Total Injury and Violenc	ee	Health Risk Behav	ior and Percentag	es	Quadratic Change*	Change from 2019-2021 [†]		
2011	2013	2015	2017	2019	2021			
QN8: Percentage	e of students who	did not always wear	a seat belt (when ric	ling in a car driven	by someone else)			
42.4			47.9	46.0	46.4	No linear change	Not available§	No change
		rode with a driver whys before the survey		g alcohol (in a car	or other vehicle,			·
23.8			20.8	15.2	19.0	Decreased, 2011-2021	Not available	No change

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

[§]Not enough years of data to calculate.

otal jury and Violen	ace	Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
more times duri	ing the 30 days befo	drove a car or other re the survey, amon						
the 30 days before	ore the survey)		6.5	4.9	5.2	No linear change	Not available [§]	No change
	ays before the surve	texted or e-mailed y, among students v						,
			55.2	48.7	45.3	Decreased, 2017-2021	Not available	No change
	age of students who	carried a weapon o	,			Decreased, 2017-2021	Not available	No change

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

[§]Not enough years of data to calculate.

al ury and Violer		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
	age of students who		counting the days wl					
ninting or tor a				- 1110111111111111111111111111111111111	, , , , , ,			
nunting or for a	sport such as target	shooting, on at reas	4.6	4.6	2.5	No linear change	Not available§	Decreased
QN14: Percent	age of students who	did not go to schoo	4.6				Not available [§]	Decreased
QN14: Percent		did not go to schoo	4.6				Not available [§] Not available	Decreased No change
QN14: Percent from school (or 4.0 QN15: Percent	age of students who	did not go to schoo g the 30 days before were threatened or	4.6 Il because they felt use the survey) 6.9 injured with a weap	on on school prope	on their way to or			

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

Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

Total

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
QN16: Percenta urvey)	age of students who	were in a physical	fight (one or more ti	imes during the 12 i	months before the			
24.4			19.7	16.8	17.1	Decreased, 2011-2021	Not available§	No change
QN17: Percenta 2 months before		were in a physical	fight on school prop	perty (one or more ti	mes during the			
9.6			7.4	7.6	6.7	Decreased, 2011-2021	Not available	No change
	age of students who	were ever physical	y forced to have see	xual intercourse (wh	nen they did not	. ,		
vant to)								

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

[§]Not enough years of data to calculate.

							Change from 2019-202
013	2015	2017	2019	2021	_		
					-		
			ve sexual intercours	se] that they did			
		11.7	10.2	12.0	No linear change	Not available§	No chang
1	dents who exissing, tou	dents who experienced sexual kissing, touching, or being phy	dents who experienced sexual violence (being for kissing, touching, or being physically forced to ha ore times during the 12 months before the survey)	dents who experienced sexual violence (being forced by anyone to do kissing, touching, or being physically forced to have sexual intercours ore times during the 12 months before the survey)	dents who experienced sexual violence (being forced by anyone to do sexual things kissing, touching, or being physically forced to have sexual intercourse] that they did are times during the 12 months before the survey)	dents who experienced sexual violence (being forced by anyone to do sexual things kissing, touching, or being physically forced to have sexual intercourse] that they did one times during the 12 months before the survey)	dents who experienced sexual violence (being forced by anyone to do sexual things kissing, touching, or being physically forced to have sexual intercourse] that they did one times during the 12 months before the survey)

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

[§]Not enough years of data to calculate.

		meaith Kisk Behav	ior and Percentago	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
someone they we injured with an ol	ere dating or going bject or weapon] o	experienced physica out with [counting some or more times du the during the 12 mon	uch things as being ring the 12 months	hit, slammed into before the survey,	something, or	No linear change	Not available [§]	No change
QN23: Percentag	ge of students who	were bullied on sch	ool property (ever d	luring the 12 month	as before the			
22.5			23.3	23.0	19.6	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

Total

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
		o felt sad or hopeless s, ever during the 12			row so that they			
22.8			29.2	33.3	39.1	Increased, 2011-2021	Not available§	Increased
N26: Percent	age of students who	seriously considere	d attempting suicide	e (during the 12 mo	onths before the			
14.6			20.2	20.0	22.6	Increased, 2011-2021	Not available	No chang
N27: Percent		made a plan about	now they would atte	empt suicide (during	g the 12 months			
11.5			13.5	14.9	16.5	Increased, 2011-2021	Not available	No chang
	C . 1 1	actually attempted	suicide (one or more	e times during the 1	2 months before			
N28: Percent le survey)	age of students who	, ,						

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

[§]Not enough years of data to calculate.

Total Injury and Violence		Health Risk Behav	vior and Percentag	ges	Linear Change [*]	Quadratic Change [*]	Change from 2019-2021 †	
2011	2013	2015	2017	2019	2021			
QN29: Percentage had to be treated b	of students who	had a suicide attemse (during the 12 mo	pt that resulted in a onths before the sur	n injury, poisoning, vey)	or overdose that			
1.9			3.4	4.5	2.9	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.

Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

Total

oacco Use		Health Risk Behav	ior and Percentage	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
QN30: Percenta	age of students who	ever tried cigarette	smoking (even one	or two puffs)	:			
39.1			29.1	25.0	17.4	Decreased, 2011-2021	Not available§	Decreased
QN31: Percenta	age of students who	first tried cigarette				No linear change	Not available	No change
QN32: Percenta		first tried cigarette	8.6	7.2	6.6	No linear change	Not available	No change
			8.6	7.2	6.6	No linear change Decreased, 2011-2021	Not available Not available	
QN32: Percenta survey) 18.1	age of students who		8.6 garettes (on at least	7.2 1 day during the 3 6.7	6.6 0 days before the 4.1			No chang Decrease

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentage	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021	_		
QNDAYCIG: For the surve		nts who currently sm	oked cigarettes dail	y (on all 30 days di	uring the 30 days			
**			**	**	**	**	Not available§	**
		smoked more than			smoked during			
				**	**	**	Not available	**
**			**	**			Not available	***
N34: Percenta		ever used an electro	onic vapor product (including e-cigaret	tes, vapes, vape		Not available	

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

Total

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
ape pens, e-cig		o currently used an e okah pens, and mods re the survey)						
•			9.0	20.1	16.4	Increased, 2017-2021	Not available§	No change
		s who currently used	l electronic vapor pr	roducts frequently (on 20 or more			
	rcentage of students 30 days before the		l electronic vapor pr	roducts frequently (on 20 or more 5.9	Increased, 2017-2021	Not available	No chang
ays during the QNDAYEVP:	30 days before the		1.5	8.2	5.9		Not available	No chang
ays during the NDAYEVP:	30 days before the Percentage of stude	survey)	1.5	8.2	5.9		Not available Not available	No chang
NDAYEVP: ne 30 days before NTB5: Percer	30 days before the Percentage of stude ore the survey)	ents who currently us	1.5 sed electronic vapor 0.9	8.2 products daily (on 6.4	5.9 all 30 days during 4.9			

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
dissolvable tob	acco products [such	o currently used smol as Copenhagen, Gri aring the 30 days bef	zzly, Skoal, or Cam					
			6.2	4.9	2.3	Decreased, 2017-2021	Not available§	Decreased
dip, snus, or di	ssolvable tobacco pr	s who currently used coducts [such as Cope 0 or more days during	enhagen, Grizzly, Sing the 30 days befor	koal, or Camel Snure the survey)	is], not counting			
			**	**	**	**	Not available	**
			. 1 1 . 1 1	co daily (chewing t	obacco, snuff,			
dip, snus, or di	Percentage of stude ssolvable tobacco pr vapor products, on a	ents who currently us roducts [such as Cope Il 30 days during the	enhagen, Grizzly, S	koal, or Camel Snu				

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Iowa High School Survey 10-year Trend Analysis Report

Tobacco Use

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

2011 2013 2015 2017 2019 2021

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

12.8 7.3 4.4 2.4 Decreased, 2011-2021 Not available[§] Decreased

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

16.5 20.8 16.2 No linear change Not available No change

QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)

Total

Change from 2019-2021 *

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Iowa High School Survey 10-year Trend Analysis Report

Total Tobacco Use Health Risk Behavior and Percentages Linear Change* **Quadratic Change*** Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) 22.0 11.6 7.8 4.6 Decreased, 2011-2021 Not available§ Decreased QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey) ** ** Not available

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Behav	ior and Percentage	es		Linear Change [*]	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
QN40: Percent	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	13.8	No linear change	Not available§	No change
	age of students who		ohol (at least one dri	nk of alcohol, on a	t least 1 day			,
_			27.6	25.6	21.9	Decreased, 2011-2021	Not available	No chang
37.1								
QN42: Percent f they were fen	age of students who nale or five or more ng the 30 days before	drinks of alcohol in						,

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

[§]Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

Total Alcohol and Other Drug Use Health Risk Behavior and Percentages Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN43: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours, during the 30 days before the survey) 2.4 2.8 No linear change Not available§ No change QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol) 42.2 42.9 No change 42.8 39.5 No linear change Not available QN45: Percentage of students who ever used marijuana (one or more times during their life) 27.8 26.5 27.3 21.4 No linear change Not available No change QN46: Percentage of students who tried marijuana for the first time before age 13 years 4.4 3.8 No linear change No change 5.1 3.7 Not available

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

[§]Not enough years of data to calculate.

		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
QN47: Percents survey)	age of students who	currently used mar	ijuana (one or more	times during the 30) days before the			
14.6			13.2	14.9	12.1	No linear change	Not available [§]	No change
QN48: Percenta	age of students who	ever used synthetic	marijuana (one or i	more times during t	heir life)			
			5.1	5.2	5.2	No linear change	Not available	No change
differently than	how a doctor told the	ever took prescript nem to use it (count more times during	ing drugs such as co	ithout a doctor's pr deine, Vicodin, Ox	escription or yContin,			
Tydrocodone, a								

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

Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

Total

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
QN57: Percenta	age of students who	ever had sexual into	ercourse	-	•			
43.9			43.1	37.4	29.3	Decreased, 2011-2021	Not available§	Decreased
QN58: Percenta	age of students who	had sexual intercou	rse for the first time	e before age 13 year	rs			
4.2			2.4	3.1	1.9	Decreased, 2011-2021	Not available	No change
QN59: Percenta	age of students who	had sexual intercou	rse with four or mo	re persons during the	neir life			
13.1			8.5	8.3	6.4	Decreased, 2011-2021	Not available	No change
	age of students who	were currently sexu	ally active (had sex	ual intercourse wit	h at least one			
		37						

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

Total Sexual Behavior

exual Behaviors								
		Health Risk Behav	ior and Percentage	es		Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
2011	2013	2015	2017	2019	2021			
	nge of students who ntly sexually active)		ed drugs before last	sexual intercourse	(among students			
18.0			17.7	16.3	19.5	No linear change	Not available [§]	No change
QN62: Percenta currently sexual		used a condom dur	ing last sexual interc	course (among stud	ents who were			
61.4			52.8	54.9	48.1	Decreased, 2011-2021	Not available	No change
	nge of students who y donated blood)	were ever tested for	r human immunodef	iciency virus (HIV) (not counting			
			11.0	9.3	5.4	Decreased, 2017-2021	Not available	Decreased
		were tested for a se the 12 months befor	xually transmitted detection that the survey)	isease (STD) other	than HIV, such			<u> </u>
-			•	8.8	4.3	Decreased, 2019-2021	Not available	Decreased

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

[§]Not enough years of data to calculate.

