Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	jes		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN8: Percenta	ge of students who	arely or never wore	a seat belt (when r	ding in a car driven	by someone else)		
	4.4			6.8	6.3	No linear change	Not available [§]	No change
	ge of students who has during the 30 day			ng alcohol (in a car o	or other vehicle,			
	23.8			20.8	15.2	Decreased, 2011-2019	Not available	Decreased
	age of students who			had been drinking a driven a car or othe				
nore times dur	ore the survey)	•						

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	ays before the surve	o texted or e-mailed vey, among students w						
				55.2	48.7	No linear change	Not available [§]	Decreased
QN12: Percent 30 days before		o carried a weapon (s	uch as a gun, knife,	or club, on at least	1 day during the			
	15.8			18.1	16.4	No linear change	Not available	No change
	age of students who ng the 30 days befo	o carried a weapon of ore the survey)	n school property (s	uch as a gun, knife,	or club, on at			
least I day duri	4.5			4.2	3.8	No linear change	Not available	No change
least I day duri								
QN14: Percent		o carried a gun (not c t shooting, on at leas						

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change fron 2017-2019
2009	2011	2013	2015	2017	2019			
	age of students who at least 1 day durin			insafe at school or o	on their way to or			
	4.0			6.9	6.7	Increased, 2011-2019	Not available [§]	No change
2N16: Percent gun, knife, or cl	age of students who lub, one or more tim	were threatened or thes during the 12 mc	injured with a weap onths before the surv	on on school prope rey)	rty (such as a			
QN16: Percent gun, knife, or cl	age of students who lub, one or more tim 6.3	were threatened or tes during the 12 mc	injured with a weap onths before the surv	on on school prope rey) 8.2	rty (such as a	No linear change	Not available	No chang
gun, knife, or cl	lub, one or more tim	thes during the 12 mc	onths before the surv	8.2	7.3		Not available	No chang
gun, knife, or cl QN17: Percent	lub, one or more tim 6.3	thes during the 12 mc	onths before the surv	8.2	7.3		Not available Not available	No chang No chang
gun, knife, or cl QN17: Percent survey)	lub, one or more tim 6.3 age of students who 24.4 age of students who	were in a physical f	nths before the surv	ey) 8.2 mes during the 12 main 19.7	7.3 months before the 16.8			

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN19: Percent want to)	age of students who	o were ever physicall	ly forced to have se	kual intercourse (wh	en they did not			
	6.9			11.4	9.9	Increased, 2011-2019	Not available [§]	No change
[counting such	things as kissing, to	o experienced sexual buching, or being phy ing the 12 months be	sically forced to ha					
				11.7	10.2	No linear change	Not available	No change
lating or going forced to have s	out with to do sexus sexual intercourse]	o experienced sexual things [counting s that they did not wan or went out with son	such things as kissin at to, one or more tir	g, touching, or bein nes during the 12 m	g physically onths before the			

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

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		Health Risk Behav	ior and Percentag	es	Linear Change [*] Quadrat		Quadratic Change [*]	Change fron 2017-2019
2009	2011	2013	2015	2017	2019	_		
someone they winjured with an		experienced physica out with [counting s ne or more times du	such things as being	hit, slammed into	something, or			
who dated or we		e during the 12 mon			among students			
who dated or we					6.0	No linear change	Not available ^{\$}	No change
	ent out with someon		ths before the surve	8.4	6.0	No linear change	Not available [§]	No change
QN23: Percenta	ent out with someon	e during the 12 mon	ths before the surve	8.4	6.0	No linear change No linear change	Not available [§] Not available	No change No change
QN23: Percenta survey) QN24: Percenta	age of students who 22.5 age of students who	e during the 12 mon	ool property (ever of bullied (counting b	ey) 8.4 luring the 12 month 23.3 eing bullied throug	6.0 as before the 23.0			

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN25: Percent stopped doing s	age of students who ome usual activities	felt sad or hopeless , ever during the 12	a (almost every day months before the	for >=2 weeks in a survey)	row so that they			
	22.8			29.2	33.3	Increased, 2011-2019	Not available [§]	No change
		- I		-		1 I I I I I I I I I I I I I I I I I I I		
	age of students who 14.6	seriously considere	d attempting suicid	e (ever during the 1 20.2	2 months before 20.0	Increased, 2011-2019	Not available	No change
the survey) QN27: Percent	14.6 age of students who			20.2	20.0	Increased, 2011-2019	Not available	No change
the survey) QN27: Percent	14.6 age of students who			20.2	20.0	Increased, 2011-2019 Increased, 2011-2019	Not available Not available	No change No change
the survey) QN27: Percent before the surve	14.6 age of students who ey)	made a plan about l	how they would atte	20.2 empt suicide (durin, 13.5	20.0 g the 12 months 14.9			

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

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Total njury and Violend		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN29: Percenta had to be treated	age of students who l by a doctor or nur	had a suicide attem se (during the 12 mo	pt that resulted in a onths before the surv	n injury, poisoning, vey)	or overdose that			
	1.9			3.4	4.5	Increased, 2011-2019	Not available [§]	No change

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN30: Percent	age of students who	ever tried cigarette	smoking (even one	or two puffs)	1			
	39.1			29.1	25.0	Decreased, 2011-2019	Not available [§]	No change
QN31: Percent	age of students who	first tried cigarette	smoking before age		_	No linear change	Not available	No change
QN32: Percent		o first tried cigarette s		8.6	7.2	No linear change	Not available	No change
QN32: Percent				8.6	7.2	No linear change Decreased, 2011-2019	Not available Not available	No change Decreased
QN32: Percent survey)	age of students who 18.1 rcentage of students		igarettes (on at least	8.6 t 1 day during the 3 9.9	7.2 0 days before the 6.7			

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QNDAYCIG: 1 before the surve		nts who currently sn	noked cigarettes dai	ly (on all 30 days d	uring the 30 days			
	5.2			1.7	1.2	Decreased, 2011-2019	Not available [§]	No change
		smoked more than ng students who cur			smoked during			
	8.5			6.0	9.0	No linear change	Not available	No change
		ever used an electro	onic vapor product (
	pes, vaping pens, e	hookahs, and hooka	an pens [such as blu,	, NJOY, Vuse, Mar	k i eli, Logic,			

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bacco Use		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
e-pipes, vape pi	pes, vaping pens, e	o currently used an el -hookahs, and hooka least 1 day during the	h pens [such as blu	, NJOY, Vuse, Mar				
				9.0	20.1	Increased, 2017-2019	Not available [§]	Increased
	rcentage of student 30 days before the	s who currently used survey)	electronic vapor pr	roducts frequently (on 20 or more			
				1.5	8.2	Increased, 2017-2019	Not available	Increased
QNDAYEVP: the 30 days befo	Ũ	ents who currently us	ed electronic vapor	products daily (on	all 30 days during			
				0.9	6.4	Increased, 2017-2019	Not available	Increased
	ntage of students w 20 days before the	ho currently smoked e survey)	cigarettes or used of	electronic vapor pro	oducts (on at least			
					21.3	Increased, 2017-2019	Not available	Increased

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change fron 2017-2019
2009	2011	2013	2015	2017	2019			
dissolvable toba	acco products [such	o currently used smol n as Copenhagen, Griz luring the 30 days befo	zzly, Skoal, or Cam					
				6.2	4.9	No linear change	Not available [§]	No change
		o currently smoked ci	gars (cigars, cigari	llos, or little cigars,	on at least 1 day			
uning the 50 ta	ays before the surv	ey)		c c	5			
uning the 50 th	ays before the surv 12.8	ey)		7.3	4.4	Decreased, 2011-2019	Not available	Decreased
QNTB4: Perce	12.8	ey) who currently smoked ast 1 day during the 3		7.3	4.4	Decreased, 2011-2019	Not available	Decreased
QNTB4: Perce	12.8	vho currently smoked		7.3	4.4	Decreased, 2011-2019 No linear change	Not available Not available	Decreased
QNTB4: Perce electronic vapo QNTB3: Perce	12.8 ntage of students w r products (on at le	who currently smoked ast 1 day during the 3 who currently smoked	0 days before the s	7.3 s or used smokeless urvey) 19.9	4.4 tobacco or 22.7			

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

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2011	2013	2015	2017	2019			
f students who	o currently smoked	cigarettes or cigars	s (on at least 1 day d	luring the 30 days			
22.5			12.7	8.5	Decreased, 2011-2019	Not available [§]	Decreased
	22.5 students who	of students who currently smoked 22.5 students who tried to quit using a	of students who currently smoked cigarettes or cigars 22.5 students who tried to quit using all tobacco products	of students who currently smoked cigarettes or cigars (on at least 1 day of 22.5 12.7 12.7 students who tried to quit using all tobacco products (including cigarettee)	of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days	of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days 22.5 12.7 8.5 Decreased, 2011-2019 students who tried to quit using all tobacco products (including cigarettes, cigars,	of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days 22.5 12.7 8.5 Decreased, 2011-2019 Not available [§]

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN40: Percenta	age of students who	had their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
	15.7			14.7	15.0	No linear change	Not available [§]	No change
	age of students who ays before the surve	currently drank alc y)	ohol (at least one dr	ink of alcohol, on a	t least 1 day	· · · ·		
	37.1			27.6	25.6	Decreased, 2011-2019	Not available	No change
for female stude	age of students who ents or five or more ng the 30 days before	currently were bing drinks of alcohol in re the survey)	ge drinking (had fou a row for male stud	r or more drinks of lents, within a coup	alcohol in a row le of hours, on at			
				13.4	11.2	No linear change	Not available	No change

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019		
2009	2011	2013	2015	2017	2019					
2N44: 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)										
	42.2			42.9	42.8	No linear change	Not available [§]	No change		
01115										
QN45: Percent	age of students who 27.8	ever used marijuan	a (one or more time	s during their life) 26.5	27.3	No linear change	Not available	No change		
-	27.8	ever used marijuan tried marijuana for		26.5	27.3	No linear change	Not available	No change		
-	27.8			26.5	27.3	No linear change No linear change	Not available Not available	No change No change		
QN46: Percent	27.8 age of students who 4.4		the first time before	26.5 e age 13 years 5.1	3.8					

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN48: Percent	age of students who	ever used synthetic	marijuana (one or i	nore times during th	heir life)			
				5.1	5.2	No linear change	Not available [§]	No change
differently than	how a doctor told t	ever took prescript hem to use it (count more times during	ing drugs such as co	vithout a doctor's production of the second se	escription or yContin,			
				12.6	11.6	No linear change	Not available	No change
				· · · · ·		• •		
	age of students who r more times during	ever used cocaine (their life)	any form of cocaine	e, including powder	, crack, or			

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

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		Health Risk Behav	ior and Percentag	jes		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		o ever used inhalants ys to get high, one or			aerosol spray			
	8.6			6.7	6.8	Decreased, 2011-2019	Not available [§]	No change
QN52: Percent more times dur	age of students wh	o ever used heroin (a	lso called "smack,"	"junk," or "China V	White," one or			
	2.4			2.3	1.9	No linear change	Not available	No change
		o ever used methamp s during their life)	hetamines (also cal	lled "speed," "crysta	l meth," "crank,"			
	" one or more time					Decreased 2011 2010	Not available	No change
	one or more time " 3.1			2.3	1.8	Decreased, 2011-2019	Not available	i to chunge
"ice," or "meth,	3.1	o ever used ecstasy (a	ilso called "MDMA	;		Decreased, 2011-2019		

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

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		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN55: Percent more times dur		ever took steroids v	without a doctor's pr	rescription (pills or s	shots, one or			
	2.5			3.5	2.3	No linear change	Not available [§]	No change
	tage of students who or more times durin	ever injected any il og their life)	llegal drug (used a n	eedle to inject any i	illegal drug into			
	1.7			3.0	1.7	No linear change	Not available	No change
		were offered, sold,	or given an illegal o	drug on school prop	erty (during the	· · ·		
12 months befo								

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

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		Health Risk Behav	vior and Percentag	ges		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN58: Percent	age of students who	ever had sexual int	ercourse	: : : : : : : : : : : : : : : : : : :				
	43.9			43.1	37.4	No linear change	Not available [§]	No change
QN59: Percent	age of students who	had sexual intercou	urse for the first tim	e before age 13 year	'S			
	4.2			2.4	3.1	Decreased, 2011-2019	Not available	No change
QN60: Percent	age of students who	had sexual intercou	urse with four or mo	ore persons during th	neir life			
	13.1			8.5	8.3	Decreased, 2011-2019	Not available	No change
			ally active (had see	xual intercourse with	n at least one			
	the 3 months before	lie suivey)						

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

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		Health Risk Behav	vior and Percentag	jes		Linear Change [*]	Quadratic Change*	Change fron 2017-2019
2009	2011	2013	2015	2017	2019			
	age of students who ntly sexually active		ed drugs before last	t sexual intercourse	(among students			
	18.0			17.7	16.3	No linear change	Not available [§]	No change
2N63: Percent urrently sexua	age of students who lly active)	used a condom dur	ing last sexual inter	course (among stud	ents who were			
	61.4			52.8	54.9	No linear change	Not available	No change
QN64: Percent among students	age of students who who were currently	used birth control p sexually active)	oills before last sexu	al intercourse (to pr	revent pregnancy,			
	24.5			24.2	28.8	No linear change	Not available	No change
	Percentage of studen explanon) before las lly active)							

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019		
2009	2011	2013	2015	2017	2019	-				
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))										
-	• · · ·			4.1	6.6	No linear change	Not available [§]	No change		
UNUTHHPL:	Percentage of stude	nts who used birth co	ontrol pills; an IUD	(such as Mirena or	ParaGard) or					
implant (such a	s Implanon or Nexp ch as NuvaRing) be	olanon); or a shot (suo				No linear change	Not available	No change		
implant (such a control ring (suc currently sexual QNDUALBC: pills; an IUD (s Depo-Provera),	s Implanon or Nexp ch as NuvaRing) be lly active) Percentage of stude uch as Mirena or Pa patch (such as Orth	olanon); or a shot (suc	course (to prevent p condom during las such as Implanon o rol ring (such as N	39.9 t sexual intercourse or Nexplanon); or a uvaRing) before las	45.6 and birth control shot (such as	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.

