	g the			
51.4 49.9	.9					49.3	41.2			27.5	23.5	24.9	27.2	24.7	21.4	Decreased, 1991-2021	No quadratic change	No change

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

# Nebraska High School Survey

**Trend Analysis Report** 

Alcoh	ol and (	Other I	Drug Us	se	Healt	th Risk	Behavio	or and I	Percent	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
							e largest the surv		of drin	iks they	/ had in	a row v	vas 10 c	or more				
														0.7	1.3	No linear change	Not available <sup>§</sup>	No change
<u></u>	· Darca	ntage of		te who		got the	alcohol t	how draw	nk by g	omeone	aivina	it to the	em (dur	ing the	30	·		
							alcohol t tly drank			omeone 37.7				ing the 37.7		No linear change	No quadratic change	No change
days b	efore th	ne surve	y, amon	ig stude	nts who	curren		alcohol	1)	37.7	45.4	47.6		-		No linear change	No quadratic change	No change
days b	efore th	ne surve	y, amon	ig stude	nts who	curren	tly drank	alcohol	1)	37.7	45.4	47.6		-		No linear change	No quadratic change Increased, 1991-2003 Decreased, 2003-2021	No change No change
days b QN45 19.7	: Percer 15.2	ntage of	y, amon	ts who	ents who	d marij 32.9	tly drank	alcohol	l) re times	37.7 s during 23.6	45.4 g their 1 22.7	47.6 ife)	32.7	37.7	37.7		Increased, 1991-2003	

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

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

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavio	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change fron 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN47	: Percer	ntage of	student	ts who c	currently	y used n	narijuana	a (one c	or more	times d	uring th	ie 30 da	ys befo	re the si	urvey)			
8.6	6.6					16.0	15.7			12.0	9.9	14.4	13.0	12.4	13.1	No linear change	Increased, 1991-2003 Decreased, 2003-2021	No change
QN48	: Percer	ntage of	student	ts who e	ever use	d synthe	etic mari	juana (	one or	more tir	nes duri	ng thei	r life)					
												7.6	3.5	6.9	5.5	No linear change	Not available <sup>§</sup>	No change
han h	ow a do	ctor tol	d them t	to use it		ng drug	iption pa s such as								ently			
Perco	ct, one			U														

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

# Nebraska High School Survey

Trend Analysis Report

			5		Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change fron 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
-		•						•	ıe, breat heir life		conten	ts of aer	osol sp	ray cans	s, or			
						11.9	11.3			10.6	6.6	9.3	4.9	5.6	7.3	Decreased, 2003-2021	No quadratic change	No chang
			student tes duri			ected an	y illegal	l drug (	used a n	eedle to	o inject	any ille	gal drug	g into th	eir			
						1.2	2.3			1.4	0.8	3.1	1.4	0.8	0.9	No linear change	No quadratic change	No chang
		tage of the sur		ts who v	were off	ered, so	old, or g	iven an	illegal o	lrug on	school	propert	y (durin	g the 12	2			
	8.4					18.6	20.0			19.8	16.4	20.8	16.8	26.0	10.5	Increased,	Increased, 1993-2005	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.

### Nebraska High School Survey

Female
<b>Sexual Behaviors</b>

					Healt	h Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN57	Percer	ntage of	fstuden	ts who e	ever had	sexual	interco	urse										
49.1	41.9					42.0	40.9			37.2	35.4	31.7	28.2	36.1	39.0	Decreased, 1991-2021	No quadratic change	No change
QN58	Percei	ntage of	fstuden	ts who h	nad sexu	al inter	course f	for the f	irst time	e before	e age 13	years						
2.6	3.1					2.3	3.3			2.7	1.8	2.1	2.2	1.8	2.5	Decreased, 1991-2021	No quadratic change	No change
QN59	Percer	ntage of	fstuden	ts who h	nad sexu	al inter	course	with fou	ır or mo	re perso	ons duri	ng their	life					
16.0	12.3					10.2	12.2			9.9	7.9	7.1	5.4	10.5	10.9	Decreased, 1991-2021	No quadratic change	No change
				ts who v ne surve		rently s	exually	active	(had sex	cual inte	ercourse	with at	least of	ne perso	on,			
37.0	31.1					32.9	29.6			28.5	25.4	26.2	20.8	28.4	30.7	Decreased, 1991-2021	No quadratic change	No change

# Nebraska High School Survey

**Trend Analysis Report** 

Femal Sexua	le l Behav	viors																
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
		ntage of y sexual			lrank al	cohol o	r used d	rugs bei	fore las	t sexual	interco	urse (ar	nong st	udents v	who			
26.1	22.0					26.1	22.5			18.3	16.3	17.6	12.3	12.7	18.3	Decreased, 1991-2021	No quadratic change	No change
	: Perce ly activ		fstuden	ts who ı	ised a c	ondom	during l	ast sexu	al inter	course	(among	student	s who v	vere cui	rently			_
46.7	52.1					55.8	56.2			56.0	56.9	56.3	44.6	50.8	50.8	No linear change	Increased, 1991-2012 No change, 2012-2021	No change
		ntage of onated		ts who v	were eve	er testec	l for hur	nan imi	munode	ficiency	y virus (	(HIV) (1	not cour	nting tes	sts			
												9.8	8.0	11.1	5.6	Decreased, 2014-2021	Not available <sup>§</sup>	Decreased
					were tes 12 mont				mitted	disease	(STD) (	other the	an HIV,	such as	5			
														9.2	5.3	Decreased, 2018-2021	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.

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

### Nebraska High School Survey

Trend Analysis Report

					Heal	th Risk	Behavi	or and P	ercentag	es					Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 *
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009 20	10 20	12 201	4 2016	2018	2021			
QNO based	WT: Pe on sex-	rcentag and age	e of stu e-specif	dents w	ho were ence dat	overwe a from	eight (>= the 2000	= 85th per CDC gro	centile b wth char	ıt <95th ts) <sup>§</sup>	percenti	e for boo	ly mass	index,			
						12.9	12.7		13	.6 11	.8 16.4	17.5	14.3	19.4	Increased, 2003-2021	No quadratic change	No change
							y (>= 95 wth char	oth percents)§	tile for b	ody mas	s index,	based on	sex- and	1			
									tile for b	-			sex- and 10.3	1 15.9	Increased, 2003-2021	No quadratic change	Increased
age-s	becific r	eferenco	e data fi	om the	2000 C	DC grov 5.9	wth char	ts) <sup>§</sup>		-					,	No quadratic change	Increased
age-s	becific r	eferenco	e data fi	om the	2000 C	DC grov 5.9	wth char 7.7	ts) <sup>§</sup>	8	-	9 9.3	12.1			,	No quadratic change No quadratic change	Increased No change
age-s QN6 66.6 QN6	: Perce 65.4	ntage of	e data fi	ts who	2000 C	DC grov 5.9 ring to 1 65.4	wth char 7.7 ose weig 64.8	ts) <sup>§</sup>	55	0 7.	9 9.3	12.1 58.3	10.3 53.5	15.9 56.1	2003-2021 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.

<sup>8</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QN69	: Perce	ntage of	student	s who c	did not e	eat fruit	(one or	more ti	imes du	ring the	7 days	before t	he surv	ey)				
						11.1	10.3			11.1	6.7	6.9	9.0	9.2	14.4	No linear change	Decreased, 2003-2016 No change, 2016-2021	No change
		entage our the					it or dri	nk 1009	% fruit j	uices (s	such as	orange j	uice, ap	ple juic	ce, or			
						4.9	4.9			4.0	3.5	3.8	5.5	5.3	9.3	No linear change	No change, 2003-2014 Increased, 2014-2021	No change
		centage ice, or g								ne or m	ore time	es per d	ay (sucl	n as ora	nge			
						55.4	57.2			57.1	62.9	58.7	56.6	55.4	44.3	Decreased, 2003-2021	Increased, 2003-2012 Decreased, 2012-2021	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

Trend Analysis Report

Female Weight Management and Dietary Behaviors Health Risk Behavior and Percentages Linear Change\* Quadratic Change\* **Change from** 2018-2021 \* 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016 2018 2021 QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) 22.6 23.0 Increased, 2003-2016 25.8 25.2 27.4 26.7 24.3 19.6 No linear change No change Decreased, 2016-2021 QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) 28.0 30.7 35.2 31.6 32.7 37.7 38.8 39.0 Increased, No quadratic change No change 2003-2021 QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey) 23.0 29.1 28.2 30.3 34.2 31.6 33.0 42.1 Increased, No quadratic change Increased 2003-2021 QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey) 44.3 49.2 53.1 50.7 50.9 48.1 51.2 52.8 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

Trend Analysis Report

					Healt	th Risk	Behavio	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN73 survey		ntage of	student	s who c	lid not e	eat other	vegetat	oles (on	e or mo	ore time	s during	g the 7 c	lays bef	ore the				
						11.7	14.4			15.0	15.8	15.6	13.9	16.1	22.4	Increased, 2003-2021	No quadratic change	No change
							egetable			, potato	es [excl		rench fr	ies, frie	d			
ootato	es, or p	otato ch	ips], cai	rots, or	other v	egetable	es, durin	g the 7	days be	efore the	e survey	7)						
otato	es, or p	otato ch	ips], cai	rots, or	other v	egetable	es, durin 3.8	g the 7	days be	efore the 3.6	e survey 3.9	4.3	3.6	6.5	9.8	Increased, 2003-2021	No quadratic change	No change
QNVI		ercentag	e of stu	dents w	ho ate v	1.8		r more	times p	3.6 Der day (	3.9	4.3 alad, po	tatoes [	excludi		,	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