	1	Health Risk Behav	ior and Percentage	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
	centage of students who sex- and age-specific				ile for body mass			
14.5			16.0	15.9	16.0	No linear change	Not available¶	No change
	ercentage of students ic reference data from			or body mass index,	based on sex-	No linear change	Not available	No change
		did not drink fruit ju	nice (100% fruit juic	ces one or more tim	nes during the 7			
QN68: Percent lays before the		,	•					
		J	31.4	34.9	34.6	Increased, 2011-2021	Not available	No chang
days before the 21.2						Increased, 2011-2021	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.

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

Not enough years of data to calculate.

otal Yeight Managem	ent and Dietary Be	ehaviors Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
		no did not eat fruit o		uices (such as oran	ge juice, apple			
4.7			7.5	7.1	6.3	No linear change	Not available [§]	No change
		no ate fruit or drank uice, during the 7 da			er day (such as			
63.9			58.1	55.4	53.2	Decreased, 2011-2021	Not available	No change
		no ate fruit or drank uice, during the 7 da			er day (such as			,
30.9			26.4	24.6	25.0	Decreased, 2011-2021	Not available	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021	<u> </u>		
QN70: Percent survey)	tage of students who	did not eat green sa	lad (one or more tin	nes during the 7 da	ys before the			
37.9			44.0	44.8	45.0	Increased, 2011-2021	Not available§	No change
QN71: Percent	tage of students who	did not eat potatoes	(one or more times	during the 7 days	before the survey)			
QN71: Percent 24.6	tage of students who	did not eat potatoes	(one or more times 30.8	during the 7 days 35.9	before the survey) 38.7	Increased, 2011-2021	Not available	No change
24.6	tage of students who		30.8	35.9	38.7	Increased, 2011-2021	Not available	No change
24.6			30.8	35.9	38.7	Increased, 2011-2021 No linear change	Not available Not available	No change
24.6 QN72: Percent 49.1		did not eat carrots (30.8 one or more times of 52.8	35.9 luring the 7 days be 50.7	38.7 efore the survey) 51.8	·		

^{*}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.

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentage	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
		who did not eat vege ots, or other vegetab						
4.6			8.3	8.0	8.3	Increased, 2011-2021	Not available§	No change
		1	ne or more times ne	er day (oreen salad	potatoes			
excluding frenc	centage of students ch fries, fried potato	es, or potato chips],						
						Decreased, 2011-2021	Not available	No chang
excluding frendurvey) 64.9 QNVEG2: Perc	ch fries, fried potato		56.3 wo or more times pe	getables, during the 56.9 er day (green salad,	55.9 potatoes	Decreased, 2011-2021	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.

		Health Risk Behav	ior and Percentage	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021	<u> </u>		
		who ate vegetables tes, or potato chips],						
13.2			10.0	11.7	10.9	No linear change	Not available [§]	No change
		did not drink a can, t pop, one or more t						
rte, not coun				20.0	28.8	Increased 2011 2021	Not available	
19.7			25.9	28.0	28.8	Increased, 2011-2021	Not available	No chang
19.7 QNSODA1: Pe		s who drank a can, b	ottle, or glass of soc	la or pop one or mo	ore times per day	Increased, 2011-2021	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.

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
			pottle, or glass of so or diet pop, during the					
such as Coke, i	epsi, or sprite, not	counting diet sodd (or diet pop, during the	ne / days serore an	sur vey)			
18.2			10.7	10.7	10.6	Decreased 2011 2021	Not available	No change
18.2			10.7	10.7	10.6	Decreased, 2011-2021	Not available [§]	No change
	age of students who	did not drink milk	10.7 (during the 7 days b		10.6	Decreased, 2011-2021	Not available [§]	No change
	age of students who	did not drink milk	,		27.8	Decreased, 2011-2021 Increased, 2017-2021	Not available [§]	No change
N75: Percenta	rcentage of students	who drank one or i	(during the 7 days b 20.2 more glasses per day	efore the survey) 23.2 y of milk (counting)	27.8 the milk they	Increased, 2017-2021		
2N75: Percenta 2NMILK1: Per rank in a glass	rcentage of students	who drank one or i	(during the 7 days b	efore the survey) 23.2 y of milk (counting)	27.8 the milk they	Increased, 2017-2021		

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

[§]Not enough years of data to calculate.

		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
lrank in a glass	ercentage of students s or cup, from a cartouring the 7 days before	on, or with cereal an				1		
one grass, uu	ing the 7 days belo							
o one giass, du	ing the 7 days belo.		14.4	11.3	8.6	Decreased, 2017-2021	Not available [§]	No change
-	tage of students who		,		8.6	Decreased, 2017-2021	Not available [§]	No change
-			,		19.1	Decreased, 2017-2021 No linear change	Not available [§] Not available	No change
QN76: Percent		did not eat breakfa	st (during the 7 days	before the survey) 15.9	19.1			

^{*}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.

Iowa High School Survey 10-year Trend Analysis Report

Total Physical Activity

		Health Risk Behav	ior and Percentage	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
	l activity that increa	o were physically acti						
51.5			49.2	48.4	51.2	No linear change	Not available§	No change
		ents who did not particle activity that increase						
	the 7 days before the	he survey)	11.2	13.3	13.3	Increased, 2011-2021	Not available	No change
9.0 QNPA7DAY: I	Percentage of stude sical activity that in	the survey) ents who were physical acreased their heart ra	ally active at least 6	50 minutes per day o	on all 7 days (in	Increased, 2011-2021	Not available	No change

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

[§]Not enough years of data to calculate.

Iowa High School Survey 10-year Trend Analysis Report

Total Physical Activity

		Health Risk Behav	Linear Change [*]	Quadratic Change [*]	Change from 2019-2021 [†]			
2011	2013	2015	2017	2019	2021			
QN79: Percenta		attended physical e	education (PE) classe	es on 1 or more day	ys (in an average			
70.8			61.7	76.1	59.1	No linear change	Not available [§]	Decreased
QNDLYPE: Pe week when they	rcentage of student were in school)	s who attended phys	sical education (PE)	classes on all 5 day	ys (in an average			,
22.6			16.4	12.1	25.0	No linear change	Not available	No change
		played on at least of the played on at least of the played on at least of the played on the played o	one sports team (cou survey)	nting any teams rui	n by their school			
64.1			61.0	61.4	56.9	Decreased, 2011-2021	Not available	No change
	age of students who		rom playing a sport	or being physically	active (one or			,
			16.2	13.6	12.9	No linear change	Not available	No change

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

Not enough years of data to calculate.

Iowa High School Survey 10-year Trend Analysis Report

Total Other **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey) 78.5 79.8 78.0 No linear change Not available§ No change QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) Not available QN86: Percentage of students who got 8 or more hours of sleep (on an average school night) 22.9 24.7 27.4 Increased, 2017-2021 Not available No change

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Total Site-Added		Health Risk Behav	ior and Percentag	Linear Change [*]	Quadratic Change*	Change from 2019-2021 †		
2011	2013	2015	2017	2019	2021			
	age of students who	have serious difficumotional problem)	lty concentrating, r	emembering, or ma	king decisions			
(**************************************		,		32.2	45.4	Increased, 2019-2021	Not available§	Increased
QN100: Percent	ntage of students wh	o have physical disa	bilities or long-tern	n health problems (1	neaning 6 months			
				12.3	10.6	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentage	es		Linear Change [*]	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
QN8: Percenta	ge of students who	lid not always wear	a seat belt (when ric	ling in a car driven	by someone else))		
46.6			49.1	44.3	46.3	No linear change	Not available [§]	No chang
		rode with a driver whys before the survey		g alcohol (in a car o	or other vehicle,			
				g alcohol (in a car o	or other vehicle,	Decreased, 2011-2021	Not available	No chan
24.7 2N10: Percentatore times duri	nes during the 30 da		19.0 vehicle when they	15.4 had been drinking a	19.5	Decreased, 2011-2021	Not available	No chan

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

[§]Not enough years of data to calculate.

		Health Risk Behav	vior and Percentag	es	Linear Change*	Quadratic Change*	Change from 2019-2021 †	
2011	2013	2015	2017	2019	2021			
	age of students who ays before the surve							
CIOIC HIC BUILT	•							
erore the surve			53.8	49.1	43.7	Decreased, 2017-2021	Not available [§]	No chang
QN12: Percent	age of students who		,			Decreased, 2017-2021	Not available [§]	No chang
QN12: Percent			,			Decreased, 2017-2021 No linear change	Not available [§] Not available	
QN12: Percent east 1 day duri 6.6		re the survey)	n school property (s	uch as a gun, knife.	or club, on at			
QN12: Percent east 1 day duri 6.6 QN13: Percent	ng the 30 days befor	re the survey)	n school property (s 5.7 counting the days wh	uch as a gun, knife, 5.4 nen they carried a g	or club, on at 5.7 un only for			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.

Iowa High School Survey 10-year Trend Analysis Report

Male **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey) 4.2 5.8 5.7 6.6 No linear change Not available§ No change QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey) 8.2 9.5 8.1 8.3 No linear change Not available No change QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey) 24.5 22.2 23.2 Decreased, 2011-2021 Not available No change 31.7

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

[§]Not enough years of data to calculate.

2015 were in a physical f	2017	2019 Derty (one or more t	2021			
were in a physical f	fight on school prop	erty (one or more t	times during the			
			annes during the			
	9.2	10.1	10.2	Decreased, 2011-2021	Not available§	No change
were ever physicall	ly forced to have sex	xual intercourse (w	then they did not			
	6.8	6.8	3.5	No linear change	Not available	Decreased
,	experienced sexual	6.8 experienced sexual violence (being for aching, or being physically forced to ha	6.8 6.8 experienced sexual violence (being forced by anyone to detail to be a sexual violence (being forced by a sex	experienced sexual violence (being forced by anyone to do sexual things aching, or being physically forced to have sexual intercourse] that they did	6.8 6.8 3.5 No linear change experienced sexual violence (being forced by anyone to do sexual things aching, or being physically forced to have sexual intercourse] that they did	6.8 6.8 3.5 No linear change Not available experienced sexual violence (being forced by anyone to do sexual things aching, or being physically forced to have sexual intercourse] that they did

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

[§]Not enough years of data to calculate.