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xual Behaviors		Health Risk Behav	vior and Percentag	Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]		
2009	2011	2013	2015	2017	2019	_		
	Percentage of stude ong students who w	ents who did not use		ent pregnancy durin	ng last sexual			
(unio	ing students who w	ere currentry sexual	ly active)					

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	centage of students w n sex- and age-specif				2017-2019			
	14.5			16.0	15.9	No linear change	Not available [¶]	No change
QNOBESE: Pe and age-specific	ercentage of students c reference data from	s who had obesity (> n the 2000 CDC gro	>= 95th percentile for wth charts) [§]	or body mass index,	based on sex-			
	13.2			15.3	17.0	No linear change	Not available	No change
	13.2							
QN67: Percent	tage of students who	described themselv	es as slightly or ver	y overweight				
QN67: Percent		described themselv	es as slightly or ver	y overweight 33.2	35.1	Increased, 2011-2019	Not available	No change
-	tage of students who			-	35.1	Increased, 2011-2019	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.

⁸Overweight 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. ^INot enough years of data to calculate.

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN69: Percent days before the		did not drink fruit j	uice (100% fruit jui	ces one or more tim	nes during the 7			
	21.2			31.4	34.9	Increased, 2011-2019	Not available [§]	No change
	0	did not eat fruit (on		0 ,	5,			
	9.2			12.4	12.0	Increased, 2011-2019	Not available	No change
	ntage of students wh	no did not eat fruit o ays before the surve		-		Increased, 2011-2019	Not available	No change
	ntage of students wh			-		Increased, 2011-2019 Increased, 2011-2019	Not available Not available	No change No change
juice, or grape j	ntage of students wh uice, during the 7 da 4.7 ntage of students wh		y) 100% fruit juices of	uices (such as oranş 7.5 ne or more times pe	ge juice, apple 7.1			

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

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		Health Risk Behav	vior and Percentag	jes		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019	
2009	2011	2013	2015	2017	2019				
NFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as range juice, or grape juice, during the 7 days before the survey)									
	30.9			26.4	24.6	Decreased, 2011-2019	Not available [§]	No change	
QN71: Percent survey)	tage of students who	did not eat green sa	lad (one or more ti	mes during the 7 da	ys before the				
	37.9			44.0	44.8	Increased, 2011-2019	Not available	No change	
QN72: Percent	tage of students who	did not eat potatoes	s (one or more times	s during the 7 days	before the survey)				
	24.6			30.8	35.9	Increased, 2011-2019	Not available	Increased	
QN73: Percent	tage of students who	did not eat carrots (one or more times	during the 7 days be	store the survey)				

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN74: Percent survey)	age of students who	did not eat other ve	getables (one or mo	ore times during the	7 days before the			
	15.0			20.9	21.6	Increased, 2011-2019	Not available [§]	No chang
		who did not eat veg rots, or other vegeta	bles, during the 7 da	ays before the surve	y) 8.0	Increased, 2011-2019	Not available	No chang
			one or more times n	er day (green salad,	potatoes			
	centage of students ich fries, fried potate	who ate vegetables o oes, or potato chips]			e 7 days before			

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

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		Health Risk Behav	vior and Percentag	ies		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		who ate vegetables to oes, or potato chips]						
	27.7			21.9	23.9	Decreased, 2011-2019	Not available [§]	No change
		who ate vegetables to oes, or potato chips]						
	13.2			10.0	11.7	No linear change	Not available	No change
QN75: Percent		o did not drink a can et pop, during the 7 o	bottle, or glass of s lays before the surv		Coke, Pepsi, or			
	ting ther south of the	1 1, 0	•					

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		s who drank a can, b counting diet soda o						
	28.1			18.5	17.6	Decreased, 2011-2019	Not available [§]	No change
		s who drank a can, b						
		s who drank a can, b counting diet soda o				Decreased, 2011-2019	Not available	No change
such as Coke,	Pepsi, or Sprite, not 18.2		r diet pop, during t	he 7 days before the 10.7	e survey)	Decreased, 2011-2019	Not available	No change
such as Coke,	Pepsi, or Sprite, not 18.2	counting diet soda o	r diet pop, during t	he 7 days before the 10.7	e survey)	Decreased, 2011-2019 No linear change	Not available Not available	No change No change
(such as Coke, QN76: Percent QNMILK1: Pe drank in a glass	Pepsi, or Sprite, not 18.2 age of students who rcentage of students	counting diet soda o did not drink milk (who drank one or n on, or with cereal and	r diet pop, during t during the 7 days b	he 7 days before the 10.7 refore the survey) 20.2 y of milk (counting	e survey) 10.7 23.2 the milk they			

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
lrank in a glass	ercentage of students s or cup, from a carto ring the 7 days befo	on, or with cereal an	more glasses per da d counting the half	y of milk (counting pint of milk served	the milk they at school as equal			
				14.4	11.3	No linear change	Not available [§]	No chang
			,	1. (
QN77: Percent	age of students who	did not eat breakfas	t (during the 7 days	before the survey)				
N77: Percent	age of students who	did not eat breakfas	t (during the 7 days	16.4	15.9	No linear change	Not available	No change
	age of students who Percentage of stude			16.4		No linear change	Not available	No chang

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	l activity that increa	were physically act sed their heart rate a						
	51.5			49.2	48.4	No linear change	Not available [§]	No change
least 1 day (in a		nts who did not part activity that increas a survey)						
	9.0			11.2	13.3	Increased, 2011-2019	Not available	No change
	sical activity that in	nts who were physic creased their heart r						
the 7 days befor	re the survey)							

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

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		Health Risk Behav	vior and Percentag	jes		Linear Change [*]	Quadratic Change [*]	Change fron 2017-2019
2009	2011	2013	2015	2017	2019			
QN79: Percent	age of students who	watched television	3 or more hours per	r day (on an average	e school day)			
	23.5			18.8	20.3	Decreased, 2011-2019	Not available [§]	No change
lay (counting ti	me spent on things	played video or con such as Xbox, Plays other social media,	Station, an iPad or o	ther tablet, a smartp	bhone, texting,			
	25.0			36.8	39.6	Increased, 2011-2019	Not available	No change
		attended physical a	ducation (PE) class	es on 1 or more day	s (in an average			
	age of students who were in school)	attended physical e	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,					

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-201
2009	2011	2013	2015	2017	2019			
	rcentage of student were in school)	s who attended phys	ical education (PE)	classes on all 5 day	vs (in an average			
week when they								
	22.6			164	12.1	No linear change	Not available [§]	No chang
	22.6			16.4	12.1	No linear change	Not available [§]	No chang
	age of students who	played on at least o 2 months before the				No linear change	Not available [§]	No chang
	age of students who					No linear change	Not available [§] Not available	No chang No chang
Or community g QN83: Percent	age of students who roups, during the 12 64.1	2 months before the	survey)	nting any teams rur 61.0	n by their school 61.4			

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

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		Health Risk Behav	vior and Percentag	ies		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	age of students who onths before the su	saw a dentist (for a	ı check-up, exam, te	eth cleaning, or oth	er dental work,			
during the 12 m	iontils before the su	lvey)		78.5	79.8	No linear change	Not available [§]	No change
	ercentage of studen	ts who never sow a	dentist (for a check	un avam taath cla	aning or other			
QNNODNT: P dental work)	ercentage of studen	ts who never saw a c	dentist (for a check-	up, exam, teeth cle	aning, or other			
	ercentage of studen	ts who never saw a c	dentist (for a check-	up, exam, teeth clea	aning, or other	No linear change	Not available	No change
dental work)		ts who never saw a o		1.3	1.2	No linear change	Not available	No change
lental work)				1.3	1.2	No linear change	Not available Not available	No change No change
dental work) QN87: Percent	age of students who 16.0		by a doctor or nurse	1.3 e that they had asthr 21.6	1.2 na			

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

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otal ther		Health Risk Beha	vior and Percentag	ges		Linear Change*	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN89: Percenta before the surve		described their grad	des in school as mo	stly A's or B's (durin	ng the 12 months			
				75.0	78.3	No linear change	Not available [§]	No change

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
2N8: Percenta	ge of students who	arely or never wore	a seat belt (when ri	ding in a car driven	by someone else)		
	6.2			8.7	7.4	No linear change	Not available [§]	No change
	ge of students who nes during the 30 da			g alcohol (in a car o	or other vehicle,			
	24.7			19.0	15.4	Decreased, 2011-2019	Not available	No change
	tage of students who							
nore times dur	ing the 30 days before the survey)	te the survey, amon						

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		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	ays before the surve	o texted or e-mailed v ey, among students w						
	- J /			53.8	49.1	No linear change	Not available [§]	No change
QN12: Percent	age of students who	o carried a weapon (s	uch as a gun, knife,	or club, on at least	1 day during the			
so days before	the survey)							
ou days before	the survey) 27.0			26.2	24.8	No linear change	Not available	No change
QN13: Percent	27.0	o carried a weapon or ore the survey)	n school property (s			No linear change	Not available	No change
QN13: Percent	27.0 age of students who		n school property (s			No linear change	Not available Not available	No change No change
QN13: Percent least 1 day duri QN14: Percent	27.0 age of students who ng the 30 days befo 6.6 age of students who		ounting the days wl	uch as a gun, knife 5.7 nen they carried a g	, or club, on at 5.4 run only for			

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	tage of students who n at least 1 day durin			insafe at school or o	on their way to or			
	4.2			5.8	5.7	No linear change	Not available [§]	No change
	tage of students who lub, one or more tim				erty (such as a			
					erty (such as a 8.1	No linear change	Not available	No change
gun, knife, or cl QN17: Percent	lub, one or more tim	es during the 12 mc	onths before the surv	9.5	8.1	No linear change	Not available	No change
gun, knife, or cl QN17: Percent	lub, one or more tim 8.2	es during the 12 mc	onths before the surv	9.5	8.1	No linear change Decreased, 2011-2019	Not available Not available	No change No change
gun, knife, or cl QN17: Percent survey)	lub, one or more tim 8.2 tage of students who 31.7 tage of students who	were in a physical	nths before the surv	9.5 imes during the 12 24.5	8.1 months before the 22.2			

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN19: Percent want to)	age of students who	were ever physicall	y forced to have sex	kual intercourse (wl	nen they did not			
	3.8			6.8	6.8	Increased, 2011-2019	Not available [§]	No change
	age of students wh	experienced sexual	violence (being for	ced by anyone to do	o sexual things			
counting such	things as kissing, to	buching, or being phy ing the 12 months be	sically forced to ha	ve sexual intercour	se] that they did	No linear change	Not available	No change
[counting such	things as kissing, to	ouching, or being phy	sically forced to ha			No linear change	Not available	No change
[counting such not want to, one QN21: Percent dating or going forced to have s	things as kissing, to e or more times dur rage of students who out with to do sexu sexual intercourse]	ouching, or being phy	dating violence (be uch things as kissin t to, one or more tir	5.3 5.3 ing forced by some g, touching, or bein nes during the 12 m	6.3 one they were g physically nonths before the	No linear change	Not available	No chang

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019	_		
someone they w injured with an	age of students who vere dating or going object or weapon] o	out with [counting s ne or more times du	such things as being uring the 12 months	hit, slammed into s before the survey, a	something, or			
who dated or w	ent out with someon	e during the 12 mon	initis before the surv	<i>y</i>)				
who dated or w	ent out with someon	e during the 12 mor	inis before the surv	7.4	4.3	No linear change	Not available [§]	No change
QN23: Percent	age of students who	_		7.4		No linear change	Not available [§]	No change
QN23: Percent		_		7.4		No linear change No linear change	Not available [§] Not available	No change No change
survey) QN24: Percent	age of students who	were bullied on sch	nool property (ever of bullied (counting b	7.4 during the 12 month 23.3 eing bullied through	ns before the 19.7			

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		felt sad or hopeless , ever during the 12			row so that they			
	17.5			18.8	23.5	Increased, 2011-2019	Not available [§]	No change
QN26: Percent the survey)	age of students who	seriously considere	d attempting suicide	e (ever during the 1	2 months before			
	11.8			15.5	13.4	No linear change	Not available	No change
	11.0					C C		6
QN27: Percent before the surve	age of students who	made a plan about	how they would atte	empt suicide (during	g the 12 months			
	age of students who	made a plan about	how they would atte	empt suicide (during 10.8	g the 12 months	No linear change	Not available	No change
before the surve	age of students who ey) 9.2	a made a plan about		10.8	10.5	No linear change	Not available	

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

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jury and Violen	ce	Health Risk Behav	vior and Percentage	Linear Change [*]	Quadratic Change [*]	Change from 2017-2019		
2009	2011	2013	2015	2017	2019			
ON20: Demonstra		had a suicide attem			or overdose that			
	by a doctor or nu	rse (during the 12 mo	onths before the surv	vey)				