					Healt	th Risk	Behavio	r and F	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
							es two or or other								ng			
						26.6	22.7			25.3	28.0	27.9	21.1	23.3	19.7	Decreased, 2003-2021	No change, 2003-2014 Decreased, 2014-2021	No change
							es three o or other								ling			
						11.2	9.1			11.7	12.2	13.3	10.2	10.2	9.6	No linear change	No quadratic change	No change
							can, bottle s during t						oke, Pej	psi, or S	prite,			
										21.4				31.6	27.0	Increased.	Increased, 2010-2016	No change

# Nebraska High School Survey

**Trend Analysis Report** 

					Healt	h Risk	Behavio	or and l	Percenta	ages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
									ss of sod the 7 day				times p	er day (	such			
										22.5	17.2	15.8	11.9	12.7	12.2	Decreased, 2010-2021	No quadratic change	No chang
NG			<u>.</u>				n hottle	or also	e of sod	a or po	on two o	r mora	times n	or day (	such			
·			0				,	. 0	the 7 day				1	er uay (	such			
·			0				,	. 0					1	6.6	5.6	Decreased, 2010-2021	No quadratic change	No chang
as Col	ke, Peps	i, or Spr	rite, not	countin	ig diet s	oda or d	iet pop,	during		ys befo 13.6	9.4	survey) 7.8	1			,	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

**Trend Analysis Report** 

					Healt	th Risk	Behavio	or and Pe	ercentag	es						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007 2	2009 20	10 2	2012	2014	2016	2018	2021			
glass o	or cup, f		arton, o	r with c				glasses pe half pint o										
		•		•		42.8	45.0		41	.5 3	39.3	33.9	29.7	27.8	22.9	Decreased, 2003-2021	No change, 2003-2010 Decreased, 2010-2021	No change
a glas	or cup		carton,	or with				e glasses j e half pint										
						12.6	13.1		11	.3 1	10.1	8.4	5.9	4.3	6.4	Decreased, 2003-2021	No quadratic change	No change
QN76	Percei	ntage of	studen	ts who c	did not e	eat breal	xfast (du	ring the 7	7 days be	fore th	ne surv	vey)						
											12.5	13.3	13.8	18.1	21.9	Increased,	Not available <sup>§</sup>	No change

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

# Nebraska High School Survey

**Trend Analysis Report** 

Femal Weigh		agemen	t and L	Dietary	Behavi	ors												
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QNBK	TTDAY	: Perce	ntage of	f studen	ts who	ate brea	kfast on	all 7 da	ays (dur	ing the	7 days l	before t	he surve	ey)				
											34.8	33.9	36.4	29.7	23.8	Decreased, 2012-2021	Not available <sup>§</sup>	No change

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

# Nebraska High School Survey

Physic	cal Acti	vity																
					Healt	th Risk	Behavi	or and	Percent	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
of phy	: Percer sical ac the sur	tivity th																
		, ,								45.9	49.5	46.3	47.2	42.6	50.0	No linear change	No quadratic change	Increased
	ODAY:				s who d				least 60				ctivity o	n at lea	st 1			
day (ir	n any ki the 7 d		•	•	that inc	reased t	heir hea	rt rate a	ind mad	12.5		hard so 15.7		ne time		No linear change	No quadratic change	No change
lay (ir luring QNPA cind o	n any ki	ays before Percer al activ	ntage of	survey)	s who v	vere phy	sically	active a	nt least 6	12.5 50 minu	14.5 tes per	15.7 	16.3 all 7 day	ne time 17.3 vs (in an	14.4	No linear change	No quadratic change	No change

# Nebraska High School Survey

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
	: Percent they we			ts who a	attended	l physic	al educa	ation (P	E) class	es on 1	or more	e days (i	n an av	erage w	eek			
38.5	45.0					42.1	41.6			40.4	41.0	41.1	37.9	37.5	46.8	No linear change	No quadratic change	Increased
	LYPE: 1 they we 28.2			tudents	who att	ended p 30.5	hysical 28.1	educati	on (PE)	classes 27.9	on all 5	5 days (i 26.9	in an av 22.4	erage w 24.2	reek 28.7	No linear change	No quadratic change	No change
	: Percer during t						on from	playing	a sport	or bein	g physic	cally act	ive (one	e or moi	re			
mes																		

# Nebraska High School Survey

**Trend Analysis Report** 

Femal Other					Usel	the Diale	Dahari		Donoon	40.000						Lincon Chance*	Quadratic Change*	Change from
					Hean	th Risk	Benavio	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
	: Percer months				saw a de	entist (fo	or a chec	ck-up, e	xam, te	eth clea	ning, or	r other o	lental w	ork, du	ring			
										77.3	76.5	77.3	83.1	80.5	71.7	No linear change	Increased, 2010-2016 Decreased, 2016-2021	Decreased
QNNO work)	DDNT:	Percent	age of s	tudents	who ne	ever saw	a denti	st (for a	check-	up, exa	m, teeth	n cleanii	ng, or o	ther den	ital			
										1.3	1.2	1.4	0.4	0.7	1.1	No linear change	No quadratic change	No change
QN86	: Percer	ntage of	student	ts who g	got 8 or	more ho	ours of s	sleep (o	n an ave	erage sc	hool ni	ght)						
												28.9	24.8	21.5	27.4	No linear change	Not available <sup>§</sup>	No change

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

# Nebraska High School Survey

Trend Analysis Report

Femal Site-A	-																	
					Healt	th Risk	Behavio	r and l	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
							phone wl vehicle)		ving (o	on at lea	st 1 day	during	the 30	days be	fore			
														57.1	59.0	No linear change	Not available <sup>§</sup>	No change
	as Gator						an, bottle lorie spo											
										9.6	8.8	9.8	6.7	6.8	6.2	Decreased, 2010-2021	No quadratic change	No change
ONSP	DRK2:	Percen	tage of	students	s who d	rank a c	an bottle	e, or gla	ass of a	sports	drink tv	vo or m	ore time	es per da	ay			
	as Gator						lorie spo			h as Pro	pel or C	32, duri	ng the 7		efore			

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

# Nebraska High School Survey

Trend Analysis Report

Femal Site-A	-				Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QN94:	Perce	ntage of	studen	ts who e	ever dra	nk alcol	nol (at le	east one	e drink o	of alcoh	ol, on a	t least 1	day du	ring the	ir life)			
82.3	76.8					79.3	73.3			62.0	54.2	56.5	57.7	54.7	46.8	Decreased, 1991-2021	No change, 1991-2003 Decreased, 2003-2021	No change
-		0				drink a c drinks su	,	, 0										
										39.0	40.1	42.4	50.4	55.7	44.9	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	Decreased
sweete counti	ened tea	or coffe or pop,	ee drink	s, flavo	red mill	can, bot k, Snapp drinks, c	ole, Sun	ny Deli	ght, or	energy o	drinks s	uch as I	Red Bul	l, not				
		.,								10.1	10.0	12.4	10.9	10.5	11.0	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

Fema Site-A																		
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
						cises to ne 7 day				r muscl	es on th	ree or n	nore day	ys (such	as			
										47.8	48.5	45.3	46.1	38.6	48.2	No linear change	No quadratic change	Increased
flag te		lance cl				ated in a tivities r												
before																		
before														34.8	35.8	No linear change	Not available <sup>§</sup>	No change
QN10	2: Perce the sur		of stude	nts who	describ	bed their	grades	in scho	ol as m	ostly A'	s or B's	(during	the 12			No linear change	Not available <sup>§</sup>	No change

### Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN8:	Percen	tage of s	students	who di	d not al	ways w	ear a sea	at belt (	when ri	ding in	a car dr	iven by	someoi	ne else)				
91.3	81.2					69.4	61.9			59.3	50.5	47.3	38.2	45.6	56.5	Decreased, 1991-2021	Decreased, 1991-2016 Increased, 2016-2021	Increased
-		0			de with e the sur		r who h	ad been	drinkir	ig alcoh	ol (in a	car or c	other vel	hicle, or	ne or			
46.7	43.5					38.4	34.5			23.6	19.2	20.9	18.5	14.8	16.3	Decreased, 1991-2021	Decreased, 1991-2003 Decreased, 2003-2021	No change
times		he 30 da			drove a c survey, a													
											6.9	8.2	5.7	3.7	5.2	No linear change	Not available <sup>¶</sup>	No chang

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

<sup>8</sup>Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

### Nebraska High School Survey

**Trend Analysis Report** 

White Injury	* y and V	iolence																
					Healt	th Risk	Behavi	or and	Percen	itages						Linear Change $^{\dagger}$	Quadratic Change $^{\dagger}$	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
	: Percei /s before																	
											49.2	49.9	50.6	53.8	55.1	Increased, 2012-2021	Not available <sup>¶</sup>	No change
	: Percentring the					ı weapo	n on sch	nool pro	operty (s	such as	a gun, k	nife, or	club, o	n at leas	st 1			
												5.7	4.6	4.3	3.6	No linear change	Not available	No change
-	: Percer (on at l	U				-			ey felt i	unsafe a	at schoo	l or on t	heir wa	y to or t	from			
	2.3					2.7	3.0			2.8	2.7	4.2	5.9	5.8	7.3	Increased, 1993-2021	No change, 1993-2010 Increased, 2010-2021	No change