		Health Risk Behavi	Linear Change*	Quadratic Change [*]	Change from 2019-2021 [†]			
2011	2013	2015	2017	2019	2021			
dating or going forced to have s	out with to do sexusexual intercourse]	o experienced sexual all things [counting suthat they did not want ated or went out with	uch things as kissin t to do, one or more	g, touching, or being times during the 1	g physically 2 months before			
			1.6	2.7	4.8	Increased, 2017-2021	Not available§	Increased
	vere dating or going	o experienced physica g out with [counting s one or more times du	uch things as being ring the 12 months	hit, slammed into s before the survey, a	something, or			
injured with an	ent out with someo	ne during the 12 mon	7.4	4.3	5.4	No linear change	Not available	No chang
injured with an who dated or w	ent out with someo	ne during the 12 mon	7.4	4.3		No linear change	Not available	No chang

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

[§]Not enough years of data to calculate.

ale jury and Violen	ace	Health Risk Behav	Linear Change*	Quadratic Change [*]	Change from 2019-2021 †			
2011	2013	2015	2017	2019	2021			
			bullied (counting begthe 12 months before		h texting,			
10.2	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		13.8	12.0	12.3	No linear change	Not available [§]	No change
			(almost every day f		row so that they			
17.5			18.8	23.5	27.5	Increased, 2011-2021	Not available	No change
QN26: Percent survey)	age of students who	seriously considere	ed attempting suicide	e (during the 12 mo	onths before the	, ,		
11.8			15.5	13.4	14.8	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

Iowa High School Survey 10-year Trend Analysis Report

Male **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) 9.2 10.8 10.5 11.4 No linear change Not available§ No change QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey) 4.1 8.5 7.7 6.3 No linear change Not available No change QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)

3.9

1.7

No linear change

Not available

3.7

1.8

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.

Iowa High School Survey 10-year Trend Analysis Report

Male Tobacco Use

		Health Risk Behav	ior and Percentage	es		Linear Change [*]	Quadratic Change*	Change fron 2019-2021
2011	2013	2015	2017	2019	2021	<u> </u>		
QN30: Percenta	age of students who	ever tried cigarette	smoking (even one	or two puffs)	,			
41.3			28.6	24.8	18.7	Decreased, 2011-2021	Not available§	No change
N31: Percenta	age of students who	first tried cigarette	smoking before age	13 years (even one 7.8	e or two puffs)	No linear change	Not available	No change
QN32: Percenta		o first tried cigarette	9.3	7.8	7.7	No linear change	Not available	No change
QN32: Percenta urvey)			9.3	7.8	7.7		Not available Not available	
QN32: Percenta urvey) 18.2	age of students who		9.3 igarettes (on at least	7.8 1 day during the 3 7.5	7.7 60 days before the 5.6	No linear change Decreased, 2011-2021		No chan

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

[§]Not enough years of data to calculate.

Iale obacco Use		Health Risk Behav	ion and Paraentes			Linear Change [*]	Quadratic Change [*]	Change from
		neattii Risk Bellav	for and Fercentag	es		Linear Change	Quadratic Change	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNDAYCIG: I before the surve		nts who currently sm	oked cigarettes dai	ly (on all 30 days d	uring the 30 days			
**			**	**	**	**	Not available [§]	**
		smoked more than			smoked during			
**			**	**	**	**	Not available	**
		ever used an electro						
			38.6	47.0	30.7	No linear change	Not available	Decreased

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

ale obacco Use								
		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
vape pens, e-cig		currently used an elokah pens, and mods re the survey)						
			9.4	21.9	14.1	No linear change	Not available§	Decreased
	ercentage of students 30 days before the	s who currently used survey)	electronic vapor pr	roducts frequently (on 20 or more			
			2.0	9.1	5.4	Increased, 2017-2021	Not available	Decreased
QNDAYEVP: the 30 days befo		nts who currently us	ed electronic vapor	products daily (on	all 30 days during			
			1.5	6.8	4.1	Increased, 2017-2021	Not available	No change
	ntage of students wl	ho currently smoked survey)	cigarettes or used of	electronic vapor pro	ducts (on at least			
			11.9	21.9	14.1	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.

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021	_		
dissolvable tob	acco products [such	o currently used smol as Copenhagen, Gri aring the 30 days bef	zzly, Skoal, or Cam					
			9.1	7.4	3.7	Decreased, 2017-2021	Not available§	Decreased
dip, snus, or dis	ssolvable tobacco pr	s who currently used oducts [such as Cop 00]	enhagen, Grizzly, S	koal, or Camel Snu				
			**	**	**	**	Not available	**
		ents who currently us roducts [such as Cop	enhagen, Grizzly, S	koal, or Camel Snu				
dip, snus, or dis		ll 30 days during the	30 days before the	survey)				

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Iowa High School Survey 10-year Trend Analysis Report

Male **Tobacco Use Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey) 17.2 8.5 5.8 3.9 Decreased, 2011-2021 Not available§ No change QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey) 16.2 22.4 14.0 No linear change Not available Decreased

**

**

Not available

QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars,

on 20 or more days during the 30 days before the survey)

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

				es		Linear Change [*]	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNTB2: Percentage of before the survey)	f students who	o currently smoked	cigarettes or cigars	(on at least 1 day d	luring the 30 days			
24.2			10.8	8.9	6.3	Decreased, 2011-2021	Not available§	No change

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

cohol and Othe	_	Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
QN40: Percenta	age of students who	had their first drink	of alcohol before a	ge 13 years (other t	than a few sips)			
18.4			17.2	16.2	15.2	No linear change	Not available§	No change
	age of students who		ohol (at least one dr	ink of alcohol, on a	t least 1 day			
38.2			22.9	25.5	18.7	Decreased, 2011-2021	Not available	Decreased
QN42: Percenta	age of students who nale or five or more ng the 30 days befor	drinks of alcohol in	ge drinking (had fou a row if they were	r or more drinks of male, within a coup	alcohol in a row ole of hours, on at			

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

Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

Male **Alcohol and Other Drug Use Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN43: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours, during the 30 days before the survey) 3.1 4.0 No linear change Not available§ No change QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol) 35.3 No change 35.1 35.7 27.7 No linear change Not available QN45: Percentage of students who ever used marijuana (one or more times during their life) 30.5 25.3 25.1 18.7 Decreased, 2011-2021 Not available No change QN46: Percentage of students who tried marijuana for the first time before age 13 years 6.0 4.2 4.0 No linear change No change 5.3 Not available

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

[§]Not enough years of data to calculate.

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change fron 2019-2021
2011	2013	2015	2017	2019	2021			
QN47: Percent survey)	age of students who	currently used mari	juana (one or more	times during the 30	days before the			
17.9			12.0	15.6	12.3	No linear change	Not available§	No chang
QN48: Percent	age of students who	ever used synthetic	marijuana (one or r	nore times during the	heir life)			
			5.2	5.2	5.5	No linear change	Not available	No chang
lifferently than	age of students who how a doctor told the and Percocet, one or	nem to use it (counti	ng drugs such as co	ithout a doctor's prodeine, Vicodin, Ox	escription or yContin,			,

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

[§]Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

Male

		Health Risk Behavi	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN57: Percenta	age of students who	ever had sexual inte	rcourse	:	,			
44.3			40.2	37.9	26.7	Decreased, 2011-2021	Not available§	Decreased
QN58: Percenta	age of students who	had sexual intercour	rse for the first time	e before age 13 year	rs			
5.6			2.2	3.3	2.7	Decreased, 2011-2021	Not available	No change
QN59: Percenta	age of students who	had sexual intercour	rse with four or mo	re persons during the	neir life			
13.1			7.4	8.0	6.5	Decreased, 2011-2021	Not available	No change
	age of students who	were currently sexuate the survey)	ally active (had sex	cual intercourse wit	h at least one			
31.7		, , , , , , , , , , , , , , , , , , , ,	28.3	25.8	18.2	Decreased, 2011-2021	Not available	Decreased

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

[§]Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

Male

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
	ge of students who	drank alcohol or us	ed drugs before last	sexual intercourse	(among students			
21.3			17.6	17.7	20.3	No linear change	Not available§	No change
N62: Percenta	ge of students who	used a condom duri	ing last sexual interc	course (among stud	lents who were			•
66.7			57.4	65.5	48.5	Decreased, 2011-2021	Not available	Decreased
	ge of students who donated blood)	were ever tested for	r human immunodef	ficiency virus (HIV	(not counting			
			11.0	9.9	4.9	Decreased, 2017-2021	Not available	Decreased
		were tested for a se the 12 months before		lisease (STD) other	than HIV, such			
				8.4	2.7	Decreased, 2019-2021	Not available	Decrease

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
		who were overweightic reference data fro			ile for body mass			
14.5			15.0	14.3	16.2	No linear change	Not available¶	No change
		s who had obesity (> n the 2000 CDC gro		or body mass index	, based on sex-	No linear change	Not available	No change
16.2 QN68: Percent.	age of students who		wth charts) [§] 18.8	19.2	19.7	No linear change	Not available	No change
and age-specific	age of students who	n the 2000 CDC gro	wth charts) [§] 18.8	19.2	19.7	No linear change Increased, 2011-2021	Not available Not available	No change
16.2 QN68: Percent days before the 20.3	age of students who survey)	n the 2000 CDC gro	wth charts) [§] 18.8 uice (100% fruit jui 28.8	19.2 ces one or more tin	19.7 nes during the 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.

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

Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2022
2011	2013	2015	2017	2019	2021			
		no did not eat fruit o ays before the surve		nices (such as orang	ge juice, apple			
6.5			7.4	8.8	6.4	No linear change	Not available§	No chang
range juice, ap		no ate fruit or drank uice, during the 7 da	ys before the surve	y)	•	5 1 2011 2021	N	
65.5			56.7	56.5	56.8	Decreased, 2011-2021	Not available	No chang
	ntage of students wh	no ate fruit or drank			er day (such as			
		uice, during the 7 da	ys before the surve	y)				

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021	<u> </u>		
QN70: Percent survey)	tage of students who	did not eat green sa	lad (one or more tir	nes during the 7 da	ys before the	,		
41.4			47.7	50.6	48.9	Increased, 2011-2021	Not available§	No change
ON71. Dans		1.1	(one or more times	1 - 2 - 4 - 7 1	1 - C (1)			:
QN/I: Percent	tage of students who	aid not eat potatoes	(one of more times	during the / days	before the survey)			
23.0	tage of students who	did not eat potatoes	31.1	33.3	34.9	Increased, 2011-2021	Not available	No change
23.0	tage of students who		31.1	33.3	34.9	Increased, 2011-2021	Not available	No change
23.0			31.1	33.3	34.9	Increased, 2011-2021 No linear change	Not available Not available	No chang
23.0 QN72: Percent 49.9		did not eat carrots (31.1 one or more times of 50.9	33.3 luring the 7 days be 50.6	34.9 efore the survey) 50.1	·		,

^{*}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.