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN30: Percent	age of students who	ever tried cigarette	smoking (even one	or two puffs)	÷			
	41.3			28.6	24.8	Decreased, 2011-2019	Not available [§]	No change
QN31: Percent	age of students who	first tried cigarette	smoking before age		or two puffs) 7.8	No linear change	Not available	No change
QN32: Percent		_	smoking before age	9.3	7.8	No linear change	Not available	No change
		_		9.3	7.8	No linear change Decreased, 2011-2019	Not available Not available	No change No change
QN32: Percent survey)	age of students who 18.2 rcentage of students	currently smoked c		9.3 t 1 day during the 3 8.4	7.8 0 days before the 7.5			

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

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ale obacco Use		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QNDAYCIG: 1 before the surve		nts who currently sn	noked cigarettes dai	ly (on all 30 days d	uring the 30 days			
	6.4			1.8	1.5	Decreased, 2011-2019	Not available [§]	No change
	pes, vaping pens, e-		onic vapor product (ah pens [such as blu			Increased, 2017-2019	Not available	Increased
e-pipes, vape pi	pes, vaping pens, e-	hookahs, and hooka	electronic vapor proc ah pens [such as blu e 30 days before the	, NJOY, Vuse, Mar				
				9.4	21.9	Increased, 2017-2019	Not available	Increased

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

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		Health Risk Beha	vior and Percentag	jes		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	ercentage of students 30 days before the		d electronic vapor pr	roducts frequently (on 20 or more			
				2.0	9.1	Increased, 2017-2019	Not available [§]	Increased
QNDAYEVP:	Percentage of stude ore the survey)	ents who currently u	sed electronic vapor			, 	Not available [§] Not available	Increased

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
dissolvable toba	acco products [such	o currently used smok as Copenhagen, Griz uring the 30 days befo						
				9.1	7.4	No linear change	Not available [§]	No change
	age of students when ays before the surve	o currently smoked ci ey)	igars (cigars, cigaril	llos, or little cigars,	on at least 1 day			
			igars (cigars, cigaril	llos, or little cigars, 8.5	on at least 1 day 5.8	Decreased, 2011-2019	Not available	No change
during the 30 da	The surverse state of students we show the surverse state of students we show the surverse state of students we show the state of state of students we show the state of		cigarettes or cigars	8.5	5.8	Decreased, 2011-2019	Not available	No change
during the 30 da	The surverse state of students we show the surverse state of students we show the surverse state of students we show the state of state of students we show the state of	ey) who currently smoked	cigarettes or cigars	8.5	5.8	Decreased, 2011-2019 No linear change	Not available Not available	No change No change
during the 30 da QNTB4: Perce electronic vapor QNTB3: Perce	17.2 17.2 ntage of students w	ey) who currently smoked ast 1 day during the 3 who currently smoked	cigarettes or cigars 0 days before the si	8.5 or used smokeless urvey) 21.1	5.8 tobacco or 24.6			

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

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		vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2011	2013	2015	2017	2019			
ge of students wh	no currently smoked	cigarettes or cigars	s (on at least 1 day d	uring the 30 days			
24.6			12.5	9.7	Decreased, 2011-2019	Not available [§]	No change
	ge of students wh	ge of students who currently smoked	ge of students who currently smoked cigarettes or cigars	ge of students who currently smoked cigarettes or cigars (on at least 1 day d	ge of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days	ge of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days	ge of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days

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		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN40: Percent	age of students who	had their first drink	c of alcohol before a	ge 13 years (other t	han a few sips)			
	18.4			17.2	16.2	No linear change	Not available [§]	No change
	age of students who ays before the surve		ohol (at least one dr	ink of alcohol, on a	t least 1 day			
	38.2			22.9	25.5	Decreased, 2011-2019	Not available	No change
for female stude		drinks of alcohol in	ge drinking (had fou a row for male stud					
				12.4	12.2	No linear change	Not available	No change

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN44: Percenta 30 days before t	age of students who the survey, among s	usually got the alco tudents who current	bhol they drank by s ly drank alcohol)	omeone giving it to	them (during the			
	35.3			35.1	35.7	No linear change	Not available [§]	No change
N145 D		1		- 1				;
2N45: Percent	age of students who 30.5	ever used marijuan	a (one or more time	s during their life) 25.3	25.1	No linear change	Not available	No change
-	30.5	ever used marijuan		25.3	25.1	No linear change	Not available	No change
-	30.5			25.3	25.1	No linear change No linear change	Not available Not available	No change No change
QN46: Percenta	30.5 age of students who 6.0		the first time before	25.3 e age 13 years 5.3	4.2			

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN48: Percent	age of students who	ever used synthetic	marijuana (one or 1	nore times during th	neir life)			
				5.2	5.2	No linear change	Not available [§]	No change
lifferently than	age of students who how a doctor told th and Percocet, one or	nem to use it (counti	ng drugs such as co					
-,, -				13.2	9.7	No linear change	Not available	No change
				10.2	2	C		i to change
QN50: Percent	age of students who		any form of cocaine					

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		o ever used inhalants ys to get high, one or			aerosol spray			
	8.4			6.5	5.5	Decreased, 2011-2019	Not available [§]	No change
ON52: Dargant	ago of students wh	o ever used heroin (a	lso called "smools "	"iunt " or "Ching Y	White " one or			
more times dur		o ever used heroin (a	iso caneu sinack,	Junk, or China v	vinte, one or			
	3.1			2.4	2.4	No linear change	Not available	No change
QN53: Percent "ice," or "meth,		o ever used methamp s during their life)	hetamines (also cal	led "speed," "crysta	l meth," "crank,"			
QN53: Percent "ice," or "meth,	age of students wh	o ever used methamp s during their life)	hetamines (also cal	led "speed," "crysta 2.7	l meth," "crank," 1.7	Decreased, 2011-2019	Not available	No change
"ice," or "meth,	age of students wh " one or more time 4.0	o ever used methamp s during their life) o ever used ecstasy (a		2.7	1.7	Decreased, 2011-2019	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.

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN55: Percent more times dur		ever took steroids v	without a doctor's pr	rescription (pills or	shots, one or			
	3.4			4.0	2.6	No linear change	Not available [§]	No change
QN56: Percent their body, one	age of students who or more times durin	ever injected any il og their life)	llegal drug (used a n	eedle to inject any i	illegal drug into			
	2.1			3.4	2.2	No linear change	Not available	No change
ON57: Percent		were offered, sold,	or given an illegal o	drug on school prop	erty (during the	· · ·		
12 months befo	ie die suivey)							

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN58: Percent	age of students who	ever had sexual inte	ercourse	i i	i			
	44.3			40.2	37.9	No linear change	Not available [§]	No change
QN59: Percent	age of students who 5.6	had sexual intercou	rse for the first time	e before age 13 year 2.2	s 3.3	Decreased, 2011-2019	Not available	No change
	5.6	had sexual intercou		2.2	3.3	Decreased, 2011-2019	Not available	No change
	5.6			2.2	3.3	Decreased, 2011-2019 Decreased, 2011-2019	Not available Not available	No change No change
QN60: Percent QN61: Percent	5.6 age of students who 13.1	had sexual intercou	rse with four or mo	2.2 re persons during th 7.4	3.3 eir life 8.0			

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

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		Health Risk Beha	vior and Percentag	jes		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	age of students who ntly sexually active		sed drugs before las	t sexual intercourse	(among students			
	21.3			17.6	17.7	No linear change	Not available [§]	No change
QN63: Percent currently sexua	age of students who lly active)	used a condom dur	ing last sexual inter	course (among stud	ents who were			
	66.7			57.4	65.5	No linear change	Not available	No change
QN64: Percent among students	age of students who who were currently	used birth control j v sexually active)	pills before last sexu	al intercourse (to p	revent pregnancy,			
	22.4			16.7	30.1	No linear change	Not available	Increased
	Percentage of studen explanon) before las							
currently sexual	lly active)							

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

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		Health Risk Behav	ior and Percentag	jes		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
	g (such as NuvaRir	nts who used a shot (ng) before last sexual						
	• •			2.2	2.7	No linear change	Not available [§]	No change
ONOTHHPI ·)	Percentage of stude	nts who used birth co	ontrol nills: an HID	(such as Mirena or	ParaGard) or			
implant (such as	s Implanon or Nexp ch as NuvaRing) be	nts who used birth co blanon); or a shot (suc fore last sexual inter-	ch as Depo-Provera	a), patch (such as O	rthoEvra), or birth	No linear change	Not available	No change
implant (such as control ring (suc currently sexual QNDUALBC: pills; an IUD (su Depo-Provera),	s Implanon or Nexp ch as NuvaRing) be ly active) Percentage of stude uch as Mirena or Pa patch (such as Orth	olanon); or a shot (suc	ch as Depo-Provera course (to prevent p condom during las such as Implanon o rol ring (such as N	a), patch (such as O pregnancy, among s 28.8 t sexual intercourse or Nexplanon); or a uvaRing) before las	rthoEvra), or birth students who were 37.9 and birth control shot (such as	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.

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							Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QNBCNONE: Percintercourse (among				ent pregnancy durin	g last sexual			
	7.4			13.5	5.2	No linear change	Not available [§]	Decreased

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

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		Health Risk Behav	vior and Percentag	jes		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
	centage of students w n sex- and age-specif				ile for body mass			
	14.5			15.0	14.3	No linear change	Not available [¶]	No change
	ercentage of students c reference data from			or body mass index,	based on sex-			
	16.2			18.8	19.2	No linear change	Not available	No change
QN67: Percent	tage of students who	described themselv	res as slightly or ver	y overweight	<u> </u>			
	25.7			28.1	29.1	No linear change	Not available	No change
QN68: Percent	tage of students who	were trying to lose	weight					

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

⁸Overweight 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. ^INot enough years of data to calculate.

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN69: Percent days before the	age of students who survey)	did not drink fruit j	uice (100% fruit jui	ces one or more tin	nes during the 7			
	20.3			28.8	31.0	Increased, 2011-2019	Not available [§]	No change
QN70: Percent	age of students who	did not eat fruit (on	e or more times dur	ing the 7 days befo	re the survey)			1
-	10.1			14.1	12.8	No linear change	Not available	No change
QNFR0: Perce	-	o did not eat fruit o	r drink 100% fruit j	14.1	12.8	No linear change	Not available	No change
QNFR0: Perce	10.1 ntage of students wh	o did not eat fruit o	r drink 100% fruit j	14.1	12.8	No linear change No linear change	Not available Not available	No change No change
QNFR0: Perce uice, or grape j QNFR1: Perce	10.1 ntage of students wh uice, during the 7 da	to did not eat fruit o ays before the surve no ate fruit or drank	r drink 100% fruit j y) 100% fruit juices of	14.1 uices (such as orang 7.4 ne or more times pe	12.8 ge juice, apple 8.8			

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

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		Health Risk Behav	ior and Percentag	jes		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		ho ate fruit or drank uice, during the 7 da			er day (such as			
	32.6			27.1	25.3	Decreased, 2011-2019	Not available [§]	No change
QN71: Percent survey)	age of students who	did not eat green sa	lad (one or more ti	mes during the 7 da	ys before the	· · ·		
	41.4			47.7	50.6	Increased, 2011-2019	Not available	No change
QN72: Percent	tage of students who	did not eat potatoes	(one or more times	s during the 7 days	before the survey)			
	23.0			31.1	33.3	Increased, 2011-2019	Not available	No change
				duning the 7 days h	fore the survey)			
QN73: Percent	tage of students who	did not eat carrots (one or more times	during the 7 days be	erore the survey)			

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN74: Percent survey)	age of students who	did not eat other ve	getables (one or mo	ore times during the	7 days before the	,		
	18.0			21.0	22.7	No linear change	Not available [§]	No change
	or potato chips], car	who did not eat vega rots, or other vegetal		ays before the surve	y)	No lincor shance	Not available	No chong
	6.4			8.4	9.0	No linear change	Not available	No change
		who ate vegetables opes, or potato chips]				- / · · · ·		
he survey)								

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

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		Health Risk Behav	vior and Percentag	jes		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		who ate vegetables t bes, or potato chips]						
	28.9			25.8	25.5	No linear change	Not available [§]	No change
QNVEG3: Pero [excluding Fren the survey)	centage of students ach fries, fried potate	who ate vegetables to bes, or potato chips]	hree or more times , carrots, or other ve	per day (green saladegetables, during the	d, potatoes e 7 days before			
	15.6			11.9	12.7	No linear change	Not available	No change
QN75: Percent		did not drink a can	bottle, or glass of s lays before the surv		S Coke, Pepsi, or			
	ting thet soud of the		5	•				

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		s who drank a can, b counting diet soda o						
	34.8			21.3	22.0	Decreased, 2011-2019	Not available [§]	No change
		s who drank a can, b						
		s who drank a can, b counting diet soda o				Decreased, 2011-2019	Not available	No change
(such as Coke,	Pepsi, or Sprite, not 23.6		r diet pop, during t	he 7 days before the 12.8	e survey)	Decreased, 2011-2019	Not available	No change
such as Coke,	Pepsi, or Sprite, not 23.6	counting diet soda o	r diet pop, during t	he 7 days before the 12.8	e survey)	Decreased, 2011-2019 No linear change	Not available Not available	No change No change
(such as Coke, QN76: Percent QNMILK1: Pe drank in a glass	Pepsi, or Sprite, not 23.6 age of students who rcentage of students	o did not drink milk (r diet pop, during t during the 7 days b	he 7 days before the 12.8 efore the survey) 16.0 y of milk (counting	e survey) 13.6 17.0 the milk they	· · · · · · · · · · · · · · · · · · ·		