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

<sup>8</sup>Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

# Nebraska High School Survey

**Trend Analysis Report** 

White Injury		iolence																
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
					were thr e 12 mor					oon on s	school p	roperty	(such a	s a gun,	, knife,			
	4.7					8.3	8.5			4.8	5.2	5.1	5.9	6.6	6.5	No linear change	Increased, 1993-2005 No change, 2005-2021	No change
QN16 survey		ntage of	student	ts who v	were in a	a physic	cal fight	(one or	more t	imes du	ring the	12 moi	nths bef	ore the				
41.0	33.7					27.9	25.3			23.3	16.7	15.9	17.6	18.8	17.4	Decreased, 1991-2021	Decreased, 1991-2014 No change, 2014-2021	No change
QN19	Percei	ntage of	student	ts who v	were eve	er physi	cally fo	rced to	have se	xual int	ercours	e (when	they di	d not w	ant to)			
						8.6	8.2			7.9	8.0	7.3	6.5	7.5	10.2	No linear change	No quadratic change	No change

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

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

### Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	ior and	l Percen	itages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
going nterco	out with ourse] th	to do s at they	sexual t did not	hings [c want to	ounting do, one	such th or mor	ings as re times	kissing during	lence (bo g, touching the 12 the surv	ng, or b months	eing ph	ysically	forced	to have	sexual			
											9.4	7.5	4.8	7.5	15 (	Increased	Not available <sup>¶</sup>	Increased
											9.4	7.5	4.0	1.5	15.6	Increased, 2012-2021	Not available	mereasee
somec with a	ne they n object	were da or wea	ating or pon] or	going o	out with ore times	[counti s during	ng such the 12	things month	iolence ( as being s before	g hit, sla	hysical	y hurt o	on purpon	ose by , or inju	red	,	Not available*	Increased
somection with a	ne they n object	were da or wea	ating or pon] or	going one or mo	out with ore times	[counti s during	ng such the 12	things month	as being	g hit, sla	hysical	y hurt o	on purpon	ose by , or inju	red	,	Not available	No change
someo with a went o	ne they n object out with	were da or wea someor	ating or ipon] or ne durir	going of going of going of mo	out with ore times 2 month	[counti s during s before	ng such the 12 the sur	things month rvey)	as being	g hit, sla the surv	hysicall ammed vey, amo 6.5	y hurt o into son ong stud 7.3	on purponething lents with the second	ose by , or inju ho datec 7.1	red l or 8.5	2012-2021		

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

# Nebraska High School Survey

**Trend Analysis Report** 

White Injury		iolence																
					Heal	th Risk	Behavio	or and l	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
-		•					ally bullion months b		0	0	llied th	rough te	exting, I	nstagra	m,			
										16.4	16.8	18.8	16.5	16.5	17.9	No linear change	No quadratic change	No change
-		•				-	ess (alm ths befor		• •	for >=2	weeks	in a row	so that	t they st	opped			
						24.1	24.1			19.8	17.9	20.9	25.6	29.4	34.6	Increased, 2003-2021	Decreased, 2003-2012 Increased, 2012-2021	No change
QN26:	Percei	ntage of	studen	ts who s	seriousl	y consid	lered atte	empting	suicide	e (durin	g the 12	2 month	s before	e the su	vey)			
28.0	23.3					17.0	16.1			13.6	11.6	12.4	13.9	17.2	19.3	Decreased, 1991-2021	Decreased, 1991-2014 Increased, 2014-2021	No change

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

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

# Nebraska High School Survey

**Trend Analysis Report** 

White Injury	* v and V	iolence																
					Heal	th Risk	Behavi	ior and	Percen	tages						Linear Change $^{\dagger}$	Quadratic Change <sup>†</sup>	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QN27 the sur		ntage of	studen	ts who i	made a j	plan abo	out how	they w	ould att	empt su	icide (d	uring th	ne 12 mo	onths be	efore			
16.5	19.6					17.2	13.7			10.2	8.8	11.6	10.7	14.8	14.5	Decreased, 1991-2021	Decreased, 1991-2012 Increased, 2012-2021	No change
QN28 survey		ntage of	studen	ts who a	actually	attempt	ted suic	ide (one	e or moi	e times	during	the 12 r	nonths	before t	he	·		
6.2	8.2					7.7	8.3			6.0	4.0	7.4	5.3	7.8	10.1	No linear change	No quadratic change	No change
						icide at 2 month				n injury	, poisor	ning, or	overdos	se that h	nad to			
1.5	2.6					2.8	2.7			2.1	1.0	2.6	1.6	2.8	3.4	No linear change	No quadratic change	No change

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

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

### Nebraska High School Survey

**Trend Analysis Report** 

White Tobac	* co Use																	
					Heal	th Risk	Behavi	ior and	l Percer	ntages						Linear Change $^{\dagger}$	Quadratic Change <sup><math>\dagger</math></sup>	Change from 2018-2021 §
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QN30:	Percei	ntage of	studen	ts who e	ever trie	d cigar	ette smo	oking (e	even one	e or two	puffs)	:	:			:		
72.0	66.1					58.8	50.3			36.8	28.7	27.3	22.4	21.4	18.8	Decreased, 1991-2021	Decreased, 1991-2003 Decreased, 2003-2021	No change
		ntage of	studen	ts who c	currentl	y smoke	ed cigar	ettes (o	on at leas	st 1 day	during	the 30 c	6.9 lays bef	6.8 Fore the	5.4	No linear change	Not available¶	No change
survey 30.1	) 33.3					24.2	20.9			15.5	11.0	12.0	7.4	4.5	4.0	Decreased, 1991-2021	Decreased, 1991-2005 Decreased, 2005-2021	No change
	CIG: P efore th			udents v	who cur	rently s	moked	cigarett	tes frequ	ently (o	on 20 or	more d	ays dur	ing the 3	30			
15.3	14.5					10.8	9.6			6.1	3.1	3.7	2.2	1.4	0.2	Decreased, 1991-2021	Decreased, 1991-2005 Decreased, 2005-2021	Decreased

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

<sup>8</sup>Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

### Nebraska High School Survey

White Tobac	* co Use				Healt	th Risk	Behavi	or and	Percen	itages						Linear Change <sup>†</sup>	Quadratic Change $^{\dagger}$	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			2018-2021 <sup>§</sup>
QNDA the sur	YCIG: vev)	Percer	tage of	student	s who c	urrently	smoke	d cigare	ettes dai	ily (on a	ill 30 da	iys durii	ng the 3	0 days l	before			
11.6	10.6					8.0	7.1			4.2	2.3	2.7	1.2	1.1	0.2	Decreased, 1991-2021	Decreased, 1991-2005 Decreased, 2005-2021	Decreased
						d an ele [such a							, vapes,	vape pe	ens,			
-			-									34.4	33.2	48.2	37.7	No linear change	Not available <sup>¶</sup>	Decreased
pens, e		e-hook	ahs, ho	okah pe	ns, and	y used a mods [s												
												19.1	9.8	18.6	16.6	No linear change	Not available	No change

#### Nebraska High School Survey

Trend Analysis Report

White\* **Tobacco Use** Quadratic Change<sup>†</sup> Change from Health Risk Behavior and Percentages Linear Change<sup>†</sup> 2018-2021 § 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016 2018 2021 QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) 1.7 2.3 8.0 7.1 Increased, Not available<sup>¶</sup> No change 2014-2021 ONDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) 1.0 1.5 Not available No change 6.3 5.5 Increased, 2014-2021 QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) 21.1 12.3 18.7 16.2 No linear change Not available No change

### Nebraska High School Survey

10080	co Use				Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
dissolv	able to	bacco p	roducts	[such a	s Coper	hagen,		, Skoal,	co (che or Cam						vapor			
													6.2	4.0	3.8	No linear change	Not available <sup>¶</sup>	No change
	-												-					
snus, c	or dissol	vable to	obacco	products	s [such a	as Cope	nhagen,	Grizzl	tobacco y, Skoal efore th	, or Ĉa	mel Sn				dip, 0.7	No linear change	Not available	No change
snus, c	or dissol	vable to	obacco	products	s [such a	as Cope	nhagen,	Grizzl	y, Skoal	, or Ĉa	mel Sn		countin	g any		No linear change	Not available	No change
QNDA	or dissolonic vap	vable to or prod	ntage of	20 or n	s [such a nore day	as Cope ys durin currentl penhage	nhagen, g the 30 y used s	, Grizzl <u>;</u> ) days b mokele zly, Sko	y, Skoal efore the ss tobac oal, or C	, or Ĉaŭ e surve	mel Sny y) y (chev	us], not	1.7	g any 0.8 uff, dip	0.7	No linear change	Not available	No change

### Nebraska High School Survey

Trend Analysis Report

White Tobac	* co Use																	
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
			student survey		currently	y smoke	d cigars	s (cigars	s, cigari	llos, or	little ci	gars, on	at least	1 day d	luring			
						18.1	16.1			8.6	7.7	7.0	6.2	3.3	3.9	Decreased, 2003-2021	No quadratic change	No change
-		•				tly smo 30 days	U		0	s or used	d smoke	eless toł	bacco or	electro	nic			
1	L	× ·		5	5	5			5,				15.1	18.9	17.0	No linear change	Not available <sup>¶</sup>	No change
			age of s he 30 da			rrently s survey)	smoked	cigars f	frequent	ly (ciga	irs, ciga	rillos, o	r little c	igars, o	on 20	. <u></u> .		
						2.3	1.4			0.7	0.5	0.5	0.6	0.6	0.2	Decreased, 2003-2021	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.