		Health Risk Behav	ior and Percentage	es		Linear Change [*]	Quadratic Change [*]	Change fron 2019-2021
2011	2013	2015	2017	2019	2021			
		who did not eat vege ots, or other vegetab						
6.4			8.4	9.0	9.8	No linear change	Not available§	No chang
		who ate vegetables of es, or potato chips],				2		
excluding frenc						Decreased, 2011-2021	Not available	No chang
excluding frencurvey) 66.5 QNVEG2: Perc	ch fries, fried potato		57.5 wo or more times pe	58.2 er day (green salad,	58.4 potatoes	Decreased, 2011-2021	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.

ale eight Managem	ent and Dietary Bo	ehaviors Health Risk Behav	rior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
		who ate vegetables tes, or potato chips],						
15.6			11.9	12.7	13.5	No linear change	Not available§	No change
		did not drink a can, et pop, one or more t						
17.2			21.7	25.6	25.6	Increased, 2011-2021	Not available	No change
		s who drank a can, b						
34.8			21.3	22.0	24.0	Decreased, 2011-2021	Not available	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	vior and Percentag	res		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
	ercentage of students Pepsi, or Sprite, not							
buen us cone, i	epsi, or spine, not	counting aret soud v	or diet pop, daring t	ne raays serore and	, survey)			
23.6			12.8	13.6	15.0	Decreased, 2011-2021	Not available§	No change
	age of students who	did not dainly will.			15.0	Decreased, 2011-2021	Not available [§]	No change
	age of students who	did not drink milk			15.0	Decreased, 2011-2021 No linear change	Not available [§] Not available	No chang
2N75: Percenta 2NMILK1: Per rank in a glass	age of students who recentage of students or cup, from a cartering the 7 days befo	who drank one or i	(during the 7 days b 16.0 more glasses per day	perfore the survey) 17.0 y of milk (counting)	19.6 the milk they	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.

[§]Not enough years of data to calculate.

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
lrank in a glass	or cup, from a carto	on, or with cereal an	more glasses per dand counting the half			ı		
o one glass, du	ring the 7 days befo	re the survey)						
one glass, du	ring the 7 days befo	re the survey)	20.4	17.5	14.1	Decreased, 2017-2021	Not available [§]	No change
			20.4 st (during the 7 days			Decreased, 2017-2021	Not available [§]	No change
•			,			Decreased, 2017-2021 No linear change	Not available [§] Not available	
QN76: Percent	age of students who	did not eat breakfa	st (during the 7 days	before the survey) 14.9	16.5			No change

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

lowa High School Survey 10-year Trend Analysis Report

Male **Physical Activity Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 60.6 57.2 54.6 59.8 Not available§ No linear change No change QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 7.4 9.9 12.8 12.2 Not available No linear change No change QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 37.7 37.4 33.1 39.7 Not available

No linear change

No change

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

[§]Not enough years of data to calculate.

Iowa High School Survey 10-year Trend Analysis Report

Male Physical Activity

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
	age of students who were in school)	attended physical e	ducation (PE) classe	es on 1 or more day	rs (in an average			
72.2			67.0	79.3	63.9	No linear change	Not available§	Decreased
	rcentage of students were in school)	s who attended phys	ical education (PE)	classes on all 5 day	vs (in an average			
24.2			20.7	12.5	28.3	No linear change	Not available	Increased
		played on at least of months before the		nting any teams rur	n by their school			
68.1			63.4	62.8	58.7	Decreased, 2011-2021	Not available	No change
N81: Percenta	age of students who	had a concussion frefore the survey)	om playing a sport	or being physically	active (one or			,
iore times darr								

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

Male Other **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey) 79.3 78.8 77.3 No linear change Not available§ No change QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) Not available QN86: Percentage of students who got 8 or more hours of sleep (on an average school night) 24.2 24.0 30.1 No linear change Not available Increased

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

ale e-Added		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
	age of students who nysical, mental, or en	have serious difficu motional problem)	lty concentrating, r	emembering, or ma	king decisions			
		-		25.4	32.5	No linear change	Not available§	Increased
ON100. Dansan	tage of students wh	o have physical disa	hilities or long-tern	n health problems (1	magning 6 months			
or more)	auge of stadents wit	o nave pnysicar aisa	omities of long term	ir neurai problems (i	nearing o months	•		

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

[§]Not enough years of data to calculate.

Semale njury and Violenc	e	Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN8: Percentage	e of students who	did not always wear	a seat belt (when ric	ling in a car driven	by someone else)			
37.7			46.6	47.6	46.4	Increased, 2011-2021	Not available [§]	No change
		rode with a driver w		g alcohol (in a car	or other vehicle,			
22.8			21.9	14.8	18.6	Decreased, 2011-2021	Not available	No change
	g the 30 days before	o drove a car or other ore the survey, amon						
•	3,		**	**	**	**	Not available	**

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2022
2011	2013	2015	2017	2019	2021	_		
	lys before the surve	texted or e-mailed y, among students w						
			56.0	48.3	47.0	No linear change	Not available§	No chang
QN12: Percent east 1 day durin	age of students who	carried a weapon ore the survey)	n school property (s	uch as a gun, knife	, or club, on at			
QN12: Percent least 1 day durii 1.8	age of students who	carried a weapon o	n school property (s	uch as a gun, knife 2.1	, or club, on at	No linear change	Not available	No chang
east 1 day durii	ng the 30 days befor	carried a weapon or the survey)	1.8	2.1	1.9	No linear change	Not available	No chang
1.8 QN13: Percent	ng the 30 days before	re the survey)	1.8 ounting the days wl	2.1	1.9 gun only for	No linear change	Not available	No chan

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

Female Injury and Violence Health Risk Behavior and Percentages Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey) 3.5 7.6 7.5 9.9 Increased, 2011-2021 Not available§ No change QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)

6.0

Increased, 2011-2021

Not available

6.0

6.3

QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the

3.9

No change

survey) 14.1 10.8 11.7 Decreased, 2011-2021 Not available No change 16.6

^{*}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.

[§]Not enough years of data to calculate.

emale jury and Violen	ce	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN17: Percenta 12 months before		were in a physical t	ight on school prop	erty (one or more ti	imes during the			
6.2			5.0	4.5	3.6	Decreased, 2011-2021	Not available [§]	No change
QN19: Percenta want to)	age of students who	were ever physicall	y forced to have sex	ual intercourse (wl	nen they did not			
10.0			16.0	12.8	14.1	Increased, 2011-2021	Not available	No change
[counting such t	hings as kissing, to	experienced sexual uching, or being phy luring the 12 months	sically forced to har	ced by anyone to do we sexual intercour	o sexual things se] that they did			
			18.2	14.2	17.1	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
dating or going forced to have s	out with to do sexusexual intercourse]	o experienced sexual tal things [counting s that they did not wan tted or went out with	uch things as kissing t to do, one or more	g, touching, or bein times during the 1	ng physically 2 months before			
			14.6	8.9	15.0	No linear change	Not available§	Increased
ON22: Percent	age of students who	o experienced physics	al dating violence (but things as being	peing physically hu hit, slammed into s	rt on purpose by			
someone they winjured with an	object or weapon]	one or more times du ne during the 12 mon	ring the 12 months	before the survey, a	among students	No linear change	Not available	No chang
someone they winjured with an who dated or w	object or weapon] ent out with someo	one or more times du	ring the 12 months ths before the surve 9.1	before the survey, a ey) 7.7	among students 10.1	No linear change	Not available	No chang

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

[§]Not enough years of data to calculate.

male jury and Violen	ace	Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
		were electronically al media, ever during			h texting,			
23.5			22.0	25.3	24.9	No linear change	Not available [§]	No change
stopped doing s		felt sad or hopeless , ever during the 12	months before the s	urvey)	·	Increased 2011 2021	Not available	No change
					row so that they 49.5	Increased, 2011-2021	Not available	No change
stopped doing so 28.3	ome usual activities		months before the s	43.5	49.5	Increased, 2011-2021	Not available	No change

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

[§]Not enough years of data to calculate.

Iowa High School Survey 10-year Trend Analysis Report

Female Injury and Violence Health Risk Behavior and Percentages Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) 13.8 15.7 19.4 20.6 Increased, 2011-2021 Not available§ No change QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey) 7.7 9.6 11.7 13.3 Increased, 2011-2021 Not available No change QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey) 2.0 2.7 5.1 3.7 Increased, 2011-2021 Not available No change

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

[§]Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

Female

		Health Risk Behav	ior and Percentage	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
QN30: Percenta	ge of students who	ever tried cigarette	smoking (even one	or two puffs)	:			
36.6			29.2	25.2	16.0	Decreased, 2011-2021	Not available§	Decreased
	ge of students who	first tried cigarette			_	No linear change	Not available	No change
QN31: Percenta QN32: Percenta		first tried cigarette s	7.3	6.6	5.2	No linear change	Not available	No change
QN31: Percenta			7.3	6.6	5.2	No linear change Decreased, 2011-2021	Not available Not available	
QN31: Percenta QN32: Percenta curvey) 18.1	ge of students who		7.3 garettes (on at least	6.6 1 day during the 3 5.8	5.2 0 days before the 2.5			No change

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

[§]Not enough years of data to calculate.

male bacco Use								
		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
QNDAYCIG: l before the surve		nts who currently sm	noked cigarettes dai	y (on all 30 days d	uring the 30 days	,		
4.0			1.2	0.8	0.0	Not available	Not available§	Not availab
		ever used an electro pens, and mods [such				No linear change	Not available	Decreased
vape pens, e-cig		currently used an e okah pens, and mods re the survey)						
			8.2	18.0	18.2	Increased, 2017-2021	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.