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

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		Health Risk Behav	vior and Percentag	ies		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
lrank in a glass		s who drank three or on, or with cereal an ore the survey)						
	6	, , , , , , , , , , , , , , , , , , ,		20.4	17.5	No linear change	Not available [§]	Na shara
					1110	i to inical change	Not available	No change
2N77: Percent	age of students who	did not eat breakfas	st (during the 7 days	s before the survey)				No change
2N77: Percent	age of students who	did not eat breakfas	st (during the 7 days	s before the survey) 17.8		No linear change	Not available	
-		o did not eat breakfas nts who ate breakfas		17.8	14.9			No change

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
QN78: Percent kind of physical 7 days before th	l activity that increa	were physically act sed their heart rate a	ive at least 60 minu and made them brea	ttes per day on 5 or the hard some of th	more days (in any e time during the			
	60.6			57.2	54.6	No linear change	Not available [§]	No change
least 1 day (in a	Percentage of stude my kind of physical the 7 days before the	nts who did not parti activity that increas le survey)	icipate in at least 60 ed their heart rate a	minutes of physicand made them breat	l activity on at he hard some of			
	7.4			9.9	12.8	No linear change	Not available	No change
		nts who were physic creased their heart r						
	re the survey)							

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

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		Health Risk Behav	vior and Percentag	ges		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN79: Percent	age of students who	watched television	3 or more hours pe	r day (on an average	e school day)			
	24.4			18.5	19.7	Decreased, 2011-2019	Not available [§]	No change
lay (counting ti	me spent on things	played video or con such as Xbox, PlayS other social media,	Station, an iPad or o	other tablet, a smartp	bhone, texting,			
	31.7			37.4	42.7	Increased, 2011-2019	Not available	No change
	age of students who	attended physical e	ducation (PE) class	es on 1 or more day	s (in an average			
	where							

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-201
2009	2011	2013	2015	2017	2019			
		s who attended phys	ical education (PE)	classes on all 5 day	ys (in an average			
week when they	were in school)							
	(jA')			20.7	12.5	No linear change	Not available [§]	No chang
	24.2			20.7	12.5	No linear change	Not available [§]	No chang
	age of students who	played on at least o 2 months before the			,	No linear change	Not available [§]	No chang
	age of students who				,	No linear change Decreased, 2011-2019	Not available [§] Not available	
Or community g QN83: Percent	age of students who roups, during the 12 68.1	2 months before the	survey)	nting any teams rur 63.4	n by their school 62.8			No chang No chang

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

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ner		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	age of students who onths before the su	saw a dentist (for a	check-up, exam, te	eth cleaning, or oth	er dental work,			
during the 12 m	onthis before the su	vey)		70.2	78.8	Na linear chouse	Not available [§]	No change
				79.3	/0.0	No linear change	Not available	No change
ONNODNE D						No inear change	not available"	
QNNODNT: P	ercentage of studen	ts who never saw a c	dentist (for a check-			No intear change	Not available [®]	No change
	ercentage of studen	ts who never saw a d	dentist (for a check-			No linear change	Not available	No change
dental work)		ts who never saw a o		up, exam, teeth clea	aning, or other 1.7			
dental work)				up, exam, teeth clea	aning, or other 1.7			
dental work) QN87: Percenta	age of students who 16.3		by a doctor or nurse	up, exam, teeth clea 1.4 e that they had asthr 20.8	aning, or other 1.7 na	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.

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Aale Other		Health Risk Behav	vior and Percentag	ges		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN89: Percenta before the surve		described their grad	des in school as mo	stly A's or B's (durii	ng the 12 months			
				69.8	75.1	No linear change	Not available [§]	No change

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	ice	Health Risk Beha	vior and Percentag	ges		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN8: Percenta	ge of students who r	arely or never wore	e a seat belt (when r	iding in a car driven	by someone else)		
	2.2			4.2	4.5	Increased, 2011-2019	Not available [§]	No change
	ge of students who r thes during the 30 day			ng alcohol (in a car o	or other vehicle,	- · · · · · · · · · · · · · · · · · · ·		
	22.8			21.9	14.8	Decreased, 2011-2019	Not available	Decreased
more times duri	age of students who ing the 30 days befo ore the survey)							

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	ays before the surve	texted or e-mailed way, among students w						
				56.0	48.3	No linear change	Not available [§]	No change
30 days before		o carried a weapon (s	uen us u gun, kille,	8.9	7.2	Increased, 2011-2019	Not available	No change
		a annial a maanan a	school property (s	uch as a gun, knife,	or club, on at			
	tage of students who ing the 30 days befo		i sendor property (s					
			i sensor property (s	1.8	2.1	No linear change	Not available	No change
east 1 day duri QN14: Percent	ing the 30 days befo 1.8 tage of students who		ounting the days wi	nen they carried a g	un only for	No linear change	Not available	No change

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change fron 2017-2019
2009	2011	2013	2015	2017	2019			
		o did not go to schoo ng the 30 days before		insafe at school or o	on their way to or			
	3.5			7.6	7.5	Increased, 2011-2019	Not available [§]	No change
QN16: Percent gun, knife, or cl	age of students who lub, one or more tim	were threatened or nes during the 12 mo	injured with a weap onths before the surv	oon on school prope vey)	rty (such as a			
QN16: Percent gun, knife, or cl	age of students who lub, one or more tim 3.9	were threatened or nes during the 12 mo	injured with a weap nths before the surv	oon on school prope vey) 6.3	rty (such as a	No linear change	Not available	No change
gun, knife, or cl QN17: Percent	lub, one or more tim 3.9	were threatened or nes during the 12 mo	onths before the surv	6.3	6.0		Not available	No chang
gun, knife, or cl QN17: Percent	lub, one or more tim 3.9	nes during the 12 mc	onths before the surv	6.3	6.0		Not available Not available	No chang No chang
gun, knife, or cl QN17: Percent survey)	lub, one or more tim 3.9 age of students who 16.6 age of students who	nes during the 12 mc	onths before the surv	ey) 6.3 mes during the 12 n 14.1	6.0 nonths before the 10.8			

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN19: Percent want to)	age of students who	were ever physicall	y forced to have sex	xual intercourse (wl	nen they did not			
	10.0			16.0	12.8	No linear change	Not available [§]	No change
[counting such	things as kissing, to	experienced sexual buching, or being phy ing the 12 months be	sically forced to ha					
iot want to, one						NT 12 1	Not available	No shows
not want to, one				18.2	14.2	No linear change	Not available	No change
QN21: Percent dating or going forced to have s	out with to do sexus sexual intercourse]	o experienced sexual lal things [counting s that they did not wan or went out with som	uch things as kissin t to, one or more tir	ing forced by some g, touching, or bein nes during the 12 n	one they were g physically nonths before the	No linear 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. [§]Not enough years of data to calculate.

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change fron 2017-2019
2009	2011	2013	2015	2017	2019	_		
someone they w injured with an o	ere dating or going	experienced physica out with [counting s ne or more times du	uch things as being	hit, slammed into	something, or			
who dated or we	ent out with someon	e during the 12 mon	ths before the surve		0			
who dated or we	ent out with someon	e during the 12 mon	ths before the surve		7.7	No linear change	Not available [§]	No change
QN23: Percenta		e during the 12 mon were bullied on sch		9.1	7.7	No linear change	Not available [§]	No change
QN23: Percenta				9.1	7.7	No linear change No linear change	Not available ^{\$} Not available	No change No change
QN23: Percenta survey) QN24: Percenta	age of students who 26.4 age of students who		ool property (ever o bullied (counting b	9.1 luring the 12 month 22.9 eing bullied throug	7.7 ns before the 26.4			

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change fron 2017-2019
2009	2011	2013	2015	2017	2019			
	age of students who ome usual activities				row so that they			
	28.3			39.7	43.5	Increased, 2011-2019	Not available [§]	No change
	age of students who 17.6	seriously considere	d attempting suicide	e (ever during the 1 24.8	2 months before 26.5	Increased, 2011-2019	Not available	No chang
the survey)	17.6 age of students who			24.8	26.5	Increased, 2011-2019	Not available	No change
the survey) QN27: Percent	17.6 age of students who			24.8	26.5	Increased, 2011-2019 Increased, 2011-2019	Not available Not available	No chang No chang
the survey) QN27: Percent before the surve	17.6 age of students who ey)	made a plan about l	how they would atte	24.8 empt suicide (during 15.7	26.5 g the 12 months 19.4			

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change fron 2017-2019
2009	2011	2013	2015	2017	2019			
		b had a suicide attem rse (during the 12 mo			or overdose that			

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN30: Percent	age of students who	ever tried cigarette	smoking (even one	or two puffs)				
	36.6			29.2	25.2	Decreased, 2011-2019	Not available [§]	No change
QN31: Percent	age of students who	first tried cigarette	smoking before age		_	No linear change	Not available	No chang
QN32: Percent	age of students who			7.3	6.6	No linear change	Not available	No change
QN32: Percent				7.3	6.6		Not available Not available	No change No change
QN32: Percent survey)	age of students who 18.1 rcentage of students	currently smoked c	igarettes (on at leas	7.3 t 1 day during the 3 11.1	6.6 0 days before the 5.8			

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

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emale obacco Use		Health Risk Beha	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QNDAYCIG: 1 before the surve		nts who currently sn	noked cigarettes dai	ly (on all 30 days d	uring the 30 days			
	4.0			1.2	0.8	Decreased, 2011-2019	Not available [§]	No change
	pes, vaping pens, e-		onic vapor product (ah pens [such as blu			Increased, 2017-2019	Not available	Increased
e-pipes, vape pi	pes, vaping pens, e-	hookahs, and hooka	electronic vapor proo ah pens [such as blu e 30 days before the	, NJOY, Vuse, Mar				
				8.2	18.0	Increased, 2017-2019	Not available	Increased

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-201
2009	2011	2013	2015	2017	2019			
		s who currently used	electronic vapor p	oducts frequently (on 20 or more			
davs during the	30 days before the	survey)						
	-			0.6	7.1	Increased, 2017-2019	Not available [§]	Increased
e e e e e e e e e e e e e e e e e e e	·			0.6	7.1	Increased, 2017-2019	Not available [§]	Increased
QNDAYEVP:	Percentage of stude	nts who currently us	ed electronic vapor			· · · · · · · · · · · · · · · · · · ·	Not available [§]	Increased
QNDAYEVP:	Percentage of stude		ed electronic vapor			· · · · · · · · · · · · · · · · · · ·	Not available [§]	
QNDAYEVP:	Percentage of stude		ed electronic vapor	products daily (on	all 30 days during	ç		Increased
QNDAYEVP: the 30 days befor QNTB5: Perce	Percentage of stude ore the survey)	nts who currently us		products daily (on 0.0	all 30 days during 5.8	Increased, 2017-2019		

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
dissolvable toba	eco products [such	o currently used smol a as Copenhagen, Griz uring the 30 days bef	zzly, Skoal, or Cam					
				2.9	1.9	No linear change	Not available [§]	No change
	age of students wh sys before the surv	o currently smoked ci	igars (cigars, cigaril	llos, or little cigars,	on at least 1 day			
			igars (cigars, cigaril	llos, or little cigars, 5.4	on at least 1 day 2.5	Decreased, 2011-2019	Not available	Decreased
during the 30 da	7.8 7.8		cigarettes or cigars	5.4 or used smokeless	2.5	Decreased, 2011-2019	Not available	Decreased
during the 30 da	7.8 7.8	ey) who currently smoked	cigarettes or cigars	5.4 or used smokeless	2.5	Decreased, 2011-2019 No linear change	Not available Not available	Decreased
during the 30 da QNTB4: Perce electronic vapor	7.8 7.8 ntage of students w	ey) /ho currently smoked ast 1 day during the 3 /ho currently smoked	cigarettes or cigars 0 days before the s	5.4 or used smokeless urvey) 18.1	2.5 tobacco or 20.2			

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

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2017	2019			
(on at least 1 day c	during the 30 days			
12.3	6.9	Decreased, 2011-2019	Not available [§]	Decreased
	including cigarett	12.3 6.9 (including cigarettes, cigars, s, ever during the 12 months before onths before the survey)	including cigarettes, cigars, s, ever during the 12 months before	(including cigarettes, cigars, s, ever during the 12 months before

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		Health Risk Beha	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN40: Percent	age of students who	had their first drin	c of alcohol before a	ige 13 years (other t	han a few sips)			
	12.7			12.0	13.6	No linear change	Not available [§]	No change
	age of students who ays before the surve		ohol (at least one dr	ink of alcohol, on a	t least 1 day			
	35.8			32.1	26.0	Decreased, 2011-2019	Not available	No change
for female stude	age of students who ents or five or more ng the 30 days before	drinks of alcohol in	ge drinking (had fou a row for male stuc	r or more drinks of lents, within a coup	alcohol in a row le of hours, on at			
				14.5	10.2	No linear change	Not available	No change

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		usually got the alco students who current		omeone giving it to	them (during the			
	50.0			48.4	50.1	No linear change	Not available [§]	No change
QN45: Percent	age of students who	ever used marijuana	a (one or more time	s during their life)				
QN45: Percent	age of students who 24.8	ever used marijuan	a (one or more time	s during their life) 27.3	29.6	No linear change	Not available	No change
	24.8	o ever used marijuana o tried marijuana for		27.3	29.6	No linear change	Not available	No change
	24.8			27.3	29.6 3.2	No linear change No linear change	Not available Not available	No change No change
QN46: Percent	24.8 age of students who 2.6		the first time before	27.3 e age 13 years 4.5	3.2			