<sup>8</sup>Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

# Nebraska High School Survey

White Tobac	* co Use								Ð							*		
					Hean	th Risk	Behavi	or and	Percen	itages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QNTB		entage	of stude	ents who	o curren	tly smo	ked cig	arettes	or cigar	s (on at	least 1	day dur	ing the	30 days	before			
						28.3	24.9			17.6	13.4	13.8	9.8	5.6	5.6	Decreased, 2003-2021	No quadratic change	No change
	AYCGR uring th					currentl	y smok	ed ciga	rs daily	(cigars,	cigarill	los, or li	ittle ciga	ars, on a	11 30	·		
						1.4	0.9			0.5	0.3	0.5	0.3	0.4	0.2	Decreased, 2003-2021	No quadratic change	No change

### Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavio	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change fron 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
2N40	Percer	ntage of	studen	ts who l	nad their	r first dr	ink of a	lcohol l	before a	ige 13 y	ears (ot	her thar	a few s	sips)	:			
34.3	31.8					24.8	21.4			14.8	10.0	11.3	12.1	12.9	13.7	Decreased, 1991-2021	No quadratic change	No chang
		ntage of e the su		ts who c	currently	y drank	alcohol	(at leas	t one di	rink of a	lcohol,	on at le	ast 1 da	y during	g the			
54.8	52.1					47.3	42.1			25.7	22.4	21.2	24.6	21.6	21.6	Decreased, 1991-2021	No quadratic change	No change
were f	emale o		r more o	drinks o	f alcoho		oinge dri ow if the									· · · · · ·		

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

<sup>8</sup>Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

### Nebraska High School Survey

**Trend Analysis Report** 

White Alcoh		Other I	Orug Us	e														
					Healt	th Risk	Behavior	and P	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change fron 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005 2	2007	2009	2010	2012	2014	2016	2018	2021	-		
							e largest n the surve		of drir	nks they	had in	a row v	vas 10 o	or more	ł	1		
														1.6	3.9	No linear change	Not available <sup>¶</sup>	No change
							alcohol the tly drank a			omeone	e giving	; it to th	em (dur	ing the	30			_
5				0			5		,	37.3	41.0	43.2	34.9	38.1	38.9	No linear change	No quadratic change	No change
QN45:	Percei	ntage of	f studen	ts who e	ever use	d marij	uana (one	or mor	re time	s during	g their l	ife)						
20.2	18.1					31.9	29.1			21.2	19.3	20.8	21.8	23.5	18.0	No linear change	Increased, 1991-2003 Decreased, 2003-2021	No change
QN46:	Percei	ntage of	f studen	ts who t	ried ma	rijuana	for the fire	st time	before	e age 13	years					·		
3.7	3.4					5.7	5.2			2.8	3.5	4.4	2.6	4.1	2.5	No linear change	Increased, 1991-2003 Decreased, 2003-2021	No change

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

<sup>8</sup>Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

### Nebraska High School Survey

Alcoh	ol and (	Other I	Orug Us	se	Heal	th Risk	Behavi	or and	Percen	tages						Linear Change $^{\dagger}$	Quadratic Change <sup>†</sup>	Change fron 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN47:	Percer	ntage of	studen	ts who c	currently	y used n	narijuan	a (one	or more	times d	luring th	ne 30 da	ıys befo	re the su	urvey)			
8.9	8.6					16.0	15.0			10.3	9.0	10.4	11.0	10.3	10.5	No linear change	Increased, 1991-2003 Decreased, 2003-2021	No change
QN48:	Percer	ntage of	studen	ts who e	ever use	d synthe	etic mar	ijuana (	(one or	more tir	nes duri	ing thei	r life)					
												5.5	4.3	5.1	4.2	No linear change	Not available <sup>¶</sup>	No change
han ho	ow a do	ctor tol		to use it	(counti	ng drug	ription p s such a								rently			
													13.3	12.5	7.4	Decreased,	Not available	Decrease

# Nebraska High School Survey

**Trend Analysis Report** 

White Alcoh	e* ol and (	Other I	Orug Us	se														
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change $^{\dagger}$	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
	: Percer d any pa										conten	ts of aeı	rosol sp	ray cans	s, or			
						11.1	10.9			7.7	6.2	6.3	4.8	6.0	7.2	Decreased, 2003-2021	Decreased, 2003-2016 No change, 2016-2021	No change
-	: Percer one or r	0			5	ected an	y illegal	l drug (	used a n	eedle to	o inject	any ille	gal drug	g into th	eir	;		_
						1.5	2.6			1.2	1.4	3.0	1.1	1.4	1.4	No linear change	No quadratic change	No change
	: Percents before			ts who v	were off	ered, so	ld, or g	iven an	illegal	drug on	school	propert	y (durin	g the 12	2			
	10.2					21.4	20.0			19.6	16.6	17.8	17.1	22.6	9.5	No linear change	Increased, 1993-2005 Decreased, 2005-2021	Decreased

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

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

# Nebraska High School Survey

**Trend Analysis Report** 

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN57:	Perce	ntage of	f studen	ts who e	ever had	sexual	interco	urse										
50.8	45.8					41.0	37.7			34.7	32.6	28.0	29.8	31.7	35.3	Decreased, 1991-2021	No quadratic change	No change
QN58:	Perce	ntage of	f studen	ts who h	nad sexu	al inter	course	for the f	irst time	e before	age 13	years						
5.5	5.0					3.6	3.4			3.0	2.4	1.9	3.3	1.2	2.4	Decreased, 1991-2021	No quadratic change	No change
ON59:	Perce	ntage of	f studen	ts who h	nad sexu	al inter	course	with fou	ir or mo	ore perso	ons duri	ng their	life					
<						10.1	10.1			9.4	7.4	6.8	6.2	7.6	11.9	Decreased.	Decreased, 1991-2016	No change
16.8	13.8					10.1	10.1			2.4	,	010	0.2	1.0	,	1991-2021	Increased, 2016-2021	i to enung
16.8 QN60:	Perce		f student before th					active	(had sex							,		

White\*

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

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

### Nebraska High School Survey

**Trend Analysis Report** 

White Sexual	Behav	iors																
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2018-2021 <sup>§</sup>
991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
			student ly active		drank al	cohol o	r used d	rugs bei	fore last	sexual	interco	ourse (ar	nong sti	udents v	vho			
26.0	26.5					29.1	23.1			18.1	17.7	15.4	11.1	14.9	20.8	Decreased, 1991-2021	No quadratic change	No change
	Percer y active		student	ts who ı	used a c	ondom	during l	ast sexu	al inter	course	(among	student	s who v	vere cur	rently			
54.6	60.4					61.4	63.6			63.3	61.6	57.7	53.2	54.9	53.9	No linear change	Increased, 1991-2010 No change, 2010-2021	No change
		ntage of onated l		ts who v	were evo	er tested	l for hur	man imi	munode	ficiency	y virus (	(HIV) (I	not cour	nting tes	ts			
												7.6	7.6	8.3	4.5	Decreased, 2014-2021	Not available <sup>¶</sup>	Decreased
						sted for a ths befor			mitted o	lisease	(STD) o	other the	an HIV,	such as				
		-		0				•										

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

<sup>8</sup>Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

### Nebraska High School Survey

Trend Analysis Report

					Heal	th Risk	Behavi	or and	Percenta	ges						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009 2	010	2012	2014	2016	2018	2021			
									percentile l growth cha		5th pei	centile	for bod	y mass i	ndex,			
						13.7	12.4		1	2.4	12.7	15.6	14.9	13.0	16.0	No linear change	No quadratic change	No change
	DECE.	Dawa awa 4						541	antila fan									
				students from the					centile for	-	nass ir 11.9	ndex, ba	sed on 13.7	sex- and 11.9	16.3	Increased, 2003-2021	No quadratic change	Increased
age-sj	pecific r	eferenco	e data f		2000 C	DC gro 9.4	wth char 10.0	rts) <sup>¶</sup>		-						,	No quadratic change	Increased
age-sj	pecific r	eferenco	e data f	rom the	2000 C	DC gro 9.4	wth char 10.0	rts) <sup>¶</sup>		.0.4						,	No quadratic change No quadratic change	Increased
age-sj QN67 45.8 QN68	: Perce 43.6	ntage of	e data f	rom the	2000 C	DC gro 9.4 ving to 1 45.9	wth char 10.0 ose weig 45.7	rts) <sup>¶</sup> ght		0.4	11.9 39.4	12.7 40.1	13.7 41.9	11.9 38.7	16.3 46.9	2003-2021 Decreased,		

\*Non-Hispanic.