lowa High School Survey 10-year Trend Analysis Report

Female

		Health Risk Beha	vior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
	ercentage of students 30 days before the		d electronic vapor pr	oducts frequently (on 20 or more			
			0.6	7.1	6.2	Increased, 2017-2021	Not available§	No change
QNDAYEVP: he 30 days befo		nts who currently us	sed electronic vapor	products daily (on	all 30 days during	9		
			0.0	5.8	5.4	Increased, 2017-2021	Not available	No change
	ntage of students when the 30 days before the		d cigarettes or used e	electronic vapor pro	ducts (on at leas	t		
			15.0	18.6	18.1	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021	-		
dissolvable tob	tage of students who acco products [such , on at least 1 day du	as Copenhagen, Gri	zzly, Skoal, or Cam					
			**	**	**	**	Not available§	**
dip, snus, or di	ercentage of students ssolvable tobacco pr vapor products, on 2	oducts [such as Cop	enhagen, Grizzly, S	koal, or Camel Snu		Not available	Not available	Not availab
		:		1 '1 / 1 ' .	obosso spuff	,		1
dip, snus, or di	Percentage of stude ssolvable tobacco pr vapor products, on a	oducts [such as Cop	enhagen, Grizzly, S	koal, or Camel Snu				

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change fron 2019-2021
2011	2013	2015	2017	2019	2021	_		
	tage of students who ays before the surve		igars (cigars, cigaril	los, or little cigars,	on at least 1 day	,		
**	ays before the surve	у)	**	**	**	**	Not available [§]	**
	entage of students where products (on at lea				tobacco or			
					tobacco or	No linear change	Not available	No chang
electronic vapo ONFRCGR: Po		st 1 day during the 3	0 days before the su 16.7 ked cigars frequentle	19.2	18.1	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.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Iowa High School Survey 10-year Trend Analysis Report

		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
QNTB2: Perce		no currently smoked	cigarettes or cigars	(on at least 1 day d	luring the 30 days			

0.0

0.5

Not available

0.2

0.2

Not available

Not available

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

[§]Not enough years of data to calculate.

ohol and Othe	_	Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021	<u> </u>		
QN40: Percenta	age of students who	had their first drink	of alcohol before a	ge 13 years (other t	than a few sips)			
12.7			12.0	13.6	12.5	No linear change	Not available§	No change
	age of students who		ohol (at least one dr	ink of alcohol, on a	nt least 1 day			
35.8			32.1	26.0	24.8	Decreased, 2011-2021	Not available	No change
if they were fen	age of students who nale or five or more ng the 30 days befor	drinks of alcohol in	ge drinking (had fou a row if they were	r or more drinks of male, within a coup	alcohol in a row ole of hours, on at			
cast I day dulli					10.1	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.

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change fron 2019-2021
2011	2013	2015	2017	2019	2021			
		o reported that the lar		iks they had in a ro	w was 10 or more			
				**	**	**	Not available§	**
		o usually got the alco students who current		omeone giving it to	them (during the			•
				omeone giving it to	them (during the 47.9	No linear change	Not available	No chang
0 days before t	the survey, among s		ly drank alcohol) 48.4	50.1	· · · ·	No linear change	Not available	No chang
0 days before t	the survey, among s	students who current	ly drank alcohol) 48.4	50.1	· · · ·	No linear change No linear change	Not available Not available	No chang
50.0 50.0 2N45: Percent 24.8	the survey, among s	students who current	ly drank alcohol) 48.4 a (one or more time 27.3	50.1 s during their life)	47.9			

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
QN47: Percent survey)	age of students who	currently used mar	juana (one or more	times during the 30	days before the			
11.2			14.0	14.2	11.7	No linear change	Not available§	No change
QN48: Percent	age of students who	ever used synthetic	marijuana (one or r	nore times during the	heir life)			
			4.5	5.0	4.8	No linear change	Not available	No change
QN49: Percent		ever took prescript hem to use it (count	ng drugs such as co					
differently than	and Percocet, one or	more times during	nen me)					

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

[§]Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

Female

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN57: Percenta	age of students who	ever had sexual inte	ercourse	· ·	·			
43.5			45.7	36.7	31.6	Decreased, 2011-2021	Not available [§]	No change
QN58: Percenta	age of students who	had sexual intercou	rse for the first time	e before age 13 year	rs			
2.5			2.1	2.8	1.3	No linear change	Not available	No change
QN59: Percenta	age of students who	had sexual intercou	rse with four or mo	re persons during the	heir life			
13.1			9.3	8.5	6.1	Decreased, 2011-2021	Not available	No change
	age of students who	were currently sexu	ally active (had sex	ual intercourse wit	h at least one			,
34.3		, , , , , , , , , , , , , , , , , , , ,	36.7	26.1	23.1	Decreased, 2011-2021	Not available	No change

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

[§]Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

Female

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change fron 2019-2021
2011	2013	2015	2017	2019	2021			
	age of students who	drank alcohol or us	ed drugs before last	sexual intercourse	(among students	,		
14.8			17.3	15.0	18.1	No linear change	Not available§	No change
N62: Percenta	nge of students who ly active)	used a condom duri	ing last sexual interes	course (among stud	lents who were			,
56.2			49.5	44.2	48.3	No linear change	Not available	No change
	age of students who y donated blood)	were ever tested for	r human immunode	ficiency virus (HIV	(not counting			
			10.5	8.2	5.8	Decreased, 2017-2021	Not available	No change
		were tested for a se the 12 months before		lisease (STD) other	than HIV, such			
				8.7	5.8	No linear change	Not available	Decrease

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
		who were overweight ic reference data fro			ile for body mass			
14.5			17.0	17.7	15.8	No linear change	Not available [¶]	No change
011000000								
		s who had obesity (> n the 2000 CDC gro		or body mass index 14.7	, based on sex-	No linear change	Not available	No change
and age-specific	age of students who		wth charts)§	14.7	12.1	No linear change	Not available	No change
and age-specific 10.1 QN68: Percent	age of students who	n the 2000 CDC gro	wth charts)§	14.7	12.1	No linear change Increased, 2011-2021	Not available Not available	No change
22.0	age of students who survey)	n the 2000 CDC gro	wth charts) [§] 11.8 uice (100% fruit jui 34.3	14.7 ces one or more tin	12.1 nes during the 7 36.3			

^{*}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.

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

Not enough years of data to calculate.

Female Veight Managem	ent and Dietary Bo	ehaviors Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
		no did not eat fruit o ays before the surve		uices (such as oran	ge juice, apple			
2.8			7.5	5.1	6.1	Increased, 2011-2021	Not available§	No change
		no ate fruit or drank uice, during the 7 da			er day (such as			
62.4			59.5	54.3	49.7	Decreased, 2011-2021	Not available	No change
		no ate fruit or drank uice, during the 7 da			er day (such as			,
29.1			25.5	23.7	23.2	Decreased, 2011-2021	Not available	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021	<u> </u>		
QN70: Percent survey)	tage of students who	did not eat green sa	lad (one or more tin	nes during the 7 da	ys before the	,		
34.3			40.0	38.5	41.5	Increased, 2011-2021	Not available§	No change
ON71: Percent	tage of students who	did not eat potatoes	(one or more times	during the 7 days	before the survey)			
_			`	8				
26.2		•	30.4	38.6	42.1	Increased, 2011-2021	Not available	No change
26.2	tage of students who		30.4	38.6	42.1	Increased, 2011-2021	Not available	No change
26.2			30.4	38.6	42.1	Increased, 2011-2021 No linear change	Not available Not available	No chang
26.2 QN72: Percent 48.2		did not eat carrots (30.4 one or more times of 54.9	38.6 during the 7 days be 50.9	42.1 efore the survey) 53.1			

^{*}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.

		Health Risk Behav	ior and Percentage		Linear Change [*]	Quadratic Change*	Change from 2019-2021	
2011	2013	2015	2017	2019	2021			
		who did not eat vege ots, or other vegetab						
2.7			7.8	6.8	6.7	Increased, 2011-2021	Not available§	No chang
		who ate vegetables of es, or potato chips],				,		
excluding frenc						Decreased, 2011-2021	Not available	No chang
excluding frendurvey) 63.0 QNVEG2: Perc	centage of students		54.9 wo or more times po	55.3 er day (green salad,	53.9 potatoes	Decreased, 2011-2021	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.

	ent and Dietary Bo	Health Risk Behav	ior and Percentag		Linear Change*	Quadratic Change [*]	Change from 2019-2021 †	
2011	2013	2015	2017	2019	2021			
		who ate vegetables tes, or potato chips],						
10.8			7.9	9.9	8.4	No linear change	Not available [§]	No change
		did not drink a can, et pop, one or more t						
22.2			30.3	30.2	31.9	Increased, 2011-2021	Not available	No change
<i>LL</i> . <i>L</i>								
QNSODA1: Pe		s who drank a can, b						

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

[§]Not enough years of data to calculate.

		Health Risk Behav	vior and Percentag	res		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
	ercentage of students Pepsi, or Sprite, not							
Such as Coke, I	epsi, or spirite, not	counting aret sour	or diet pop, daring t	ne / days serore an	o sai (ey)			
12.4			8.5	7.4	6.8	Decreased, 2011-2021	Not available§	No change
	age of students who	did not drink milk			6.8	Decreased, 2011-2021	Not available [§]	No change
	age of students who	did not drink milk			35.1	Decreased, 2011-2021 Increased, 2017-2021	Not available [§] Not available	No change
QN75: Percenta QNMILK1: Per Irank in a glass	age of students who reentage of students or cup, from a cartering the 7 days befo	who drank one or i	(during the 7 days b 24.3 more glasses per day	perfore the survey) 29.7 y of milk (counting)	35.1 the milk they	Increased, 2017-2021		

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag		Linear Change*	Quadratic Change*	Change from 2019-2021	
2011	2013	2015	2017	2019	2021			
lrank in a glass	ercentage of students s or cup, from a carto	on, or with cereal an				[
o one glass, du	ring the 7 days before	re the survey)						
			7.9	4.6	3.7	Decreased, 2017-2021	Not available§	No change
ON76: Percent	age of students who	did not eat breakfas				Decreased, 2017-2021	Not available [§]	No change
QN76: Percent	age of students who	did not eat breakfas	st (during the 7 days	before the survey)		·		
	age of students who		at (during the 7 days	before the survey) 16.5	21.3	Decreased, 2017-2021 Increased, 2017-2021	Not available [§] 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.

male ysical Activity		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change fron 2019-2021
2011	2013	2015	2017	2019	2021	_		
	activity that increa	were physically act sed their heart rate a						
41.9			41.4	42.3	43.4	No linear change	Not available§	No change
	Damantaga of studen	nts who did not parti	cipate in at least 60					
least 1 day (in at the time during		activity that increas				N. P. I	N . 2111	N. I
least 1 day (in a	ny kind of physical	activity that increas	ed their heart rate at	nd made them breat	he hard some of	No linear change	Not available	No change
least 1 day (in a) the time during 10.5 QNPA7DAY: I	ny kind of physical the 7 days before the Percentage of students sical activity that in	activity that increas	12.2 Ally active at least 6	13.5 0 minutes per day	14.1 on all 7 days (in	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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Female

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
	age of students who	attended physical e	ducation (PE) class	es on 1 or more day	vs (in an average			
69.3			56.4	72.7	54.7	No linear change	Not available§	No change
	rcentage of student were in school)	s who attended phys	ical education (PE)	classes on all 5 day	ys (in an average			
20.9			12.1	11.5	21.8	No linear change	Not available	No change
		played on at least o 2 months before the		nting any teams rui	n by their school			
60.0			58.5	60.2	55.6	No linear change	Not available	No change
	age of students who	had a concussion frefore the survey)	om playing a sport	or being physically	active (one or			

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

[§]Not enough years of data to calculate.

		Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021	<u> </u>		
		saw a dentist (for a	check-up, exam, tee	eth cleaning, or oth	er dental work,			
uring the 12 m	onths before the sur	vey)						
iuring the 12 ii								
uring the 12 h			77.9	81.1	78.6	No linear change	Not available§	No chang
NNODNT: F	Percentage of studen	ts who never saw a o				No linear change	Not available [§]	No chang
	ercentage of studen	ts who never saw a o				No linear change	Not available [§]	No chang
NNODNT: F	ercentage of studen	ts who never saw a o	dentist (for a check-	up, exam, teeth clea	aning, or other			,
NNODNT: Fental work)		ts who never saw a o	dentist (for a check-	up, exam, teeth clea	aning, or other			,

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Female Site-Added		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021	_		
	age of students who	have serious difficu motional problem)	lty concentrating, r	emembering, or ma	king decisions			
•	•	•		39.1	56.5	Increased, 2019-2021	Not available§	Increased
QN100: Percer or more)	ntage of students wh	o have physical disa	bilities or long-tern	n health problems (meaning 6 months			
				12.9	13.5	No linear change	Not available	No change

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

Not enough years of data to calculate.

		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
QN8: Percentag	ge of students who	did not always wear	a seat belt (when ric	ling in a car driven	by someone else)			
40.7			47.2	44.5	44.6	No linear change	Not available¶	No chang
N9: Percentag		rode with a driver whys before the survey		g alcohol (in a car	or other vehicle,			
QN9: Percentag				g alcohol (in a car	or other vehicle,	Decreased, 2011-2021	Not available	No chang
QN9: Percentaçone or more tim 22.4 QN10: Percenta	age of students who		21.0 vehicle when they	15.1 had been drinking	18.4 alcohol (one or	Decreased, 2011-2021	Not available	No chang

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

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

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
during the 30 da	tage of students who							
before the surve	ey)		56.5	49.7	46.9	Decreased, 2017-2021	Not available¶	No change
		carried a weapon of	n school property (s	uch as a gun, knife	or club, on at			
	tage of students who ing the 30 days befor		3.5	3.7	3.5	No linear change	Not available	No change
least 1 day during 3.7 QN13: Percent		carried a gun (not c	3.5 ounting the days wl	nen they carried a g	un only for	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.

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White*

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
	tage of students who n at least 1 day durin			insafe at school or o	n their way to or			
3.2			5.8	6.3	6.6	Increased, 2011-2021	Not available¶	No change
	tage of students who lub, one or more tim				rty (such as a	No linear change	Not available	No change
gun, knife, or cl 5.3		es during the 12 mo	nths before the surv	6.4	6.2		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.

lowa High School Survey 10-year Trend Analysis Report

White*

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
QN17: Percent 12 months befo		were in a physical f	ight on school prop	erty (one or more ti	mes during the			
8.3			6.5	5.9	5.2	Decreased, 2011-2021	Not available [¶]	No change
QN19: Percent want to) 5.3	tage of students who	were ever physicall	y forced to have sex	kual intercourse (wh	nen they did not	Increased, 2011-2021	Not available	No change
						,		
								· · · · · · · · · · · · · · · · · · ·
QN20: Percent counting such	things as kissing, to	experienced sexual uching, or being phy luring the 12 months	sically forced to ha					

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

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

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
dating or going forced to have s	out with to do sexusexual intercourse]	o experienced sexual nal things [counting s that they did not wan ated or went out with	uch things as kissin t to do, one or more	g, touching, or being times during the 1	ng physically 2 months before			
			8.2	4.9	9.6	No linear change	Not available¶	Increased
someone they winjured with an	vere dating or going object or weapon]	o experienced physic g out with [counting sone or more times du ne during the 12 more	uch things as being ring the 12 months	hit, slammed into before the survey,	something, or	No linear change	Not available	No chang
someone they winjured with an who dated or w	vere dating or going object or weapon] ent out with someo	g out with [counting sone or more times du	uch things as being ring the 12 months this before the surve 7.0	hit, slammed into before the survey, a before the survey, a bey)	something, or among students 7.2	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.

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

hite* jury and Viole	ence							
		Health Risk Beha	avior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
			bullied (counting begins the 12 months before		n texting,			
nsugram, race	book, or other socia	ii iiicaia, evei auriii	5 the 12 months serv	,,				
16.5	cook, of other socia	ir media, ever during	18.7	18.4	18.6	No linear change	Not available¶	No chang
16.5 QN25: Percenta	age of students who	felt sad or hopeless		18.4 For >=2 weeks in a		No linear change	Not available [¶]	No chang
16.5 QN25: Percenta	age of students who	felt sad or hopeless	18.7	18.4 For >=2 weeks in a		No linear change Increased, 2011-2021	Not available [¶] Not available	No chang No chang
20025: Percentatopped doing s	age of students who ome usual activities	felt sad or hopeless s, ever during the 12	18.7 s (almost every day f	18.4 For >=2 weeks in a survey) 31.3	row so that they 36.5			

^{*}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 Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
QN27: Percent before the surve		made a plan about l	now they would atte	mpt suicide (during	g the 12 months			
10.9			12.5	14.2	15.4	Increased, 2011-2021	Not available [¶]	No chang
				1	2 months hafara			
	age of students who	actually attempted s	suicide (one or more	times during the 1	2 months before			
QN28: Percent the survey) 5.0	age of students who	actually attempted s	7.3	9.2	8.3	Increased, 2011-2021	Not available	No chang
he survey) 5.0 QN29: Percent	age of students who	had a suicide attempted se (during the 12 mo	7.3	9.2 n injury, poisoning,	8.3	·	Not available	No chang

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

White*

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
N30: Percenta	age of students who	ever tried cigarette	smoking (even one	or two puffs)				
36.8			28.8	24.6	15.3	Decreased, 2011-2021	Not available¶	Decreased
N31: Percenta	nge of students who	first tried cigarette	smoking before age	13 years (even one	e or two puffs) 5.9	No linear change	Not available	No chang
			7.8	6.8	5.9	No linear change	Not available	No change
		first tried cigarette	7.8	6.8	5.9	No linear change	Not available	No chang
N32: Percenta			7.8	6.8	5.9	No linear change Decreased, 2011-2021	Not available Not available	No chang
N32: Percenta urvey) 18.0	nge of students who		7.8 igarettes (on at least	6.8 t 1 day during the 3	5.9 0 days before the 3.7			

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

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		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
QNDAYCIG: 1		nts who currently sn	oked cigarettes dail	y (on all 30 days d	uring the 30 days			
**			**	**	**	**	Not available¶	**
		smoked more than ng students who curr			smoked during			
**			**	**	**	**	Not available	**
		ever used an electro						
oens, e-cigars, e	, 1	, .	, ,	. ,				

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Vhite* 'obacco Use								
		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
vape pens, e-cig		currently used an el kah pens, and mods re the survey)						
			9.7	21.0	14.8	No linear change	Not available¶	Decreased
	ercentage of students	s who currently used survey)	electronic vapor pr	oducts frequently (on 20 or more			·
			1.4	8.9	6.5	Increased, 2017-2021	Not available	No change
								T to Change
QNDAYEVP: the 30 days before		nts who currently us	ed electronic vapor	products daily (on	all 30 days during			
		nts who currently us	ed electronic vapor	products daily (on 6.8	all 30 days during	Increased, 2017-2021	Not available	No change
the 30 days before QNTB5: Perce	ore the survey)	no currently smoked	1.0	6.8	5.2		Not available	

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

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

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		Health Risk Beha		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §		
2011	2013	2015	2017	2019	2021			
dissolvable tob	acco products [such	o currently used smol as Copenhagen, Gri uring the 30 days bef	zzly, Skoal, or Cam	wing tobacco, snuff ael Snus], not count	f, dip, snus, or ing any electronic			
			6.6	4.8	2.3	Decreased, 2017-2021	Not available [¶]	Decrease
dip, snus, or dis	ssolvable tobacco pr	s who currently used roducts [such as Cope 00 or more days during 10 or more days days during 10 or more days days days days days days days days	enhagen, Grizzly, S	koal, or Camel Snu		**	Not available	**
dip, snus, or distany electronic value. QNDAYSKL: dip, snus, or dis	ssolvable tobacco provapor products, on 2 Percentage of stude ssolvable tobacco products.	oducts [such as Cope	enhagen, Grizzly, S ng the 30 days befor ** ed smokeless tobac enhagen, Grizzly, S	koal, or Camel Snure the survey) ** co daily (chewing to koal, or Camel Snur	** cobacco, snuff,	**	Not available	**

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

hite* obacco Use								
		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
	age of students who	currently smoked c	igars (cigars, cigaril	los, or little cigars,	on at least 1 day	,		
**	rys before the surve	y)	**	**	**	**	Not available¶	**
		no currently smoked st 1 day during the 3			tobacco or	No linear change	Not available	Decreased
electronic vapor	r products (on at lea		0 days before the standard 17.5 ked cigars frequent	22.0	14.8	No linear change	Not available	Decrease

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

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2015						
	2017	2019	2021			
o currently smoked	cigarettes or cigars	(on at least 1 day d	luring the 30 days	s		
	11.9	7.9	4.2	Decreased, 2011-2021	Not available¶	Decreased
1		11.9	11.9 7.9 nts who currently smoked cigars daily (cigars, cigarillos, o	11.9 7.9 4.2 nts who currently smoked cigars daily (cigars, cigarillos, or little cigars, on	nts who currently smoked cigars daily (cigars, cigarillos, or little cigars, on	11.9 7.9 4.2 Decreased, 2011-2021 Not available nts who currently smoked cigars daily (cigars, cigarillos, or little cigars, on