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN48: Percent	age of students who	ever used synthetic	marijuana (one or r	nore times during th	neir life)			
				4.5	5.0	No linear change	Not available [§]	No change
differently than	tage of students who how a doctor told t and Percocet, one or	nem to use it (counti	ng drugs such as co	ithout a doctor's pre deine, Vicodin, Ox	escription or vContin,			
				11.5	13.5	No linear change	Not available	No change
	tage of students who r more times during		any form of cocaine	e, including powder	crack, or			

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	tage of students who d any paints or spray				aerosol spray			
	8.9			6.3	8.3	No linear change	Not available [§]	No change
QN52: Percent more times dur	tage of students who ing their life) 1.6	ever used heroin (a	lso called "smack,"	"junk," or "China V 1.5	White," one or 1.2	No linear change	Not available	No change
			h atau:	ed "speed." "crysta	l meth," "crank,"			·
QN53: Percent "ice," or "meth	tage of students who ," one or more times	ever used methamp during their life)	inetamines (also cal		, ,			
QN53: Percent "ice," or "meth	tage of students who ," one or more times 2.2	ever used methamp during their life)	netamines (arso car	1.2	1.6	No linear change	Not available	No change
"ice," or "meth	," one or more times	during their life)		1.2	1.6	No linear change	Not available	No chang

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN55: Percent more times dur		o ever took steroids	without a doctor's pr	rescription (pills or	shots, one or			
	1.5			2.2	1.9	No linear change	Not available [§]	No change
	age of students who	ever injected any il ng their life)	llegal drug (used a n	eedle to inject any i	illegal drug into			
	1.3			2.1	1.2	No linear change	Not available	No change
	age of students who	were offered, sold,	or given an illegal o	drug on school prop	erty (during the			
QN57: Percent 12 months befo	ore the survey)							

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

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xual Behaviors		Health Risk Beha	vior and Percentag	ges		Linear Change*	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN58: Percent	age of students who	ever had sexual int	ercourse	÷	· · ·			
	43.5			45.7	36.7	No linear change	Not available [§]	Decreased
QN59: Percent	age of students who	had sexual intercou	urse for the first tim	e before age 13 year	rs			
	2.5			2.1	2.8	No linear change	Not available	No change
QN60: Percent	age of students who	had sexual intercou	urse with four or mo	ore persons during th	neir life			
	13.1			9.3	8.5	No linear change	Not available	No change
	age of students who the 3 months before		ually active (had see	xual intercourse with	h at least one			
_ 0	34.3	-		36.7	26.1	No linear change	Not available	Decreased

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

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		Health Risk Beha	vior and Percentag	jes		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	age of students who ntly sexually active) drank alcohol or us	sed drugs before las	t sexual intercourse	(among students			
	14.8			17.3	15.0	No linear change	Not available [§]	No change
QN63: Percent currently sexual		used a condom du	ing last sexual inter	course (among stud	ents who were			
	56.2			49.5	44.2	No linear change	Not available	No change
QN64: Percent among students	age of students who who were currently	used birth control j v sexually active)	pills before last sexu	al intercourse (to p	revent pregnancy,			
	26.2			30.0	27.7	No linear change	Not available	No change
Implanon or Ne	explanon) before las	ts who used an IUD t sexual intercourse						
currently sexual	ily uctive)							

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

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		Health Risk Behav	ior and Percentag	ies		Linear Change [*]	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019	_		
birth control rin		ents who used a shot (ng) before last sexual						
				5.5	10.4	No linear change	Not available [§]	No change
QNOTHHPL: .	Percentage of stude	ents who used birth co	ontrol pills; an IUD	(such as Mirena or	ParaGard) or			
implant (such a	s Implanon or Nexj ch as NuvaRing) be	ents who used birth or planon); or a shot (su efore last sexual inter	ch as Depo-Provera	a), patch (such as Or	rthoEvra), or birth	No linear change	Not available	No change
implant (such a control ring (suc currently sexual QNDUALBC: pills; an IUD (s Depo-Provera),	s Implanon or Nexp ch as NuvaRing) be lly active) Percentage of stud- uch as Mirena or P patch (such as Orth	planon); or a shot (su	ch as Depo-Provera course (to prevent p condom during las such as Implanon c trol ring (such as N	a), patch (such as Or pregnancy, among s 48.2 t sexual intercourse or Nexplanon); or a uvaRing) before las	rthoEvra), or birth students who were 53.2 and birth control shot (such as	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.

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xual Behaviors		Health Risk Behav	ior and Percentag	Linear Change [*]	Quadratic Change*	Change from 2017-2019 [†]		
2009	2011	2013	2015	2017	2019			
		ents who did not use vere currently sexual		ent pregnancy durin	ng last sexual			
	6.1							

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019	_		
	centage of students v n sex- and age-specif				ile for body mass			
	14.5			17.0	17.7	No linear change	Not available [¶]	No change
QNOBESE: Pe and age-specifi	ercentage of students c reference data fror	who had obesity (> n the 2000 CDC grc	⇒= 95th percentile fo wth charts) [§]	or body mass index,	based on sex-			
	10.1			11.8	14.7	No linear change	Not available	No change
QN67: Percent	tage of students who	described themselv	es as slightly or ver	y overweight				
QN67: Percent	tage of students who 36.1	described themselv	es as slightly or ver	y overweight 38.5	41.4	No linear change	Not available	No change
_	-			-	41.4	No linear change	Not available	No change

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

⁸Overweight 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. ^INot enough years of data to calculate.

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change fron 2017-2019
2009	2011	2013	2015	2017	2019			
QN69: Percent days before the) did not drink fruit j	uice (100% fruit jui	ces one or more tin	nes during the 7			
	22.0			34.3	38.8	Increased, 2011-2019	Not available [§]	No change
$\mathcal{J}_1 \mathbf{v}_1 \mathbf{v}_2 $			e or more times dur	ing the 7 days befo	re the survey)			
	8.0	o did not eat fruit (of	e or more times dur	ing the 7 days befo 10.4	re the survey) 10.8	No linear change	Not available	No chang
QNFR0: Perce	8.0 ntage of students wi	ho did not eat fruit of ays before the surve	r drink 100% fruit j	10.4	10.8	No linear change	Not available	No chang
QNFR0: Perce	8.0 ntage of students wi	ho did not eat fruit o	r drink 100% fruit j	10.4	10.8	No linear change Increased, 2011-2019	Not available Not available	No chang No chang
2NFR0: Perce uice, or grape j 2NFR1: Perce	8.0 ntage of students wh uice, during the 7 d 2.8 ntage of students wh	ho did not eat fruit o	r drink 100% fruit j y) 100% fruit juices of	10.4 uices (such as orang 7.5 ne or more times pe	10.8 ge juice, apple 5.1			

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		no ate fruit or drank uice, during the 7 da			er day (such as			
	29.1			25.5	23.7	No linear change	Not available [§]	No change
QN71: Percent survey)	age of students who	did not eat green sa	lad (one or more ti	mes during the 7 da	ys before the			
	34.3			40.0	38.5	No linear change	Not available	No change
QN72: Percent	age of students who	did not eat potatoes	(one or more times	s during the 7 days	before the survey)			
	26.2			30.4	38.6	Increased, 2011-2019	Not available	Increased
ON73: Percent	age of students who	did not eat carrots (one or more times	during the 7 days be	efore the survey)			
•								

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN74: Percent survey)	age of students who	did not eat other ve	getables (one or mo	ore times during the	7 days before the	,		
	11.7			20.5	20.3	Increased, 2011-2019	Not available [§]	No change
		who did not eat veg rots, or other vegetal				Increased, 2011-2019	Not available	No change
		who ate vegetables opes, or potato chips]						
ne suivey)								

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

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		Health Risk Beha	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
	centage of students nch fries, fried potat							
	26.4			17.7	21.9	Decreased, 2011-2019	Not available [§]	No change
	centage of students ach fries, fried potat							
• *	10.8			7.9	9.9	No linear change	Not available	No change
ON75: Percent	tage of students who		, bottle, or glass of s days before the surv		Coke, Pepsi, or	· · · · · ·		
	iting thet soud of the	11, 0	•					

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

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		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		s who drank a can, b counting diet soda o						
	21.2			15.4	12.7	Decreased, 2011-2019	Not available [§]	No change
)NSODA2· Pe	ercentage of students	s who drank a can b	ottle or glass of so	da or pop two or m	ore times per day			
		s who drank a can, be counting diet soda o				Decreased, 2011-2019	Not available	No change
(such as Coke,	Pepsi, or Sprite, not 12.4	counting diet soda o	r diet pop, during t	he 7 days before the 8.5	e survey)	Decreased, 2011-2019	Not available	No change
(such as Coke,	Pepsi, or Sprite, not 12.4		r diet pop, during t	he 7 days before the 8.5	e survey)	Decreased, 2011-2019 No linear change	Not available Not available	No change No change

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
frank in a glass		who drank three or on, or with cereal an						
o one glass, uu	ing the 7 days bero	10 m s s m s s m s s s m s s s s s s s s						
				7.9	4.6	No linear change	Not available [§]	No change
QN77: Percent	age of students who	did not eat breakfas	st (during the 7 days			No linear change	Not available [§]	No change
QN77: Percent	age of students who		st (during the 7 days			No linear change	Not available [§] Not available	No change No change
-				s before the survey) 14.4	16.5			

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ysical Activity		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019	_		
	l activity that increa	were physically act sed their heart rate a						
	41.9			41.4	42.3	No linear change	Not available [§]	No change
least 1 day (in a		nts who did not parti activity that increas a survey)						
	10.5			12.2	13.5	No linear change	Not available	No change
	vsical activity that in	nts who were physic creased their heart r						
any kind of phy the 7 days befoi				21.3	18.2	No linear change		

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

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		Health Risk Behav	vior and Percentag	ges		Linear Change [*]	Quadratic Change*	Change from 2017-2019 †
2009	2011	2013	2015	2017	2019			
QN79: Percent	age of students who	watched television	3 or more hours per	r day (on an average	e school day)			
	22.5			18.6	21.2	No linear change	Not available [§]	No change
day (counting ti	age of students who ime spent on things gram, Facebook, or	such as Xbox, PlayS	Station, an iPad or o	other tablet, a smartp was not school worl	bhone, texting, k, on an average	L	N. (N. d
	18.0			35.8	36.5	Increased, 2011-2019	Not available	No change
	C 1	attended physical e	ducation (PE) class	es on 1 or more day	s (in an average			
	age of students who y were in school)							

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		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-201
2009	2011	2013	2015	2017	2019			
		s who attended phys	ical education (PE)	classes on all 5 day	vs (in an average			
week when they	y were in school) 20.9			12.1	11.5	No linear change	Not available [§]	No chang
	20.7			12.1	11.5	i to inicui chunge		i to enang
		o played on at least of 2 months before the		nting any teams run	h by their school			
				nting any teams rur 58.5	n by their school 60.2	No linear change	Not available	No chang
Or community g QN83: Percent	groups, during the 12 60.0	2 months before the	survey)	58.5	60.2	No linear change	Not available	No chang

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

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		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	age of students who onths before the su	saw a dentist (for a	check-up, exam, te	eth cleaning, or oth	er dental work,			
during the 12 m	iontins before the sui	(vey)		77.9	81.1	No linear change	Not available [§]	No change
						. .		
QNNODNT: P dental work)	ercentage of studen	ts who never saw a d	dentist (for a check-	up, exam, teeth clea	aning, or other			
	ercentage of studen	ts who never saw a d	dentist (for a check-	up, exam, teeth clea	aning, or other 0.8	No linear change	Not available	No change
lental work)		ts who never saw a d		0.8	0.8	No linear change	Not available	No change
lental work)				0.8	0.8	No linear change No linear change	Not available Not available	No change No change
lental work) QN87: Percent	age of students who 15.8		by a doctor or nurse	0.8 that they had asthr 22.2	0.8			

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

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ther		Health Risk Behav	ior and Percentag	Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]		
2009	2011	2013	2015	2017	2019			
QN89: Percenta before the survey		described their grad	les in school as mo	stly A's or B's (durin	ng the 12 months			
				80.7	82.0	No linear change	Not available [§]	No change

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njury and Viole	ence	Health Risk Beha	wior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
QN8: Percenta	ge of students who	rarely or never wore	a seat belt (when ri	ding in a car driven	by someone else)		
	3.9			5.7	5.5	No linear change	Not available [¶]	No change
		rode with a driver w ys before the survey		g alcohol (in a car o	or other vehicle,			
	22.4			21.0	15.1	Decreased, 2011-2019	Not available	No change
		drove a car or othe	r vehicle when they	had been drinking a				
more times dur		bre the survey, amon		driven a car or othe	r vehicle during			

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change †	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019	_		
	ys before the surve	o texted or e-mailed ey, among students w						
				56.5	49.7	No linear change	Not available [¶]	Decrease
QN12: Percenta 30 days before t		o carried a weapon (s	such as a gun, knife	, or club, on at least	1 day during the			
	15.2			17.8	16.8	No linear change	Not available	No chang
	age of students who ng the 30 days befo	o carried a weapon o re the survey)	n school property (s	such as a gun, knife	, or club, on at			
	3.7			3.5	3.7	No linear change	Not available	No chang
		o carried a gun (not c t shooting, on at leas						