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

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

<sup>1</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

# Nebraska High School Survey

**Trend Analysis Report** 

0		0		·	Behavio Healt		Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup><math>\dagger</math></sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN69:	Percer	ntage of	student	ts who a	lid not e	eat fruit	(one or	more ti	mes dui	ring the	7 days	before t	he surv	ey)	:			
						12.2	11.4			11.1	7.2	9.8	11.1	10.8	11.2	No linear change	Decreased, 2003-2012 Increased, 2012-2021	No change
					did not the surv		it or dri	nk 1009	% fruit j	uices (s	such as o	orange j	uice, ap	ple juic	ce, or			
						5.1	5.1			4.3	3.3	5.2	6.4	6.4	7.2	Increased, 2003-2021	Decreased, 2003-2012 Increased, 2012-2021	No change
					ate frui ing the					ne or m	ore time	es per d	ay (such	n as orai	nge			_
						57.5	56.8			58.4	62.9	59.8	56.5	57.7	51.1	No linear change	Increased, 2003-2012 Decreased, 2012-2021	No chang

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

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

# Nebraska High School Survey

**Trend Analysis Report** 

White Weigh		agemen	t and E	Dietary	Behavi	ors												
					Heal	th Risk	Behavi	or and	Percer	ntages						Linear Change $^{\dagger}$	Quadratic Change <sup>†</sup>	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
							ank 100% pefore th			wo or m	ore tim	es per d	lay (suc	h as ora	nge			
						24.7	23.2			25.9	26.9	26.5	24.4	24.5	23.4	No linear change	Increased, 2003-2014 No change, 2014-2021	No change
QN70	: Perce	ntage of	f studen	ts who o	did not o	eat gree	n salad (	one or	more ti	mes dur	ing the	7 days	before t	he surve	ey)	<del>,</del>		
						28.3	34.0			39.4	37.0	40.0	39.6	38.7	38.6	Increased, 2003-2021	Increased, 2003-2010 No change, 2010-2021	No change
QN71	: Perce	ntage of	f studen	ts who o	did not o	eat pota	toes (on	e or mo	ore time	s during	the 7 d	lays bef	ore the	survey)	1			
						20.7	25.0			24.0	28.4	29.1	27.4	30.1	37.3	Increased, 2003-2021	No quadratic change	Increased
QN72	: Perce	ntage of	f studen	ts who o	did not o	eat carro	ots (one	or mor	e times	during t	he 7 da	ys befo	re the s	urvey)	:	<u>,                                     </u>		
						43.9	46.9			51.2	49.4	49.4	48.5	50.5	48.9	Increased, 2003-2021	No quadratic change	No change

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

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

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavio	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change $^{\dagger}$	Change from 2018-2021
991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
N73 N73		ntage of	student	s who c	lid not e	eat other	vegetal	bles (or	ne or mo	ore time	s during	g the 7 c	lays bef	ore the	-			
						12.1	14.7			14.4	15.2	16.8	15.6	16.8	18.4	Increased, 2003-2021	No quadratic change	No change
		c					vegetable es, durin	ι,υ		· 1		U	rench fr	ies, frie	d			
<b>_</b>		c					0	ι,υ		· 1		0	rench fr 4.7	ies, frie 5.3	d 7.1	Increased, 2003-2021	No quadratic change	No change
otato	es, or po G1: Pe	otato ch	ips], car	rots, or dents w	other v	egetable 2.2 vegetabl	es, durin	g the 7	days bo	3.9	4.7	7) 5.1 alad, po	4.7	5.3 excludi	7.1	,	No quadratic change	No change

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

# Nebraska High School Survey

					Healt	th Risk	Behavior a	and Percer	ntages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005 20	07 2009	2010	2012	2014	2016	2018	2021			
							es two or n or other ve							ng			
						28.4	24.8		26.5	26.6	27.6	23.7	26.1	22.2	Decreased, 2003-2021	No quadratic change	No change
							es three or or other ve							ling			
						12.7	9.6		11.5	11.2	12.2	11.2	11.5	10.8	No linear change	No quadratic change	No change
							an, bottle, s during the					oke, Per	osi, or S	prite,			
ot co																	

# Nebraska High School Survey

**Trend Analysis Report** 

		8	t and D			th Risk	Behavi	or and	Percen	tages						Linear Change $^{\dagger}$	Quadratic Change <sup>†</sup>	Change fron 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
			age of st rite, not										times p	er day (	such			
										26.1	22.8	19.5	17.6	15.3	15.1	Decreased, 2010-2021	No quadratic change	No chang
			age of st rite, not										times p	er day (	such			
										16.5	13.6	11.7	9.0	7.9	7.8	Decreased, 2010-2021	No quadratic change	No chang
	_	ntage of	fstudent	ts who c	lid not d	drink m	ilk (duri	ng the 7	7 days b	efore th	ne surve	y)						
QN75	Percei	mage of										14.8	15.6	20.6	29.7	Increased,		

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

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

### Nebraska High School Survey

Trend Analysis Report

					Healt	h Risk	Behavi	or and P	ercentages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change fron 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009 201	2012	2014	2016	2018	2021			
glass	or cup, f		arton, o	r with c					per day of m of milk serv								
						52.4	55.6		49.9	48.1	46.0	41.0	37.4	28.6	Decreased, 2003-2021	Decreased, 2003-2014 Decreased, 2014-2021	Decrease
		, from a	carton,	or with					per day of t of milk se								
	the 7 d	ays befo	bre the s	survey)													
		ays befo	ore the s	survey)		19.5	20.4		16.7	15.1	14.7	10.6	8.0	8.0	Decreased, 2003-2021	Decreased, 2003-2014 Decreased, 2014-2021	No chang
luring	the 7 d				lid not e			uring the	16.7 7 days befo			10.6	8.0	8.0	,		No chang

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

<sup>8</sup>Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

### Nebraska High School Survey

0					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup><math>\dagger</math></sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
2NBK	7DAY:	Perce	ntage of	studen	ts who a	ate breal	kfast on	all 7 da	ays (dur	ring the	7 days l	before t	he surve	ey)				
											41.6	39.6	38.0	32.0	29.0	Decreased, 2012-2021	Not available <sup>¶</sup>	No chang

# Nebraska High School Survey

White Physic	* cal Activ	vity			<b>TT 1</b>	4. D:-1-	D.1		D	4						L'anna Channat	One have a character	Character form
					Hean	th <b>K</b> isk	Behavio	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
of phy		tivity th					active at d made t											
										57.6	62.3	57.8	54.8	53.4	59.1	No linear change	No quadratic change	No change
day (ir		nd of ph	nysical a	ctivity			barticipat heir hear											
										8.5	8.9	11.5	12.8	14.5	11.4	Increased, 2010-2021	Increased, 2010-2016 No change, 2016-2021	No change
kind o		al activ					ysically a te and m											
										29.2	34.8	32.1	28.8	29.8	30.3	No linear change	No quadratic change	

### Nebraska High School Survey

rnysio	cal Acti	vity			Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup>†</sup>	Change fron 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
	Perceithey we			ts who a	attended	l physic	al educa	tion (P	E) class	es on 1	or more	days (i	n an av	erage w	eek			
45.2	49.1					49.0	47.3			46.8	48.6	48.9	43.6	42.5	50.6	No linear change	No quadratic change	Increased
	LYPE: 1 they we 32.3			tudents	who att	ended p 36.5	hysical 33.6	educati	on (PE)	classes 33.6	on all 5 35.7	5 days (1 34.6	in an av 29.5	erage w 28.8	veek 35.0	No linear change	No quadratic change	No chang
											1 .	ally act	• /					

### Nebraska High School Survey

White Other																		
					Healt	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change $^{\dagger}$	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
		ntage of before			saw a de	entist (fo	or a che	ck-up, e	exam, te	eth clea	ning, o	r other c	lental w	ork, du	ring			
										78.5	79.6	78.8	82.9	82.1	78.0	No linear change	Increased, 2010-2016 No change, 2016-2021	No change
QNN( work)	DDNT:	Percent	age of s	students	who ne	ever saw	v a denti	ist (for a	a check	up, exa	m, teetł	l cleanii	ng, or of	her den	ital			
,										1.0	0.9	1.4	1.3	0.8	2.2	No linear change	No quadratic change	Increased
QN86	Perce	ntage of	studen	ts who g	got 8 or	more h	ours of s	sleep (o	on an av	erage sc	chool ni	ght)						_
												33.7	26.9	26.9	28.0	No linear change	Not available <sup>¶</sup>	No change

### Nebraska High School Survey

Trend Analysis Report

White <sup>s</sup> Site-A																		
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>†</sup>	Quadratic Change <sup><math>\dagger</math></sup>	Change from 2018-2021 <sup>§</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
			student idents w						iving (o	n at lea	st 1 day	/ during	the 30	days be	fore			
														59.7	61.4	No linear change	Not available <sup>¶</sup>	No change
	is Gator													es per da 7 days b				
										16.2	16.1	15.5	9.8	10.1	10.0	Decreased, 2010-2021	No quadratic change	No change
	is Gator													es per da 7 days b				
										9.3	7.6	7.8	6.1	5.1	5.3	Decreased, 2010-2021	No quadratic change	No change

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

<sup>8</sup>Based on t-test analysis, p < 0.05. Not enough years of data to calculate.