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change †	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
	age of students who at least 1 day durin			insafe at school or o	on their way to or			
	3.2			5.8	6.3	Increased, 2011-2019	Not available [¶]	No change
	age of students who lub, one or more tim				rty (such as a			
					rty (such as a	No linear change	Not available	No chang
QN17: Percent	lub, one or more tim	es during the 12 ma	onths before the surv	7.4	6.4	No linear change	Not available	No chang
QN17: Percent	lub, one or more tim 5.3	es during the 12 ma	onths before the surv	7.4	6.4	No linear change Decreased, 2011-2019	Not available Not available	No chang No chang
gun, knife, or cl QN17: Percent survey)	lub, one or more tim 5.3 age of students who 21.8 age of students who	were in a physical f	onths before the surv	7.4 7.4 imes during the 12 r 19.2	6.4 months before the 15.5			

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

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

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Vhite* njury and Viole	ence	Health Risk Beha	avior and Percenta		Linear Change [†]	ange [†] Quadratic Change [†]	Change from 2017-2019 [§]	
2009	2011	2013	2015	2017	2019			
QN19: Percent want to)	age of students whe	o were ever physical	ly forced to have se	xual intercourse (wh	nen they did not			
	5.3			10.7	8.8	Increased, 2011-2019	Not available [¶]	No change
[counting such t	things as kissing, to	o experienced sexual buching, or being phy ing the 12 months be	ysically forced to ha					
				11.5	9.4	No linear change	Not available	No change
dating or going	out with to do sexus sexual intercourse]	o experienced sexual tal things [counting s that they did not war	such things as kissin at to, one or more til	g, touching, or bein mes during the 12 m	g physically onths before the			
	students who dated	or went out with so	meone during the 12	months before the	survey)			

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019	_		
someone they w	vere dating or going	experienced physics out with [counting s	such things as being	being physically hu thit, slammed into s before the survey, a	something, or			
		e during the 12 mon						
					5.0	No linear change	Not available [¶]	No change
who dated or we	ent out with someon		ths before the surve	ey) 7.0	5.0	No linear change	Not available [¶]	No change
who dated or we	ent out with someon	e during the 12 mon	ths before the surve	ey) 7.0	5.0	No linear change No linear change	Not available [¶] Not available	No change No change
who dated or we QN23: Percenta survey) QN24: Percenta	age of students who 22.1 age of students who	e during the 12 mon	ool property (ever of bullied (counting b	ey) 7.0 during the 12 month 24.3 eing bullied throug	5.0 is before the 22.8			

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

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

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jury and Viole	ence	Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
	tage of students who some usual activities				row so that they			
	21.4			29.1	31.3	Increased, 2011-2019	Not available [¶]	No chang
	tage of students who 13.7	seriously considere	d attempting suicide	e (ever during the 1 20.4	2 months before 18.9	Increased, 2011-2019	Not available	No chang
the survey)	13.7 tage of students who			20.4	18.9	Increased, 2011-2019	Not available	No chang
he survey) QN27: Percenta	13.7 tage of students who			20.4	18.9	Increased, 2011-2019 Increased, 2011-2019	Not available Not available	No chang No chang
he survey) QN27: Percenta before the surve	13.7 tage of students who ey)	made a plan about	how they would atte	20.4 empt suicide (during 12.5	18.9 g the 12 months 14.2			

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

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

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ite* ary and Violence Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
		had a suicide attem se (during the 12 m			or overdose that			
	1.6			2.0	4.0	Increased, 2011-2019	Not available [¶]	Increased

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

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'hite* obacco Use								
		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
QN30: Percenta	ige of students who	ever tried cigarette	smoking (even one	or two puffs)				
	0							
-	36.8	first tried cigarette s	smoking before age	-	- ·	Decreased, 2011-2019	Not available [¶]	
QN31: Percenta QN32: Percenta	36.8	first tried cigarette s		2 13 years (even one 7.8	or two puffs) 6.8	No linear change	Not available [¶] Not available	No chang No chang
QN31: Percenta QN32: Percenta	36.8			2 13 years (even one 7.8	or two puffs) 6.8	No linear change		
QN31: Percenta QN32: Percenta survey)	36.8 age of students who age of students who 18.0 centage of students		igarettes (on at leas	e 13 years (even one 7.8 t 1 day during the 3 9.9	or two puffs) 6.8 0 days before the 7.1	No linear change	Not available	No chang

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

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obacco Use		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
QNDAYCIG: before the surv	Percentage of studer vey)	nts who currently sn	noked cigarettes dai	ly (on all 30 days d	uring the 30 days			
	5.2			1.6	1.5	Decreased, 2011-2019	Not available [¶]	No change
		aver used on electr	onic vanor product ((including a gigerat	tas a aigars	• •		·
	ntage of students who pipes, vaping pens, e- Go, and Halo])					Increased, 2017-2019	Not available	Increased
e-pipes, vape p Vapin Plus, eG QN35: Percent e-pipes, vape p	pipes, vaping pens, e-	hookahs, and hooka	h pens [such as blu lectronic vapor proo	, NJOY, Vuse, Mar 36.1 duct (including e-cią , NJOY, Vuse, Mar	kTen, Logic, 46.7 garettes, e-cigars,	Increased, 2017-2019	Not available	Increased

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

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

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Vhite* 'obacco Use		Health Risk Beha	avior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
	ercentage of students 30 days before the		d electronic vapor pr	roducts frequently (o	on 20 or more 8.9	Increased, 2017-2019	Not available [¶]	Increased
QNDAYEVP: the 30 days bef		nts who currently u	sed electronic vapor	products daily (on a	all 30 days during 6.8	Increased, 2017-2019	Not available	Increased
	entage of students w e 30 days before the		l cigarettes or used e	electronic vapor pro 16.4	ducts (on at least 22.3	Increased, 2017-2019	Not available	No change

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obacco Use						· · · · ·		
		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019	_		
lissolvable toba	acco products [such	o currently used smol as Copenhagen, Gri uring the 30 days bef	zzly, Skoal, or Cam					
				6.6	4.8	No linear change	Not available [¶]	No chang
	age of students whays before the surve	o currently smoked c	igars (cigars, cigaril	los, or little cigars,	on at least 1 day			
	12.0			7.0	3.8	Decreased, 2011-2019	Not available	Decreased
	ntage of students w	who currently smoked ast 1 day during the 3		or used smokeless		Decreased, 2011-2019	Not available	Decreased
	ntage of students w			or used smokeless		Decreased, 2011-2019 No linear change	Not available Not available	
QNTB3: Perce	ntage of students w r products (on at le	ast 1 day during the 3	0 days before the st	or used smokeless urvey) 20.5	tobacco or 23.2			Decreased No change

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

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017 2010			
017 2019			
east 1 day during the 30 d 2.7 8.4	days Decreased, 2011-2019	Not available¶	Decreased
		st 1 day during the 30 days .7 8.4 Decreased, 2011-2019	

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
QN40: Percent	age of students who	had their first drink	of alcohol before a	ge 13 years (other t	han a few sips)			
	14.2			15.0	13.8	No linear change	Not available [¶]	No change
	age of students who ays before the surve		ohol (at least one dr	ink of alcohol, on a	t least 1 day			
	36.1			29.7	27.2	Decreased, 2011-2019	Not available	No change
for female stude	tage of students who ents or five or more ng the 30 days befor	drinks of alcohol in						
least 1 day duri								

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change †	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
		usually got the alco tudents who current		omeone giving it to	them (during the			
	42.5			44.6	45.1	No linear change	Not available [¶]	No chang
QN45: Percent	tage of students who	ever used marijuan	a (one or more time	s during their life)				
	24.7			24.9	25.1	No linear change	Not available	No chang
QN46: Percent	tage of students who	tried marijuana for	the first time before	e age 13 years				
	3.2			4.2	3.4	No linear change	Not available	No change
QN47: Percent survey)	tage of students who	currently used mari	juana (one or more	times during the 30	days before the			

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
QN48: Percent	age of students who	ever used synthetic	marijuana (one or 1	nore times during th	neir life)			
				4.0	4.6	No linear change	Not available [¶]	No chang
NIAO: Dorcont		ever took prescripti						
lifferently than	how a doctor told t and Percocet, one or	more times during t	ng drugs such as co heir life)	denie, vicodni, Ox	yContini,			
lifferently than	how a doctor told t and Percocet, one or	mem to use it (counti more times during t	ng arugs such as co heir life)	12.7	10.3	No linear change	Not available	No chang
differently than Hydrocodone, a QN50: Percent	and Percocet, one or	more times during t	heir life)	12.7	10.3	No linear change	Not available	No chang

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
		ever used inhalants s to get high, one or			aerosol spray			
	7.6			6.0	6.7	No linear change	Not available [¶]	No change
QN52: Percent more times dur		ever used heroin (a	lso called "smack,"	"junk," or "China W	hite," one or			
	2.2			1.5	1.4	No linear change	Not available	No change
		ever used methamp during their life)	hetamines (also cal	led "speed," "crysta	meth," "crank,"			
	age of students who		hetamines (also cal	led "speed," "crysta	meth," "crank," 1.0	Decreased, 2011-2019	Not available	No change
'ice," or "meth,	age of students who " one or more times 2.6			1.4	1.0	Decreased, 2011-2019	Not available	No chang

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
QN55: Percent more times dur		ever took steroids v	vithout a doctor's pr	rescription (pills or s	hots, one or			
more unles dur	2.2			2.4	1.7	No linear change	Not available [¶]	No chang
		ever injected any il	legal drug (used a n	eedle to inject any i	llegal drug into			
	tage of students who or more times durir		logui ulug (usou u li	5 5	0 0			
				1.9	1.4	No linear change	Not available	No chang
heir body, one	or more times durin 1.6 tage of students who			1.9	1.4	No linear change	Not available	No chang

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

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Vhite* exual Behavior	s							
		Health Risk Beha	avior and Percenta	iges		Linear Change ^{\dagger}	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
QN58: Percent	tage of students who	ever had sexual int	ercourse					
	42.9			43.7	37.0	No linear change	Not available [¶]	No chang
QN59: Percent	tage of students who	had sexual interco	urse for the first time	e before age 13 year	°S			
QN59: Percent	tage of students who 3.3	had sexual intercou	urse for the first time	e before age 13 year 1.5	rs 2.8	No linear change	Not available	No chang
	3.3				2.8	No linear change	Not available	No chang
	3.3			1.5	2.8	No linear change Decreased, 2011-2019	Not available Not available	No chang No chang
QN60: Percent QN61: Percent	3.3 tage of students who 12.2	had sexual intercon	urse with four or mo	1.5 ore persons during th	2.8 neir life 7.9			

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
	age of students who ntly sexually active	o drank alcohol or us	ed drugs before las	t sexual intercourse	(among students			
	16.7			16.7	15.2	No linear change	Not available [¶]	No change
QN63: Percent currently sexual		o used a condom dur	ing last sexual inter	course (among stud	ents who were			
	61.4			51.9	53.0	No linear change	Not available	No change
	age of students who who were currently	o used birth control p y sexually active)	bills before last sexu	al intercourse (to p	revent pregnancy,			
	27.1			28.1	32.4	No linear change	Not available	No change
	explanon) before las	ts who used an IUD t sexual intercourse						

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change †	Quadratic Change ^{\dagger}	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019	_		
birth control rin		nts who used a shot g) before last sexual						
				3.8	7.9	No linear change	Not available [¶]	No change
	Dercentage of stude	nte who used hirth o	ontrol nille: an UD	(such as Mirana or	ParaGard) or			
implant (such a	s Implanon or Nexp ch as NuvaRing) be	nts who used birth co lanon); or a shot (su fore last sexual inter	ch as Depo-Provera), patch (such as O	rthoEvra), or birth	No linear change	Not available	No change
implant (such a: control ring (suc currently sexual QNDUALBC: pills; an IUD (s Depo-Provera),	s Implanon or Nexp ch as NuvaRing) be lly active) Percentage of stude uch as Mirena or Pa patch (such as Orth	lanon); or a shot (su	condom during las (such as Implanon of trol ring (such as N	a), patch (such as Or pregnancy, among s 43.0 t sexual intercourse or Nexplanon); or a uvaRing) before las	rthoEvra), or birth tudents who were 50.6 and birth control shot (such as	No linear change	Not available	No change

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

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		Health Risk Beha	avior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
QNBCNONE: 1	Percentage of stude ong students who w		any method to prev lly active)	ent pregnancy durir	ng last sexual			
QNBCNONE: 1				ent pregnancy durir 9.3	ng last sexual 4.9	No linear change	Not available [¶]	No chang
QNBCNONE: I intercourse (amo	ong students who w 6.4	ere currently sexual		9.3	4.9	No linear change	Not available [¶]	No chang

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019	_		
		who were overweigh fic reference data fro			ile for body mass			
	14.1			16.5	16.7	Increased, 2011-2019	Not available	No chang
QNOBESE: Pe and age-specifie	ercentage of student c reference data from	s who had obesity (> m the 2000 CDC gro	= 95th percentile for wth charts) [¶]	or body mass index,	based on sex-			
QNOBESE: Pe and age-specifie	ercentage of student c reference data from 11.4	s who had obesity (> m the 2000 CDC gro	= 95th percentile fo wth charts) [¶]	or body mass index, 14.2	based on sex-	Increased, 2011-2019	Not available	No chang
and age-specific	c reference data from 11.4	s who had obesity (m the 2000 CDC gro o described themselv	wth charts) [¶]	14.2		Increased, 2011-2019	Not available	No chang
and age-specific	c reference data from 11.4	m the 2000 CDC gro	wth charts) [¶]	14.2		Increased, 2011-2019 Increased, 2011-2019	Not available Not available	No chang No chang
and age-specific QN67: Percent	c reference data from 11.4 tage of students who 29.3	m the 2000 CDC gro	wth charts) [¶] es as slightly or ver	14.2 y overweight	16.6	, 		

*Non-Hispanic.

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

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

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

**Not enough years of data to calculate.

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
QN69: Percent days before the	tage of students who survey)	did not drink fruit j	uice (100% fruit jui	ces one or more tim	nes during the 7			
	21.0			32.9	35.1	Increased, 2011-2019	Not available [¶]	No change
QN70: Percent	age of students who 8.8	did not eat fruit (on	e or more times dur	ing the 7 days befo 11.3	re the survey) 12.7	Increased, 2011-2019	Not available	No chang
QNFR0: Perce	-	no did not eat fruit o	r drink 100% fruit j	11.3	12.7	Increased, 2011-2019	Not available	No change
QNFR0: Perce	8.8 ntage of students wh	no did not eat fruit o	r drink 100% fruit j	11.3	12.7	Increased, 2011-2019 Increased, 2011-2019	Not available Not available	No chang No chang
QNFR0: Perce juice, or grape j QNFR1: Perce	8.8 ntage of students wh juice, during the 7 da	no did not eat fruit o ays before the surve	r drink 100% fruit j y) 100% fruit juices of	11.3 uices (such as orang 7.3 ne or more times pe	12.7 ge juice, apple 7.4			

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
		no ate fruit or drank uice, during the 7 da			er day (such as			
	29.5			25.0	24.2	No linear change	Not available [¶]	No change
QN71: Percent survey)	age of students who	did not eat green sa	lad (one or more tin	mes during the 7 da	ys before the			
	37.1			44.1	43.5	Increased, 2011-2019	Not available	No change
QN72: Percent	age of students who	did not eat potatoes	s (one or more times	s during the 7 days	before the survey)			
	22.4			28.8	34.5	Increased, 2011-2019	Not available	Increased
QN73: Percent	age of students who	did not eat carrots (one or more times	during the 7 days be	efore the survey)			

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
QN74: Percen survey)	tage of students who	did not eat other ve	getables (one or mo	ore times during the	7 days before the			
	14.4			19.6	20.9	Increased, 2011-2019	Not available [¶]	No change
	centage of students or potato chips], car							
	3.9			7.6	7.0	Increased, 2011-2019	Not available	No change
	centage of students nch fries, fried potate							
the survey)								

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

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		Health Risk Beha	avior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
	centage of students nch fries, fried potate							
	27.8			21.2	23.6	Decreased, 2011-2019	Not available [¶]	No change
	centage of students	who ate vegetables	three or more times					
excluding Free	nch fries, fried potate		, carrots, or other ve	egetables, during the	e 7 days before			
excluding Free			l, carrots, or other ve	egetables, during the 8.8	27 days before 11.2	No linear change	Not available	No change
[excluding Free the survey) QN75: Percent	nch fries, fried potate	oes, or potato chips]	, bottle, or glass of s	8.8 oda or pop (such as	11.2	No linear change	Not available	No chang

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

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 §
2009	2011	2013	2015	2017	2019			
	ercentage of student Pepsi, or Sprite, not							
	27.9			18.2	16.7	Decreased, 2011-2019	Not available [¶]	No chang
	arcontono of student	a who drout a court		do or non two or m				
	ercentage of student Pepsi, or Sprite, not 17.8					Decreased, 2011-2019	Not available	No chang
such as Coke, I	Pepsi, or Sprite, not	counting diet soda o	or diet pop, during t	he 7 days before th	e survey)	Decreased, 2011-2019	Not available	No chang
such as Coke, I	Pepsi, or Sprite, not 17.8	counting diet soda o	or diet pop, during t	he 7 days before th	e survey)	Decreased, 2011-2019 No linear change	Not available Not available	No chang No chang
such as Coke, 2N76: Percent 2NMILK1: Pe lrank in a glass	Pepsi, or Sprite, not 17.8	o did not drink milk of swho drank one or r	or diet pop, during t during the 7 days b nore glasses per day	he 7 days before the 10.4 efore the survey) 18.2 y of milk (counting	e survey) 10.3 22.4 the milk they			

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

Iowa High School Survey

10-year Trend Analysis Report

Veight Manage	ment and Dietary H		vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019	_		
drank in a glass	ercentage of students s or cup, from a carto uring the 7 days befo	on, or with cereal an						
to one gluss, de	ing the <i>r</i> days bero	ie die survey)		15.9	12.1	No linear change	Not available [¶]	No change
QN77: Percent	tage of students who	did not eat breakfas	st (during the 7 days	before the survey)				
QN77: Percen	tage of students who	did not eat breakfas	st (during the 7 days	before the survey) 14.3	14.0	No linear change	Not available	No change
	tage of students who Percentage of stude			14.3		No linear change	Not available	No change

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
	l activity that increa	were physically act sed their heart rate a						
	52.2			51.1	52.2	No linear change	Not available [¶]	No chang
least 1 day (in a		nts who did not part activity that increas le survey)						
	8.1			9.4	11.4	Increased, 2011-2019	Not available	No chang
	Demonstrate of stude	nts who were physic						
	vsical activity that in	creased their heart r	ate and made them	breathe hard some (in the time during			

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

Iowa High School Survey

10-year Trend Analysis Report

	7	Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
QN79: Percent	age of students who	watched television	3 or more hours per	r day (on an average	e school day)			
	21.2			19.1	19.2	No linear change	Not available [¶]	No change
	age of students who ime spent on things		tation, an iPad or o	ther tablet, a smartp	phone, texting,			
lay (counting t YouTube, Insta school day)	gram, Facebook, or							
YouTube, Insta	gram, Facebook, or 23.7			37.1	39.1	Increased, 2011-2019	Not available	No change
YouTube, Insta school day) QN81: Percent	-	attended physical e	ducation (PE) class			Increased, 2011-2019	Not available	No chang

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
	ercentage of student y were in school)	s who attended phys	ical education (PE)	classes on all 5 day	s (in an average			
week when the	22.3			15.8	10.7	No linear change	Not available [¶]	No change
		played on at least o 2 months before the		nting any teams rur	by their school			
				nting any teams rur 61.6	by their school 63.3	No linear change	Not available	No change
or community g QN83: Percent	groups, during the 12 65.3	2 months before the had a concussion fr	survey)	61.6	63.3	No linear change	Not available	No change

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

Iowa High School Survey

10-year Trend Analysis Report

'hite* ther		Health Risk Beha	vior and Percenta	ges		Linear Change †	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019	_		
	age of students who onths before the sur	saw a dentist (for a vey)	check-up, exam, te	eth cleaning, or oth	er dental work,			
-		-		81.0	82.5	No linear change	Not available [¶]	No change
	araantaga of studen	ta who nover some a	lantist (for a shark	up arom tooth alo	ning or other			
	ercentage of student	ts who never saw a c	dentist (for a check-	up, exam, teeth clea	aning, or other	No linear change	Not available	No change
dental work)		ts who never saw a c		0.8	1.1	No linear change	Not available	No change
dental work)				0.8	1.1	No linear change	Not available Not available	
dental work) QN87: Percenta	age of students who 15.8		by a doctor or nurse	0.8 e that they had asthr 20.6	1.1 na			No change No change

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

Iowa High School Survey

10-year Trend Analysis Report

White* Other		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change †	Change from 2017-2019 [§]
2009	2011	2013	2015	2017	2019	_		
QN89: Percenta before the surve		described their grad	les in school as mo	stly A's or B's (durin	ng the 12 months			
				78.4	81.0	No linear change	Not available [¶]	No change

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

Iowa High School Survey

10-year Trend Analysis Report

spanic jury and Violer	nce	Health Risk Behav	vior and Percentag	Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 †		
2009	2011	2013	2015	2017	2019			
QN8: Percenta	ge of students who i	arely or never wore	a seat belt (when ri	ding in a car driven	by someone else))		
	4.7			12.5	8.4	No linear change	Not available [§]	No change
QN9: Percenta one or more tim	ge of students who makes during the 30 day	ode with a driver w ys before the survey	ho had been drinkin	g alcohol (in a car o	or other vehicle,			
	27.5			20.7	15.3	Decreased, 2011-2019	Not available	No change
more times duri	tage of students who ing the 30 days befo fore the survey)							
the 30 days ber	-			12.6	12.2	No linear change	Not available	No change

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]		
2009	2011	2013	2015	2017	2019			
	ays before the surve	o texted or e-mailed wey, among students w						
	57			47.8	43.0	No linear change	Not available [§]	No change
)N12: Percent	age of students wh	a commind a mannam (a	1 1.0	·				
	the survey)	o carried a weapon (s	uch as a gun, knife,	or club, on at least				
		o carried a weapon (s	uch as a gun, knife,	or club, on at least	1 day during the 14.4	No linear change	Not available	No change
30 days before 7	the survey) 12.4	o carried a weapon or		18.4	14.4	No linear change	Not available	No change
30 days before 7	the survey) 12.4 age of students who	o carried a weapon or		18.4	14.4	No linear change	Not available Not available	No change No change
0 days before 2013: Percent east 1 day duri 2014: Percent	the survey) 12.4 age of students who ng the 30 days befo 6.6 age of students who	o carried a weapon or	n school property (s	18.4 uch as a gun, knife 6.0 hen they carried a g	14.4 , or club, on at 4.5 			

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		o did not go to schoo ng the 30 days before		insafe at school or o	on their way to or			
	7.2			12.0	6.3	No linear change	Not available [§]	No change
		were threatened or nes during the 12 mo			rty (such as a			
					rty (such as a 9.7	No linear change	Not available	No change
gun, knife, or cl QN17: Percent	ub, one or more tim 8.3		onths before the surv	9.0	9.7		Not available	No chang
gun, knife, or cl QN17: Percent	ub, one or more tim 8.3	nes during the 12 mc	onths before the surv	9.0	9.7		Not available Not available	No chang No chang
gun, knife, or cl QN17: Percent survey)	lub, one or more tim 8.3 age of students who 36.0 age of students who	nes during the 12 mc	onths before the surv	9.0 9.0 mes during the 12 n 17.7	9.7 months before the 19.5			

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN19: Percent want to)	age of students who	o were ever physicall	y forced to have sex	tual intercourse (wh	nen they did not			
	11.1			17.6	16.4	No linear change	Not available [§]	No change
		o experienced sexual buching, or being phy	sically forced to ha					
	e or more times dur	ing the 12 months be	fore the survey)					
	e or more times dur	ing the 12 months be	fore the survey)	13.8	11.1	No linear change	Not available	No change
QN22: Percent someone they winjured with an	age of students who vere dating or going object or weapon] of	o experienced physics g out with [counting s one or more times du ne during the 12 more	al dating violence (l such things as being ring the 12 months	being physically hu hit, slammed into s before the survey, a	rt on purpose by something, or	No linear change	Not available	No chang

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN23: Percent survey)	age of students who	were bullied on sch	nool property (ever c	luring the 12 month	s before the			
	19.4			20.4	20.3	No linear change	Not available [§]	No chang
		were electronically al media, ever during			n texting, 19.4	No linear change	Not available	No chang
		felt sad or hopeless s, ever during the 12			row so that they			

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	jes		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN26: Percenta the survey)	age of students who	seriously considere	d attempting suicid	e (ever during the 1	2 months before			
	20.4			17.3	22.8	No linear change	Not available [§]	No change
QN27: Percenta before the surve		made a plan about	how they would atte	empt suicide (during	g the 12 months			
	16.5			16.9	13.9	No linear change	Not available	No change
QN28: Percenta survey)	age of students who	attempted suicide (one or more times of	luring the 12 month	s before the			
	15.2			17.2	12.4	No linear change	Not available	No change
		had a suicide attem se (during the 12 m			or overdose that			
	6.0			11.2	6.9	No linear change	Not available	No change

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

Iowa High School Survey

10-year Trend Analysis Report

spanic bacco Use		Health Risk Beha	vior and Percentag	jes		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN30: Percent	age of students who	ever tried cigarette	smoking (even one	or two puffs)	÷			
	56.1			38.9	34.7	Decreased, 2011-2019	Not available [§]	No change
QN31: Percent	age of students who	first tried cigarette	smoking before age	e 13 years (even one	or two puffs)			
QN31: Percent	age of students who	first tried cigarette	smoking before age	e 13 years (even one 12.7	or two puffs) 9.2	No linear change	Not available	No change
			smoking before age	12.7	9.2	No linear change	Not available	No change
QN32: Percent				12.7	9.2	No linear change Decreased, 2011-2019	Not available Not available	No change Decreased
QN32: Percent survey)	age of students who 14.7 rcentage of students	currently smoked o		12.7 t 1 day during the 30 15.0	9.2 0 days before the 5.9			

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

Iowa High School Survey

10-year Trend Analysis Report

lispanic 'obacco Use								
		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QNDAYCIG: 1 before the surve	Percentage of studer ey)	nts who currently sn	noked cigarettes dai	ly (on all 30 days d	uring the 30 days			
	2.1			2.8	0.7	No linear change	Not available [§]	No change
	age of students who pes, vaping pens, e- o, and Halo])							
-				46.6	49.8	No linear change	Not available	No change
e-pipes, vape pi	age of students who pes, vaping pens, e- o, and Halo], on at h	hookahs, and hooka	th pens [such as blu,	, NJOY, Vuse, Mar				
				8.8	19.2	No linear change	Not available	No change