# Nebraska High School Survey

Site-A	dded				Healt	th Risk	Behavi	or and	Percen	tages						Linear Change $^{\dagger}$	Quadratic Change <sup>†</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN94	: Perce	ntage of	fstuden	ts who e	ever dra	nk alcoł	nol (at le	east one	drink o	of alcoh	ol, on a	t least 1	day du	ring the	ir life)			
83.7	78.9					78.4	72.1			59.8	51.5	50.5	55.0	52.9	48.7	Decreased, 1991-2021	No quadratic change	No change
						lrink a c lrinks sı												
// • •										31.7	32.4	34.3	43.1	46.9	40.2	Increased,	Increased, 2010-2016	No change
// ••																2010-2021	No change, 2016-2021	
QN97 sweete counti	ened tea	or coff or pop,	ee drink	s, flavo	red mill	can, bot k, Snapp Irinks, c	le, Sun	ny Deli	ght, or o	energy o	drinks s	uch as H	Red Bul	l, not		2010-2021	No change, 2016-2021	

# Nebraska High School Survey

Site-A	dded				Healt	th Risk	Behavi	or and	Percent	tages						Linear Change $^{\dagger}$	Quadratic Change <sup><math>\dagger</math></sup>	Change from
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			2018-2021
							strength s before			r muscl	es on th	ree or n	nore da	ys (such	as			
										58.9	60.4	56.6	53.1	50.9	55.6	Decreased, 2010-2021	Decreased, 2010-2016 No change, 2016-2021	No chang
	am, or c	lance cl					ny orga un by th											
	the sur																	
	the sur	•												25.2	27.0	No linear change	Not available <sup>¶</sup>	No change
before QN10		0	of stude	nts who	describ	ed their	grades	in scho	ol as mo	ostly A'	s or B's	(during	the 12			No linear change	Not available <sup>¶</sup>	No chang

#### Nebraska High School Survey

Trend Analysis Report

Hispanic **Injury and Violence** Health Risk Behavior and Percentages Linear Change\* Quadratic Change\* **Change from** 2018-2021 \* 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016 2018 2021 QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else) 97.4 89.3 78.8 75.0 75.2 61.3 65.7 49.2 53.1 57.2 Decreased, No quadratic change No change 1991-2021 ON9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey) 41.8 54.2 37.6 37.6 23.9 26.9 27.2 32.1 13.1 12.2 Decreased, 1991-2016 No change Decreased. 1991-2021 Decreased, 2016-2021 QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey) 6.2 13.0 7.5 7.2 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

Trend Analysis Report

Injury	nic 7 and V	iolence																
					Healt	th Risk	Behavio	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
							ed while driven a											
											39.9	50.6	39.9	45.9	38.6	No linear change	Not available <sup>§</sup>	No change
			student s before			a weapo	n on sch	iool pro	perty (s	such as	a gun, k	nife, or	club, o	n at leas	st 1			
						a weapo	n on sch	nool pro	perty (s	such as	a gun, k	nife, or 8.4	club, o 6.6	n at leas 3.2	st 1 3.0	No linear change	Not available	No change
lay du QN14	Perce	e 30 day	s before	e the sur	rvey) did not g	go to sch	n on sch nool bec ne surve	ause the				8.4	6.6	3.2	3.0	No linear change	Not available	No change

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

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
					were thr e 12 mo					oon on s	chool p	roperty	(such a	s a gun,	knife,			
	13.5					13.9	12.6			10.7	8.7	12.8	10.2	11.3	6.8	No linear change	No quadratic change	No change
QN16 survey		ntage of	studen	ts who v	were in	a physic	cal fight	(one or	more t	imes du	ring the	e 12 mo	nths bef	ore the				_
49.2	44.2					32.5	38.9			37.2	27.4	30.1	24.5	18.4	19.0	Decreased, 1991-2021	No quadratic change	No change
	· Percei	ntage of	studen	ts who v	were evo	er physi	cally fo	rced to	have se	xual int	ercours	e (when	they di	d not w	ant to)			
QN19	. I CICC																	

 $^*$ Based on trend 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

Trend Analysis Report

					Healt	th Risk	x Bel	havior a	nd Perce	entages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	20	005 20	07 2009	2010	2012	2014	2016	2018	2021			
going interc	out with ourse] th	n to do s nat they	exual the did not	hings [c want to	ounting do, one	such th e or moi	hings ore ti	s as kissi imes dur	violence ( ing, touch ing the 12 pre the sum	ning, or b 2 months	eing phy	ysically	forced	to have	sexual			
											10.0	10.4	12.0	70	160	NT 11 1		NT
											13.2	10.4	12.9	7.8	16.3	No linear change	Not available <sup>§</sup>	No change
someo with a	ne they n object	were da or wea	ating or pon] on	going o e or mo	out with ore times	[counti s during	ing s g the	such thin	y violence ngs as bei ths befor	ng hit, sl	bhysicall ammed vey, amo	ly hurt c into son ong stud	on purpo nething, lents wh	ose by or inju no dated	red l or			
someo with a	ne they n object	were da or wea	ating or pon] on	going o e or mo	out with ore times	[counti s during	ing s g the	such thin e 12 mon	igs as bei iths befor	ng hit, sl	ohysicall ammed	y hurt o	on purponething,	ose by or inju	red	No linear change	Not available <sup>s</sup>	No change
with a went of	ne they n object out with	were da or wea someor	ating or pon] on ne durin	going of le or mo g the 12	out with ore times 2 month	[counti s during s before	ing s g the e the	such thin e 12 mon e survey)	igs as bei iths befor	ng hit, sl	ohysicall ammed vey, amo 7.9	ly hurt of into son ong stud 10.6	on purpo nething, lents wh 8.0	ose by or inju no dated 4.8	red or 4.2			

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

#### Nebraska High School Survey

Trend Analysis Report

Hispanic **Injury and Violence** Health Risk Behavior and Percentages Linear Change\* Quadratic Change\* **Change from** 2018-2021 \* 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 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) 13.8 17.0 23.1 12.9 14.1 No linear change No quadratic change 12.3 No change QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey) 35.9 31.5 32.7 30.0 41.6 37.4 No linear change Decreased, 2003-2010 No change 24.5 26.9 Increased, 2010-2021 QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey) 33.2 32.0 19.9 16.6 16.7 15.5 20.4 24.7 19.7 14.6 No linear change No quadratic change No change

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

# Nebraska High School Survey

Trend Analysis Report

Hispan Injury		iolence			Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN27: the surv		ntage of	studen	ts who i	made a	plan abo	out how	they we	ould atte	empt su	icide (d	uring th	e 12 mo	onths be	fore			
25.3	23.4					16.9	16.1			12.9	12.9	19.3	23.8	17.1	9.4	No linear change	No quadratic change	Decreased
QN28: survey)		ntage of	studen	ts who a	actually	attempt	ted suici	ide (one	or mor	e times	during	the 12 n	nonths l	before tl	he			
13.9	16.5					13.8	13.3			13.9	13.3	15.9	15.8	13.8	4.7	Decreased, 1991-2021	No change, 1991-2016 Decreased, 2016-2021	Decreased
						iicide at 2 month				n injury	, poisoi	ning, or	overdos	se that h	ad to			
6.0	4.2					4.9	3.1			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

**Trend Analysis Report** 

Hispanic	
<b>Tobacco Use</b>	

					Healt	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QN30:	Percer	ntage of	studen	ts who e	ever trie	d cigar	ette smo	oking (e	ven one	or two	puffs)							
77.7	80.9					68.2	67.1			46.0	40.5	46.5	32.1	26.1	20.6	Decreased, 1991-2021	No quadratic change	No change
-		_			first trie								14.9	7.6	8.6	No linear change	Not available <sup>§</sup>	No change
QN32: survey		ntage of	studen	ts who o	currently	y smoke	ed cigar	ettes (or	n at leas	t 1 day	during	the 30 d	ays bef	ore the				
30.5	36.2					25.1	25.0			14.6	9.6	16.7	5.3	2.3	2.1	Decreased, 1991-2021	Decreased, 1991-2014 Decreased, 2014-2021	No change
		ercenta e surve		udents v	who cur	rently s	moked	cigarett	es frequ	ently (o	on 20 or	more d	ays duri	ing the 3	30	·		
18.8	14.5					13.4	9.5			5.7	2.7	3.3	0.6	0.5	0.0	Not available	Not available	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.

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

# Nebraska High School Survey

Trend Analysis Report

Hispa Tobac	nic co Use																	
					Heal	th Risk	Behavi	ior and	l Percer	ntages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QNDA the sur		Percei	ntage of	student	ts who c	currently	smoke	d cigar	ettes da	ily (on a	ıll 30 da	ıys durii	ng the 3	0 days l	before			
9.3	10.1					9.0	5.8			4.7	2.7	1.6	0.6	0.0	0.0	Not available	Not available <sup>§</sup>	Not available
										(includi in, Vuse			, vapes,	vape pe	ens,			
												55.6	41.3	51.7	30.2	Decreased, 2014-2021	Not available	Decreased
pens, e	-cigars,	, e-hook	ahs, ho		ens, and					duct (in , Suorin								
												33.7	8.2	12.5	14.0	Decreased, 2014-2021	Not available	No change

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

#### Nebraska High School Survey

Trend Analysis Report

Hispanic **Tobacco Use** Health Risk Behavior and Percentages Linear Change\* **Quadratic Change**<sup>\*</sup> Change from 2018-2021 \* 2001 2003 2005 2007 2009 2010 2012 2014 2016 2018 2021 1991 1993 1995 1997 1999 QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) 6.8 No linear change Not available§ 4.7 0.5 2.2 No change QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) 3.1 0.5 1.2 5.6 No linear change Not available No change QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) 37.6 9.9 12.2 13.3 Decreased. Not available No change 2014-2021

\*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

Trend Analysis Report

	co Use				Heal	th Risk	Behavio	r and P	ercent	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
dissol	vable to	bacco p	roducts	[such a	is Coper	hagen,	mokeles Grizzly, the surv	Skoal, o							vapor			
													2.3	1.9	0.0	Not available	Not available <sup>§</sup>	Not available
		-	C		who an													
snus,	or disso	lvable to	obacco	product	s [such a	as Cope	nhagen, g the 30	Grizzly,	Skoal	, or Ĉa	mel Snu	ewing t ıs], not o			dip, 0.0	Not available	Not available	Not available
QNDA	or disso onic vap	vable to or prod	ntage of	product 20 or n f studen cts [suc	s [such a nore day ts who c h as Coj	as Cope ys durin currently penhage	nhagen,	Grizzly, days bef nokeless y, Skoal	Skoal	, or Car e surve	mel Snu y) y (chew	is], not o	0.0	g any 0.4 uff, dip	0.0	Not available	Not available	Not available

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

# Nebraska High School Survey

Trend Analysis Report

Hispa Tobac	nic co Use																	
					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 *
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
		ntage of fore the			currently	y smoke	d cigars	s (cigars	s, cigari	llos, or	little cig	gars, on	at least	1 day d	luring			
						18.9	11.1			13.9	10.7	9.4	5.1	3.1	2.2	Decreased, 2003-2021	No quadratic change	No change
							ked ciga before t			s or use	d smoke	eless tob	acco or	electro	nic			
, upor	produce	5 (011 ut	ioust i s	auj au	ing the .	o uujo	Service						10.6	12.4	13.3	No linear change	Not available <sup>§</sup>	No change
		Percenta during t					smoked	cigars f	frequent	tly (ciga	rs, ciga	rillos, o	r little c	igars, o	on 20			
						3.2	1.8			2.2	1.1	0.0	0.0	0.0	0.0	Not available	Not available	Not available

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

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QNTB he sur		entage	of stude	ents who	curren	tly smo	ked ciga	arettes o	or cigars	s (on at	least 1	day duri	ng the 3	30 days	before			
		entage	of stude	ents who	o curren	tly smo 26.7	ked ciga 25.1	arettes (	or cigars	s (on at 16.4	least 1 (	-	ng the 3	30 days 3.8	before 2.2	Decreased, 2003-2021	No quadratic change	No chang
he sur	vey)	: Perce	ntage of	f studen	ts who	26.7	25.1		or cigars	16.4	10.6	17.1	6.9	3.8	2.2	,	No quadratic change	No chang

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

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN40	Percer	ntage of	studen	ts who l	nad thei	r first di	rink of a	lcohol	before a	ge 13 y	ears (ot	her thar	a few s	sips)				
31.4	42.3					37.9	32.4			23.9	22.4	18.9	19.0	17.1	10.3	Decreased, 1991-2021	No quadratic change	No change
		ntage of e the su		ts who o	currently	y drank	alcohol	(at leas	t one dr	ink of a	lcohol,	on at le	ast 1 da	y during	g the			
55.1	59.6					40.5	43.4			32.8	22.1	30.3	27.0	20.9	15.5	Decreased, 1991-2021	No quadratic change	No change
were f	emale o	or five o		drinks o	f alcoho		oinge dri ow if the											

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

# Nebraska High School Survey

**Trend Analysis Report** 

-	ic I and (	Other <b>E</b>	Orug Us	e														
					Healt	th Risk	Behavi	or and	Percen	itages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	<b>Change from</b> 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
					eported 30 days				r of dri	nks they	v had in	a row v	vas 10 c	or more				
														0.4	5.6	Increased, 2018-2021	Not available <sup>§</sup>	No change
QN45:	Percer	ntage of	studen	ts who e	ever use	d mariji	ıana (or	ne or mo	ore time	es durin	g their l	ife)						
20.2	35.3					47.8	39.5			38.2	32.6	47.0	29.3	30.8	23.9	Decreased, 1991-2021	Increased, 1991-2003 Decreased, 2003-2021	No change
QN46:	Percer	ntage of	studen	ts who t	ried ma	rijuana	for the f	irst tim	e befor	e age 13	years					· -		
13.0	13.9					18.8	12.1			13.0	7.8	11.8	10.9	6.4	5.3	Decreased, 1991-2021	No quadratic change	No change
QN47:	Percer	ntage of	studen	ts who c	currently	y used n	narijuan	a (one o	or more	times c	luring tl	ne 30 da	ıys befo	re the su	urvey)			
11.5	15.3					27.3	19.2			21.0	15.8	25.2	16.0	14.3	16.1	No linear change	Increased, 1991-2003 Decreased, 2003-2021	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.

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

# Nebraska High School Survey

Hispa Alcoh		Other I	Drug Us	se	Healt	th Risk	Behavior	and Perce	ntages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005 2	007 2009	2010	2012	2014	2016	2018	2021			
QN48	Perce	ntage of	f studen	ts who e	ever use	d synth	etic mariju	ana (one oi	more ti	mes dur	ing thei	r life)					
											9.6	9.2	10.4	4.8	No linear change	Not available <sup>§</sup>	No change
than h	ow a do	ctor tol	d them	to use it		ng drug		n medicine codeine, Vi						rently			
												19.3	17.8	6.0	Decreased, 2016-2021	Not available	Decreased
								d glue, brea ing their lif		conten	ts of aei	rosol sp	ray cans	s, or			
						15.6	11.8		16.6	8.7	10.7	10.6	5.7	8.0	Decreased, 2003-2021	No quadratic change	No change

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavi	or and	Percent	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
_																		
				ts who		ected an	y illega	l drug (	used a n	eedle to	o inject	any ille	gal drug	g into th	eir			
						ected an 6.2	y illega 2.4	l drug (	used a n	eedle to	2.7	any ille; 6.5	gal drug 2.0	g into the 2.7	eir 0.0	Not available	Not available <sup>§</sup>	Not available
2N56:	one or n	nore tim	nes dur	ing their	life)	6.2	2.4		used a n	4.0	2.7	6.5	2.0	2.7	0.0	Not available	Not available <sup>§</sup>	Not available

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

### Nebraska High School Survey

Trend Analysis Report

Hispanic Sexual Behaviors

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN57:	Percer	ntage of	student	ts who e	ever had	sexual	interco	urse										
67.3	68.6					47.0	51.2			48.8	42.7	38.3	32.8	44.0	37.7	Decreased, 1991-2021	No quadratic change	No change
QN58:	Percer	ntage of	student	ts who ł	nad sexu	al inter	course f	for the f	irst tim	e before	age 13	years						
11.3	11.9					9.4	9.1			8.7	6.5	5.5	2.8	2.6	1.0	Decreased, 1991-2021	Decreased, 1991-2014 Decreased, 2014-2021	No change
QN59:	Percer	ntage of	student	ts who l	nad sexu	al inter	course	with fou	ir or mo	re perso	ons duri	ng their	life					
30.5	31.2					16.9	16.7			18.2	13.3	11.8	5.9	8.7	5.7	Decreased, 1991-2021	No quadratic change	No change
	Percer the 3 m					rrently s	exually	active	(had sey	cual inte	ercourse	with at	t least o	ne perso	on,			
45.1	42.5					34.3	36.5			34.3	25.7	32.2	18.1	32.8	28.4	Decreased, 1991-2021	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.

### Nebraska High School Survey

Trend Analysis Report

Hispanic **Sexual Behaviors Quadratic Change<sup>\*</sup>** Change from Health Risk Behavior and Percentages Linear Change\* 2018-2021 \* 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016 2018 2021 QN82: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood) 13.4 14.1 9.7 No linear change Not available§ 9.6 No change QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey) 7.6 No linear change 11.5 Not available No change

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

#### Nebraska High School Survey

Trend Analysis Report

Hispanic Weight Management and Dietary Behaviors **Health Risk Behavior and Percentages** Linear Change<sup>\*</sup> Quadratic Change\* **Change from** 2018-2021 \* 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016 2018 2021 QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)<sup>§</sup> 17.6 16.5 21.5 23.1 11.5 15.5 No linear change 16.6 19.7 No quadratic change No change QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)\$15.1 16.2 15.9 21.2 14.4 19.0 17.6 31.2 Increased, No change, 2003-2016 Increased 2003-2021 Increased, 2016-2021 QN67: Percentage of students who were trying to lose weight 59.3 52.2 50.8 55.8 No change 55.5 53.9 53.1 55.9 55.2 63.4 No linear change No quadratic change QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey) 20.1 20.0 20.6 21.7 26.4 27.8 30.8 24.8 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.