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-201
2009	2011	2013	2015	2017	2019			
		s who currently used	l electronic vapor pi	oducts frequently (on 20 or more			
days during the	30 days before the	survey)						
				1.7	7.8	Increased, 2017-2019	Not available [§]	No chang
				1.7	7.8	Increased, 2017-2019	Not available [§]	No chang
		ents who currently us	sed electronic vapor			, 	Not available [§]	No chang
		ents who currently us	sed electronic vapor			, 	Not available [§]	
QNDAYEVP: the 30 days befo		ents who currently us	sed electronic vapor	products daily (on	all 30 days during	3		No chang No chang
the 30 days before the 30 days before the 30 days before the second seco	ore the survey)	ho currently smoked		products daily (on 1.7	all 30 days during 7.2	g Increased, 2017-2019		

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019		
2009	2011	2013	2015	2017	2019	_		
dissolvable toba	acco products [sucl	o currently used smol h as Copenhagen, Griz luring the 30 days befo	zzly, Skoal, or Cam					
				2.2	5.0	No linear change	Not available [§]	No change
	age of students wh	o currently smoked ci	gars (cigars, cigari	llos or little cigars	on at least 1 day			· · · · · · · · · · · · · · · · · · ·
during the 30 da	ays before the surv		.guis (erguis, erguis	nos, or intre ergurs,	on at least 1 day			
during the 30 da	ays before the surv 10.3			9.2	6.6	Decreased, 2011-2019	Not available	No change
QNTB4: Perce	10.3		cigarettes or cigars	9.2	6.6	Decreased, 2011-2019	Not available	No change
QNTB4: Perce	10.3	ey) who currently smoked	cigarettes or cigars	9.2	6.6	Decreased, 2011-2019 No linear change	Not available Not available	No change No change
QNTB4: Perce electronic vapor	10.3 ntage of students w r products (on at le	ey) who currently smoked east 1 day during the 3 who currently smoked	cigarettes or cigars 0 days before the s	9.2 or used smokeless urvey) 22.8	6.6 tobacco or 22.4			

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

Iowa High School Survey

10-year Trend Analysis Report

Hispanic Tobacco Use		Health Risk Behav	vior and Percentag	Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]		
2009	2011	2013	2015	2017	2019			
QNTB2: Percer before the surve		no currently smoked	l cigarettes or cigar	s (on at least 1 day d	luring the 30 days			
	18.1			16.7	9.4	Decreased, 2011-2019	Not available [§]	Decreased
	18.1			16.7	9.4	Decreased, 2011-2019	Not available [§]	D

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN40: Percent	age of students who	had their first drink	c of alcohol before a	nge 13 years (other t	han a few sips)			
	24.6			18.0	21.6	No linear change	Not available [§]	No change
	age of students who ays before the surve		cohol (at least one dr	ink of alcohol, on a	t least 1 day			
	40.1			22.6	24.7	Decreased, 2011-2019	Not available	No change
for female stude	age of students who ents or five or more ng the 30 days befor	drinks of alcohol in	ge drinking (had fou a row for male stud	r or more drinks of lents, within a coup	alcohol in a row le of hours, on at			
				6.0	10.0	No linear change	Not available	No change

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	jes		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN45: Percent	age of students who	ever used marijuan	a (one or more time	es during their life)				
	43.9			30.6	36.5	No linear change	Not available [§]	No change
QN46: Percent	age of students who	tried marijuana for	the first time before	e age 13 years				
	10.0			5.6	4.6	Decreased, 2011-2019	Not available	No change
QN47: Percent urvey)	age of students who	currently used mari	juana (one or more	times during the 30	days before the			
	22.3			14.4	20.1	No linear change	Not available	No change
QN48: Percent	age of students who	ever used synthetic	marijuana (one or i	more times during t	heir life)			

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change fron 2017-2019
2009	2011	2013	2015	2017	2019			
differently than	how a doctor told	o ever took prescripti them to use it (counti r more times during t	ng drugs such as co	rithout a doctor's pro deine, Vicodin, Ox	escription or yContin,			
				14.1	18.2	No linear change	Not available [§]	No change
	age of students wh more times during	o ever used cocaine (a g their life)	any form of cocaine	e, including powder	, crack, or	<u> </u>		
	9.4			7.2	6.6	No linear change	Not available	No change
		o ever used inhalants ys to get high, one or			aerosol spray			
					aerosol spray 7.3	Decreased, 2011-2019	Not available	No change
cans, or inhaled	l any paints or spra 15.7 age of students wh		more times during	their life) 10.4	7.3	Decreased, 2011-2019	Not available	No chang

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	age of students who " one or more times	ever used methamp during their life)	hetamines (also cal	led "speed," "crysta	l meth," "crank,"			
	6.1			5.3	5.3	No linear change	Not available [§]	No change
QN54: Percent ife)	age of students who	ever used ecstasy (a	also called "MDMA	," one or more time 7.7	es during their 6.6	No linear change	Not available	No change
N55: Percent nore times duri		ever took steroids v	vithout a doctor's pr	escription (pills or s	shots, one or			
	3.5			7.2	3.5	No linear change	Not available	No change
QN56: Percent heir body, one	age of students who or more times durir	ever injected any il g their life)	legal drug (used a n	eedle to inject any i	illegal drug into			

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

Iowa High School Survey

lispanic lcohol and Othe	_	Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN57: Percent 12 months befo	tage of students who ore the survey)	were offered, sold,	or given an illegal o	drug on school prop	erty (during the			
	24.3			24.4	26.3	No linear change	Not available [§]	No change

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10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	ges		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN58: Percent	tage of students who	ever had sexual int	ercourse					
	49.2			41.3	43.5	No linear change	Not available [§]	No change
QN59: Percent	tage of students who	had sexual intercou	urse for the first tim	e before age 13 year	rs			
	7.0			7.7	2.9	No linear change	Not available	No change
QN60: Percent	tage of students who	had sexual intercou	urse with four or mo	ore persons during th	neir life			
	15.2			9.6	13.0	No linear change	Not available	No change
	tage of students who the 3 months before		ually active (had see	xual intercourse with	h at least one			
		•						

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

Iowa High School Survey

Iispanic exual Behaviors		Health Risk Behav	vior and Percentag	ges		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN84: Percenta tests done if they		were ever tested fo	r human immunode	ficiency virus (HIV) (not counting			
				17.4	13.3	No linear change	Not available [§]	No change

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019	_		
	centage of students v n sex- and age-specif				ile for body mass			
	20.1			18.2	15.5	No linear change	Not available [¶]	No change
QNOBESE: Pe and age-specifi	ercentage of students ic reference data fror	who had obesity (> n the 2000 CDC grc	⇒= 95th percentile fo wth charts) [§]	or body mass index,	based on sex-			
	27.3			19.7	26.9	No linear change	Not available	No change
QN67: Percent	tage of students who	described themselv	es as slightly or ver	y overweight				
QN67: Percent		described themselv	es as slightly or ver	y overweight 39.1	41.7	No linear change	Not available	No change
	tage of students who			-	41.7	No linear change	Not available	No change

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

⁸Overweight 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. ^INot enough years of data to calculate.

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN69: Percent days before the	age of students who survey)	did not drink fruit j	uice (100% fruit jui	ces one or more tin	nes during the 7			
	23.9			23.1	35.7	No linear change	Not available [§]	Increased
QN70: Percent	age of students who	did not eat fruit (or	e or more times du	ring the 7 days befo	re the survey)			
	9.7			13.3	7.1	No linear change	Not available	No change
QNFR0: Perce juice, or grape j	9.7 ntage of students wh uice, during the 7 da	no did not eat fruit o ays before the surve	r drink 100% fruit j y)			No linear change	Not available	No change
QNFR0: Perce juice, or grape j	ntage of students wh	no did not eat fruit o ays before the surve	r drink 100% fruit j y)			No linear change	Not available Not available	No change No change
juice, or grape j	ntage of students wh uice, during the 7 d	ays before the surve	y) 100% fruit juices of	uices (such as orang 6.7 ne or more times pe	ge juice, apple 4.3			

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	ntage of students wh pple juice, or grape j				er day (such as			
	41.1			34.1	29.9	No linear change	Not available [§]	No change
QN71: Percent survey)	tage of students who	did not eat green sa	lad (one or more tin	mes during the 7 da	ys before the			
	47.1			37.6	49.5	No linear change	Not available	No change
QN72: Percent	tage of students who	did not eat potatoes	(one or more times	s during the 7 days	before the survey)			
	40.4			38.7	37.1	No linear change	Not available	No change
QN73: Percent	age of students who	did not eat carrots ((one or more times of	during the 7 days be	efore the survey)			

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
QN74: Percent survey)	age of students who	o did not eat other ve	getables (one or mo	ore times during the	7 days before the			
	21.3			24.7	23.3	No linear change	Not available [§]	No change
		who did not eat vege rots, or other vegetal				No linear change	Not available	No change

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		who ate vegetables t oes, or potato chips]						
	23.9			23.0	23.6	No linear change	Not available [§]	No change
		who ate vegetables t oes, or potato chips]						
	10.3			13.4	11.2	No linear change	Not available	No change
	age of students who	did not drink a can,			Coke, Pepsi, or			
	nting diet soda or die	et pop, during the 7 o	lays before the surv	ey)				

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
		s who drank a can, b counting diet soda o						
	30.3			19.6	17.6	Decreased, 2011-2019	Not available [§]	No change
		s who drank a can, b						
		s who drank a can, b counting diet soda o				Decreased, 2011-2019	Not available	No change
such as Coke,	Pepsi, or Sprite, not 19.0		r diet pop, during t	he 7 days before the 11.2	e survey)	Decreased, 2011-2019	Not available	No change
such as Coke,	Pepsi, or Sprite, not 19.0	counting diet soda o	r diet pop, during t	he 7 days before the 11.2	e survey)	Decreased, 2011-2019 No linear change	Not available Not available	No change No change
QN76: Percent QN76: Percent QNMILK1: Pe drank in a glass	Pepsi, or Sprite, not 19.0 age of students who rcentage of students	o did not drink milk (o did not drink milk (o who drank one or m	r diet pop, during t during the 7 days b nore glasses per day	he 7 days before the 11.2 refore the survey) 23.2 y of milk (counting	e survey) 13.0 16.5 the milk they			

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

Iowa High School Survey

		Health Risk Behav	Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]			
2009	2011	2013	2015	2017	2019			
drank in a glass		who drank three or on, or with cereal an						
	ing the 7 days belo	ie die survey)		6.9	7.5	No linear change	Not available [§]	No change
_		did not eat breakfas	st (during the 7 days			No linear change	Not available [§]	No change
			st (during the 7 days			No linear change	Not available [§] Not available	
QN77: Percent	age of students who			before the survey) 23.5	20.9			No change No change

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	ior and Percentag	jes		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	l activity that increa	were physically act sed their heart rate a						
	49.5			37.6	35.7	No linear change	Not available [§]	No change
least 1 day (in a		nts who did not parti activity that increas e survey)						
	9.2			18.4	19.5	Increased, 2011-2019	Not available	No change
	sical activity that in	nts who were physic creased their heart r						
the 7 days befor	re the survey)							

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	jes		Linear Change [*]	Quadratic Change [*]	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
N79: Percent	age of students who	watched television	3 or more hours per	r day (on an average	school day)			
	40.1			16.4	21.1	Decreased, 2011-2019	Not available [§]	No change
lay (counting ti	ime spent on things	such as Xbox, Plays	Station, an iPad or o	ed a computer 3 or r ther tablet, a smartp was not school work	hone, texting,			,
	29.5			37.1	42.9	Increased, 2011-2019	Not available	No change
	age of students who y were in school)	attended physical e	ducation (PE) class	es on 1 or more day	s (in an average			

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2017-2019
2009	2011	2013	2015	2017	2019			
	ercentage of students	s who attended phys	sical education (PE)	classes on all 5 day	vs (in an average			
	www.ana in cohool)							
week when they	y were in school)			12.9	20.6	No linear change	Not available [§]	No change
week when they	y were in school) 32.8			12.9	20.6	No linear change	Not available ^{\$}	No change
QN82: Percent						No linear change	Not available [§]	No chang
QN82: Percent	32.8 age of students who					No linear change	Not available [§]	
QN82: Percent or community g QN83: Percent	32.8 age of students who groups, during the 12	2 months before the	survey)	nting any teams rur 57.5	n by their school 43.5			No chang

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

Iowa High School Survey

10-year Trend Analysis Report

		Health Risk Behav	Linear Change [*]	Quadratic Change [*]	Change from 2017-2019 [†]			
2009	2011	2013	2015	2017	2019			
	age of students who onths before the su	saw a dentist (for a rvey)	check-up, exam, te	eth cleaning, or oth	er dental work,			
				66.7	73.8	No linear change	Not available [§]	No change
QNNODNT: P	ercentage of studen	ts who never saw a d	dentist (for a check-	up, exam, teeth clea	aning, or other			
QNNODNT: P dental work)	ercentage of studen	ts who never saw a c	dentist (for a check-	up, exam, teeth clea	aning, or other	Decreased, 2017-2019	Not available	No change
	ercentage of studen	ts who never saw a c	dentist (for a check-	_		Decreased, 2017-2019	Not available	No change
lental work)		ts who never saw a d		4.8	0.7	Decreased, 2017-2019	Not available	No change
lental work)				4.8	0.7	Decreased, 2017-2019 No linear change	Not available Not available	
lental work) QN87: Percent	age of students who 16.0		by a doctor or nurse	4.8 e that they had asthr 22.8	0.7 na			No change No change

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

Iowa High School Survey

Hispanic Other		Health Risk Behav	Linear Change [*]	Quadratic Change*	Change from 2017-2019 [†]			
2009	2011	2013	2015	2017	2019			
QN89: Percent before the surve	age of students who ey)	described their grad	des in school as mo	stly A's or B's (durin	ng the 12 months			
				58.1	63.2	No linear change	Not available [§]	No change