<sup>8</sup>Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

# Nebraska High School Survey

					Healt	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
2N69	: Perce	ntage of	studen	ts who a	lid not e	eat fruit	(one or	more ti	imes du	ring the	7 days	before t	he surve	ey)				
						13.7	15.5			12.6	10.0	11.9	11.5	9.1	11.5	No linear change	No quadratic change	No change
		centage uring th					it or dri 7.4	nk 1009	% fruit j	uices (s 6.3	such as of 5.6	orange j 6.7	uice, ap 8.5	ple juic 4.5	e, or 8.9	No linear change	No quadratic change	No change
-		centage lice, or g								ne or m	ore time	es per da	ay (such	i as orai	ıge			

#### Nebraska High School Survey

Trend Analysis Report

Hispanic Weight Management and Dietary Behaviors Health Risk Behavior and Percentages Linear Change\* Quadratic Change\* **Change from** 2018-2021 \* 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016 2018 2021 QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey) 27.2 21.8 26.8 23.7 25.5 31.6 23.5 20.7 No linear change No quadratic change No change QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) 50.2 39.0 39.6 41.4 40.5 49.7 42.3 45.1 No linear change No quadratic change No change QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey) 28.5 32.6 39.9 36.3 37.1 41.0 42.2 34.1 No linear change Increased, 2003-2016 No change No change, 2016-2021 QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey) 52.1 49.1 57.9 52.1 51.1 48.9 53.2 47.0 No linear change No quadratic change No change

# Nebraska High School Survey

Trend Analysis Report

					Healt	th Risk	Behavio	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
QN73: survey		ntage of	fstuden	ts who c	lid not e	eat othe	r vegetal	bles (on	e or mo	ore time	s durinį	g the 7 c	lays bef	fore the				
						18.3	21.3			23.9	23.2	25.0	17.7	24.1	21.5	No linear change	No quadratic change	No change
							vegetable es, durin 6.0						rench fr 8.7	ies, frie 9.7	d 3.3	No linear change	No change, 2003-2016 Decreased, 2016-2021	Decreased
potato QNVE	es, or po CG1: Pe	otato ch	ips], can	rrots, or dents w	other v	5.2	es, durin	g the 7	days be	6.7 er day (	7.8 green s	7) 9.4 	8.7	9.7	3.3	No linear change		Decreased

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

# Nebraska High School Survey

<b>1991 1993</b> QNVEG2: I French fries,	Percenta		1999	2001	2003	2005	2007	2000									
							2007	2009	2010	2012	2014	2016	2018	2021			
	s, fried po	atoes, or												ng			
					22.0	17.7			26.8	24.3	25.1	27.7	18.3	23.7	No linear change	No quadratic change	No change
NVEG3: I rench fries,									ring th		before	the sur		ling 13.9	No linear change	No quadratic change	No change

# Nebraska High School Survey

					Healt	th Risk	Behavio	or and 1	Percent	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
							n, bottle liet pop,						times p	er day (	such			
										26.4	19.0	20.0	20.1	15.5	8.4	Decreased,	No quadratic change	No change
																2010-2021		
-			•				n, bottle liet pop,	U			•		times p	er day (	such	2010-2021		
-			•					U			ore the s	survey)	times p 13.1	er day ( 5.7	such	2010-2021 Decreased, 2010-2021	No quadratic change	No change
as Col	te, Peps	i, or Sp	rite, not	countin	ng diet s	oda or c		during	the 7 da	ays befo 17.0	12.5	survey) 11.7		•		Decreased,	No quadratic change	No change

# Nebraska High School Survey

					Heal	th Risk	Behavi	ior and l	Percenta	ages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
glass c	r cup, f	rom a c	arton, o		ereal ar			e glasses half pint										
U		-		•		37.6	39.4			36.8	33.3	32.2	32.8	24.9	23.1	Decreased, 2003-2021	No quadratic change	No change
																2003-2021		
glass	or cup	, from a	carton,		cereal			re glasse he half pi										
glass	or cup	, from a	carton,	or with	cereal				nt of mil							Decreased, 2003-2021	No quadratic change	No chang
glass	or cup the 7 d	, from a ays befo	carton,	or with survey)		and cou 8.5	nting th 9.1		nt of mi	lk serv 10.5	6.1	ehool as 8.3	equal to	o one gl	ass,	Decreased,	No quadratic change	No chang

Nebraska High School Survey

Trend Analysis Report

Hispar Weigh		agemer	t and I	Dietary	Behavi	ors												
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
QNBK	K7DAY	: Perce	ntage o	f studen	its who	ate brea	kfast on	all 7 da	ays (dur	ing the	7 days l	before t	he surve	ey)				
											26.4	28.9	24.2	29.9	20.1	No linear change	Not available <sup>§</sup>	No change

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

# Nebraska High School Survey

					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
of phy		tivity th	f studen nat incre															
		<i>,</i>								43.5	42.3	39.6	40.6	39.8	55.2	No linear change	No quadratic change	No change
lay (ir	any ki	nd of pl	ntage of hysical a ore the s	activity							breathe		ome of t	he time		No linear change	No quadratic change	No chang
lay (in luring QNPA cind o	any ki the 7 d	nd of pl ays before Percer al activ	hysical a	activity survey)	that inc	reased t	heir hea	active a	and mad	e them 15.2 50 minu	breathe 16.7 Ites per	22.3 day on	0 18.0 18.0 all 7 da	he time 19.4 ys (in ar	10.4	No linear change	No quadratic change	No chang

# Nebraska High School Survey

Trend Analysis Report

Hispaı Physic	cal Acti	vity			Healt	th Risk	Behavi	ior and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
	Percer hey we			ts who a	attended	l physic	al educa	ation (P	E) class	es on 1	or more	e days (i	n an av	erage w	eek			
53.2	36.3					51.0	54.4			52.3	49.5	50.5	39.7	47.8	59.5	No linear change	No quadratic change	No change
	YPE: I hey we			tudents	who att	ended p	hysical	educati	on (PE)	classes	on all :	5 days (i	in an av	erage w	veek			
34.2	26.6					37.9	39.5			34.7	31.2	26.5	25.7	22.3	32.6	No linear change	No quadratic change	No change
	Percer luring t						n from	playing	a sport	or bein	g physic	cally act						
													14.7	14.7	16.3	No linear change	Not available§	No ch

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

# Nebraska High School Survey

Trend Analysis Report

Hispaı Other	nic																	
					Heal	th Risk	Behavi	or and	Percen	tages						Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021			
	Percer months				saw a de	entist (fo	or a che	ck-up, e	exam, te	eth clea	ning, o	r other o	lental w	ork, du	ring			
										62.9	59.4	66.0	70.7	64.8	58.5	No linear change	Increased, 2010-2016 Decreased, 2016-2021	No change
QNNC work)	DNT:	Percent	age of s	students	who ne	ever saw	v a denti	ist (for a	a check-	-up, exa	m, teeth	l cleanii	ng, or of	ther den	tal			_
,										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:	Percer	ntage of	studen	ts who g	got 8 or	more he	ours of	sleep (o	n an av	erage sc	hool ni	ght)			-			
												28.6	22.1	24.4	26.7	No linear change	Not available <sup>§</sup>	No change

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

# Nebraska High School Survey

Trend Analysis Report

Hispar Site-A																	
					Healt	th Risk B	Behavior ai	nd Percer	ntages						Linear Change <sup>*</sup>	Quadratic Change*	Change from 2018-2021 <sup>†</sup>
1991	1993	1995	1997	1999	2001	2003	2005 200	07 2009	2010	2012	2014	2016	2018	2021	-		
						n a cell p or other	hone while vehicle)	driving (o	on at lea	st 1 day	during	the 30	days be	fore			
													53.4	51.1	No linear change	Not available <sup>§</sup>	No change
	is Gator						n, bottle, or orie sports o										
									20.4	14.8	14.8	18.2	7.6	8.6	Decreased, 2010-2021	No quadratic change	No change
	is Gator						n, bottle, or orie sports o										
									12.8	7.9	7.3	11.5	4.6	5.1	Decreased, 2010-2021	No quadratic change	No change

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

#### Nebraska High School Survey

Trend Analysis Report

Hispanic Site-Added Health Risk Behavior and Percentages Linear Change\* Quadratic Change\* **Change from** 2018-2021 \* 1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2010 2012 2014 2016 2018 2021 QN94: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life) 84.5 89.1 79.2 76.9 65.2 54.9 60.0 53.4 55.7 39.6 Decreased, No quadratic change No change 1991-2021 QN96: Percentage of students who did not drink a can, bottle, or glass of a sports drink (such as Gatorade or PowerAde, not counting low-calorie sports drinks such as Propel or G2, during the 7 days before the survey) 27.2 27.2 31.9 40.9 47.8 36.0 Increased, Increased, 2010-2016 No change 2010-2021 No change, 2016-2021 QN97: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, not counting soda or pop, sports drinks, energy drinks, or 100% fruit juice, one or more times per day during the 7 days before the survey) 18.3 10.3 16.0 18.1 10.8 12.8 No linear change No quadratic change No change

# Nebraska High School Survey

Trend Analysis Report

Hispa Site-A																		
Health Risk Behavior and Percentages													Linear Change <sup>*</sup>	Quadratic Change <sup>*</sup>	Change from 2018-2021			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2010	2012	2014	2016	2018	2021	-		
					lid exer luring th					r muscl	es on th	ree or r	nore da	ys (such	ı as			
										55.6	51.5	47.8	46.7	42.8	65.0	No linear change	No change, 2010-2016 Increased, 2016-2021	Increased
lag te		lance cl			participa any act													
														30.7	16.4	Decreased, 2018-2021	Not available <sup>§</sup>	Decreased
	2: Perce the surv		of studer	nts who	describ	ed their	grades	in scho	ol as mo	ostly A'	s or B's	(during	the 12	months				
												67.6	72.8	73.1	63.2	No linear change	Not available	

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