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	<u> </u>		
QN40: Percenta	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	13.3	No linear change	Not available¶	No change
	age of students who	currently drank alco	ohol (at least one dri	ink of alcohol, on a	t least 1 day			,
			ohol (at least one dri	ink of alcohol, on a	at least 1 day 23.0	Decreased, 2011-2021	Not available	No chang
36.1 QN42: Percental fithey were fen	ays before the surve	currently were bing	29.7 e drinking (had four	27.2	23.0 alcohol in a row	Decreased, 2011-2021	Not available	No chang

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

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

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	er Drug Use	Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
		o reported that the land re 30 days before the		ıks they had in a rov	v was 10 or more	·		
				**	**	**	Not available¶	**
		o usually got the alcostudents who current		omeone giving it to	them (during the	No linear change	Not available	No chan
30 days before t 42.5	the survey, among s		ly drank alcohol) 44.6	45.1		No linear change	Not available	No chan
30 days before t 42.5	the survey, among s	students who current	ly drank alcohol) 44.6	45.1		No linear change No linear change	Not available Not available	No chan
42.5 42.5 QN45: Percent 24.7	the survey, among s	students who current	a (one or more time	45.1 s during their life) 25.1	40.2			

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
QN47: Percent survey)	tage of students who	currently used mari	juana (one or more	times during the 30	days before the			
13.0			12.3	13.3	10.4	No linear change	Not available [¶]	No chang
N48: Percent	tage of students who	ever used synthetic	marijuana (one or n	nore times during t	heir life)			
			4.0	4.6	5.1	No linear change	Not available	No chang
lifferently than	how a doctor told to	ever took prescripti hem to use it (counti more times during (ng drugs such as co					

^{*}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.

lowa High School Survey 10-year Trend Analysis Report

White*

		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
QN57: Percenta	age of students who	ever had sexual inte	ercourse	:	:			
42.9			43.7	37.0	29.1	Decreased, 2011-2021	Not available [¶]	No change
QN58: Percenta	age of students who	had sexual intercou	rse for the first time	e before age 13 year	rs .			
3.3			1.5	2.8	1.3	Decreased, 2011-2021	Not available	No change
QN59: Percenta	age of students who	had sexual intercou	rse with four or mo	re persons during th	neir life			
			8.1	7.9	6.0	Decreased, 2011-2021	Not available	No change
12.2								
QN60: Percenta	age of students who	were currently sexu	ally active (had sex	ual intercourse with	n at least one			

^{*}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.

lowa High School Survey 10-year Trend Analysis Report

White*

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
	ge of students who	drank alcohol or us	ed drugs before last	sexual intercourse	(among students			
16.7			16.7	15.2	19.7	No linear change	Not available [¶]	No change
QN62: Percenta		used a condom dur	ing last sexual intere	course (among stud	lents who were			
61.4			51.9	53.0	51.7	Decreased, 2011-2021	Not available	No change
	ge of students who	were ever tested for	r human immunode	ficiency virus (HIV	() (not counting			
			9.2	8.5	4.8	Decreased, 2017-2021	Not available	Decreased
		were tested for a se the 12 months befor		disease (STD) other	than HIV, such			
	8			8.4	3.5	Decreased, 2019-2021	Not available	Decrease

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

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

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
		who were overweigh fic reference data fro			ile for body mass			
14.1			16.5	16.7	14.5	No linear change	Not available	No change
		s who had obesity (> m the 2000 CDC gro		or body mass index,	based on sex-	Increased, 2011-2021	Not available	No chang
and age-specifi 11.4	c reference data from		owth charts)¶ 14.2	16.6	15.0	Increased, 2011-2021	Not available	No chang
and age-specifi 11.4 QN68: Percent	c reference data from	m the 2000 CDC gro	owth charts)¶ 14.2	16.6	15.0	Increased, 2011-2021 Increased, 2011-2021	Not available Not available	No chang
21.0	tage of students who survey)	m the 2000 CDC gro	14.2 uice (100% fruit jui	16.6 ces one or more tin	15.0 nes during the 7			

^{*}Non-Hispanic.

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

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

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

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

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
		no did not eat fruit onlys before the surve		uices (such as orang	ge juice, apple			
4.3			7.3	7.4	5.7	Increased, 2011-2021	Not available¶	No chang
		no ate fruit or drank uice, during the 7 da			r day (such as			
64.3			57.6	55.2	52.8	Decreased, 2011-2021	Not available	No chang
		no ate fruit or drank uice, during the 7 da			er day (such as			,
29.5			25.0	24.2	23.3	Decreased, 2011-2021	Not available	No chang

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

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

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
QN70: Percent survey)	age of students who	did not eat green sa	alad (one or more tir	mes during the 7 da	ys before the			
37.1			44.1	43.5	43.1	Increased, 2011-2021	Not available [¶]	No change
QN71: 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	37.3	Increased, 2011-2021	Not available	No chang
QN72: Percent	age of students who	did not eat carrots	(one or more times of	during the 7 days be	efore the survey)			
47.8			52.2	49.3	50.4	No linear change	Not available	No chang
	6 . 1 1	did not eat other ve	egetables (one or mo	ore times during the	7 days before the			
QN73: Percent survey)	age of students who	did not cat other ve	gettieres (one or mo	8	J			

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

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

		Health Risk Beha	vior and Percentag	res		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
	centage of students or potato chips], carr							
3.9			7.6	7.0	7.2	Increased, 2011-2021	Not available¶	No chang
	centage of students	who ate vegetables o	one or more times pe	r day (green salad,				
excluding french	ch fries, fried potato			getables, during the	7 days before the	2		
excluding french				setables, during the	7 days before the 56.7	Decreased, 2011-2021	Not available	No chan
excluding frenceurvey) 66.0 QNVEG2: Perceurvey		es, or potato chips], who ate vegetables t	57.8 wo or more times pe	57.5 er day (green salad,	56.7 potatoes	Decreased, 2011-2021	Not available	No chan

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

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

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
		who ate vegetables these, or potato chips],						
13.2			8.8	11.2	9.4	Decreased, 2011-2021	Not available¶	No change
		did not drink a can, et pop, one or more t				Increased, 2011-2021	Not available	No chang
0NG0D11 D		s who drank a can, b						
QNSODA1: Pe (such as Coke, l	Pepsi, or Sprite, not	counting thet soua c	diet pop, during t	ie, aujo cerore un				

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

		Health Risk Beha	avior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
			pottle, or glass of so					
	Pepsi, or Sprite, not	counting diet soda	or diet pop, during th	ne / days before the	e survey)			
(sucii as Coke, i								
17.8			10.4	10.3	10.8	Decreased, 2011-2021	Not available¶	No change
17.8		did not drink milk	10.4 (during the 7 days b	1	10.8	Decreased, 2011-2021	Not available [¶]	No change
17.8		did not drink milk		1	26.4	Decreased, 2011-2021 Increased, 2017-2021	Not available Not available	No change
17.8 QN75: Percenta QNMILK1: Pe	age of students who	who drank one or i	(during the 7 days b	efore the survey) 22.4 y of milk (counting)	26.4	Increased, 2017-2021		
17.8 QN75: Percenta QNMILK1: Pedrank in a glass	age of students who	who drank one or i	(during the 7 days b 18.2 more glasses per day	efore the survey) 22.4 y of milk (counting)	26.4	Increased, 2017-2021		

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

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

		Health Risk Beha	nvior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §		
2011	2013	2015	2017	2019	2021					
QNMILK3: Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, during the 7 days before the survey)										
to one glass, du	iring the 7 days bero	ie tile survey)								
to one glass, du	iring the 7 days bero	re the survey)	15.9	12.1	9.6	Decreased, 2017-2021	Not available¶	No change		
	tage of students who					Decreased, 2017-2021	Not available [¶]	No change		
						Decreased, 2017-2021 No linear change	Not available [¶] Not available	No change		
QN76: Percent		did not eat breakfa	st (during the 7 days	s before the survey) 14.0	17.4	·				

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

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

		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	<u> </u>		
	age of students who l activity that increa ne survey)							
52.2			51.1	52.2	54.1	No linear change	Not available¶	No chang
	Percentage of stude	activity that increase						
	the 7 days before th	e survey)						
		e survey)	9.4	11.4	11.6	Increased, 2011-2021	Not available	No chang
8.1 QNPA7DAY: 1	the 7 days before the Percentage of studer sical activity that in	nts who were physic	ally active at least 6	0 minutes per day of	on all 7 days (in	Increased, 2011-2021	Not available	No chang

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

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

Iowa High School Survey 10-year Trend Analysis Report

Physical Activity Linear Change[†] **Health Risk Behavior and Percentages** Quadratic Change[†] Change from 2019-2021 § 2011 2013 2015 2017 2019 2021 QN79: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school) 70.9 62.0 76.7 59.4 No linear change Not available Decreased QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school) 22.3 15.8 10.7 25.7 No linear change Not available Increased

QN81: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)

14.9 12.7 11.7 No linear change Not available No change

59.9

Decreased, 2011-2021

Not available

63.3

White*

QN80: Percentage of students who played on at least one sports team (counting any teams run by their school

61.6

or community groups, during the 12 months before the survey)

65.3

No change

^{*}Non-Hispanic.

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

 $^{{}^{\}S}B$ ased on t-test analysis, p < 0.05.

Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
01/04 D					· ·			
			check-up, exam, tee	eth cleaning, or oth	er dental work,			
	age of students who conths before the sur		-	-		No linear change	Not available	No chang
			check-up, exam, ted	eth cleaning, or other	er dental work,	No linear change	Not available [¶]	No chang
during the 12 m		vey)	81.0	82.5	81.9	No linear change	Not available [¶]	No chang
during the 12 m	onths before the sur	vey)	81.0	82.5	81.9	No linear change	Not available [¶] Not available	No chang

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
		have serious difficumotional problem)	alty concentrating, r	emembering, or ma	king decisions			
	age of students who nysical, mental, or e		ilty concentrating, r	emembering, or ma	king decisions 43.0	Increased, 2019-2021	Not available [¶]	Incr
(because of a ph	nysical, mental, or e		,	30.4	43.0	,	Not available [¶]	Increase

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

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

		Health Risk Beha	vior and Percentas	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
QN8: Percentag	ge of students who	did not always wear	a seat belt (when ric	ling in a car driven	by someone else)			
54.7			51.9	48.3	54.3	No linear change	Not available¶	No chang
		rode with a driver wl		g alcohol (in a car	or other vehicle,			,
				g alcohol (in a car of	or other vehicle,	No linear change	Not available	No chang
33.9 QN10: Percent ore times duri	age of students who		16.3 vehicle when they	13.4 had been drinking	21.3	No linear change	Not available	No chanş

^{*}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 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
during the 30 da	age of students who							
efore the surve	Σ γ)							
efore the surve	59)		**	**	**	**	Not available¶	**
N12: Percent	age of students who					**	Not available [¶]	**
QN12: Percent:	age of students who					**	Not available Not available	**
QN12: Percenta east 1 day durin ** QN13: Percenta	age of students who ng the 30 days befor age of students who	carried a gun (not c	n school property (s ** ounting the days where th	uch as a gun, knife, ** nen they carried a g	or club, on at ** un only for			
least 1 day durii ** QN13: Percenti	age of students who ng the 30 days befor	carried a gun (not c	n school property (s ** ounting the days where th	uch as a gun, knife, ** nen they carried a g	or club, on at ** un only for			

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

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		Health Risk Beha	vior and Percentas	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
		did not go to school		insafe at school or o	n their way to or			
	at least 1 day durin	g the 30 days before						
**			**	**	**	**	Not available [¶]	**
							Not available	
		were threatened or es during the 12 mo			rty (such as a		Not available	
					rty (such as a	**	Not available	**
un, knife, or cl			nths before the surv	rey)		**		**
un, knife, or cl	ub, one or more tim		nths before the surv	**	**	**		**

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
	tage of students who	were in a physical t	ight on school prop	erty (one or more ti	mes during the			
22.2			12.9	13.3	14.7	No linear change	Not available [¶]	No change
QN19: Percen want to)	tage of students who	were ever physicall	y forced to have sex	cual intercourse (wh	nen they did not			
**			**	**	**	**	Not available	**
[counting such	tage of students who things as kissing, to one or more times of	uching, or being phy	sically forced to ha	ced by anyone to do	o sexual things se] that they did			

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
lating or going orced to have s	out with to do sexusexual intercourse]	experienced sexual al things [counting so that they did not wan ted or went out with	ach things as kissin t to do, one or more	g, touching, or being times during the 1	g physically 2 months before			
			**	0.0	**	**	Not available¶	**
someone they w	vere dating or going object or weapon]	o experienced physica gout with [counting sone or more times du ne during the 12 mon	uch things as being ring the 12 months	hit, slammed into s before the survey, a	something, or			
		Ç	**	**	**	**	Not available	**
who dated or w		were bullied on sch				**	Not available	**

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Black* njury and Viole	nce							
		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
	age of students who book, or other socia				h texting,			
24.8			10.9	23.3	15.6	No linear change	Not available¶	No change
	age of students who ome usual activities				row so that they			
					row so that they 38.1	No linear change	Not available	No change
stopped doing so		, ever during the 12	months before the s	28.5	38.1	No linear change	Not available	No change

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

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

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jury and Viole		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
QN27: Percenta before the surve		made a plan about l	now they would atte	empt suicide (during	g the 12 months			
**	·y)		**	**	**	**	Not available¶	**
ጥ ጥ								
	age of students who	actually attempted	suicide (one or mor	e times during the 1	2 months before			
QN28: Percenta	age of students who	actually attempted :						
	age of students who	actually attempted	suicide (one or mor	e times during the 1	2 months before **	**	Not available	**
QN28: Percenta the survey) ** QN29: Percenta	age of students who	actually attempted actually attempted a suicide attempted attempte	** pt that resulted in a	** n injury, poisoning,	**	**	Not available	**

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

bacco Use		Health Risk Beha	vior and Percenta	ages		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
QN30: Percent	age of students who	ever tried cigarette	smoking (even one	e or two puffs)	:	,		
**			**	**	**	**	Not available¶	**
N31: Percent	age of students who	first tried cigarette	smoking before ag	e 13 years (even one	e or two puffs)			
			**	**	**	**	Not available	**
			**		**	**	Not available	**
QN32: Percent			**	**	**	** Not available	Not available Not available	** Not availa
QN32: Percent urvey) **	age of students who	currently smoked c	** igarettes (on at lea **	** st 1 day during the 3	** 0 days before the **			

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
QNDAYCIG: 1 before the surve		nts who currently sm	oked cigarettes dail	y (on all 30 days d	uring the 30 days			
4.0	<i>'</i> 37		0.0	0.0	0.0	Not available	Not available [¶]	Not availab
		ever used an electro pens, and mods [such				No linear change	Not available	No chang
	age of students who	currently used an e	ectronic vapor prod					
ape pens, e-cig		okah pens, and mods	[such as JUUL, SM	lOK, Suorin, Vuse,	and blu], on at			

^{*}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.

Black* Tobacco Use								
		Health Risk Behav	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
	ercentage of students 30 days before the	s who currently used	electronic vapor pr	oducts frequently (on 20 or more			
days during the	30 days before the	survey)	0.0	1.4	0.0	Not available	Not available¶	Not availabl
QNDAYEVP: the 30 days before		ents who currently use	ed electronic vapor	products daily (on	all 30 days during			,
			0.0	1.4	0.0	Not available	Not available	Not availab
	ntage of students w	ho currently smoked survey)		·		Not available	Not available	Not availab

^{*}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.

lowa High School Survey 10-year Trend Analysis Report

Black* Fobacco Use								
		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	-		
dissolvable tob	acco products [such	o currently used smol as Copenhagen, Gri uring the 30 days bef	zzly, Skoal, or Cam					
			**	**	**	**	Not available¶	**
dip, snus, or dis	ssolvable tobacco pi	s who currently used roducts [such as Cope 00]	enhagen, Grizzly, S	koal, or Camel Snu				,
			0.0	0.0	0.0	Not available	Not available	Not availab
dip, snus, or dis	ssolvable tobacco pr	ents who currently us roducts [such as Cop- all 30 days during the	enhagen, Grizzly, S	koal, or Camel Snu				

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

ack* obacco Use								
		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
	age of students who	o currently smoked c	igars (cigars, cigaril	llos, or little cigars,	on at least 1 day	;		
during the 50 da	ays octore the surve	·y)						
**			**	**	**	**	Not available¶	**
QNTB4: Perce		ho currently smoked ast 1 day during the 3	cigarettes or cigars d days before the su	or used smokeless urvey)	tobacco or			
QNTB4: Perce			cigarettes or cigars	or used smokeless		** No linear change	Not available [¶] Not available	** No change
QNTB4: Perce electronic vapor	r products (on at lea		cigarettes or cigars days before the so 5.5	or used smokeless urvey) 9.3	tobacco or			

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

2019	2021	_		
gars (on at least 1 day o	during the 30 days			
**	**	**	Not available¶	**
i		** ** ly (cigars, cigarillos, or little cigars, on		Not available

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

	Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2013	2015	2017	2019	2021			
of students who	had their first drink	of alcohol before a	ge 13 years (other the	nan a few sips)	,		
		10.7	18.1	16.7	No linear change	Not available¶	No change
		ohol (at least one dri	ink of alcohol, on a	least 1 day			i
		**	**	**	**	Not available	**
	of students who	of students who had their first drink	of students who had their first drink of alcohol before a 10.7 of students who currently drank alcohol (at least one dribefore the survey)	of students who had their first drink of alcohol before age 13 years (other the students who currently drank alcohol (at least one drink of alcohol, on at before the survey)	of students who had their first drink of alcohol before age 13 years (other than a few sips) 10.7 18.1 16.7 of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day before the survey)	of students who had their first drink of alcohol before age 13 years (other than a few sips) 10.7 18.1 16.7 No linear change of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day before the survey)	of students who had their first drink of alcohol before age 13 years (other than a few sips) 10.7 18.1 16.7 No linear change Not available of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day before the survey)

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
		reported that the lar		ks they had in a rov	v was 10 or more			
				0.0	0.0	Not available	Not available [¶]	Not availab
2N45: Percent	age of students who	ever used marijuana	a (one or more time 35.3	s during their life) 37.6	20.0	Decreased, 2011-2021	Not available	Decrease
52.4		ever used marijuana tried marijuana for	35.3	37.6	20.0	Decreased, 2011-2021	Not available	Decrease
52.4			35.3	37.6	20.0	Decreased, 2011-2021 Not available	Not available Not available	
52.4 QN46: Percent 15.1	age of students who		35.3 the first time before 9.0	37.6 age 13 years 5.7	0.0	·		Decrease Not availa

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
NAS. Damaant	age of students who	arram used symthetic	mariiyana (ana an	mara timas during t	hoir life)			
N48: Percent	age of students who	ever used synthetic	-	_				1 1.21.
N48: Percent	age of students who	ever used synthetic	marijuana (one or i	more times during the	heir life) **	**	Not available¶	**
N49: Percent	age of students who	ever took prescripti	** on pain medicine w	** vithout a doctor's pro	** escription or	**	Not available [¶]	**
N49: Percent	age of students who how a doctor told ti	·	** on pain medicine w	** vithout a doctor's pro	** escription or	**	Not available [¶]	**

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

Black*

		Health Risk Beha	vior and Percenta	nges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
QN57: Percenta	age of students who	ever had sexual into	ercourse	.	·			
49.0			44.9	31.5	34.5	No linear change	Not available¶	No change
N58: Percents	ago of students who	1 1 1 1 1	C 1 C			· · ·		
21130. 1 0100114	age of students who	had sexual intercou	irse for the first tim	e before age 13 year	rs			
**	age of students who	o had sexual intercou	rse for the first tim	e before age 13 year	rs **	**	Not available	**
**		had sexual intercou	**	**	**	**	Not available	**
**			**	**	**	**	Not available Not available	**
** QN59: Percenta ** QN60: Percenta	age of students who	had sexual intercou	** urse with four or mo	** Dre persons during the **	** neir life **			

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
QN82: Percentage tests done if they		were ever tested for	human immunode	ficiency virus (HIV) (not counting			
			**	**	**	**	Not available [¶]	**

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Iowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
		who were overweight fic reference data fro			ile for body mass			
22.9			9.6	11.5	20.8	No linear change	Not available	No change
		s who had obesity (> n the 2000 CDC gro		or body mass index,	based on sex-	***	Not available	***
*** QN68: Percent	age of students who		wth charts)¶ ***	***	***	***	Not available	***
*** No. 1 age-specific *** No. 2 age-specific No. 2 age-specif	age of students who	n the 2000 CDC gro	wth charts)¶ ***	***	***	***	Not available Not available	***
*** QN68: Percent lays before the ***	age of students who survey)	n the 2000 CDC gro	wth charts)¶ *** uice (100% fruit jui ***	*** ces one or more tin	*** nes during the 7 **			

^{*}Non-Hispanic

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

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

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

^{***}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
	entage of students wl juice, during the 7 d			uices (such as orang	ge juice, apple			
**	farce, during the 7 d	ays before the surve	**	**	**	**	Not available¶	**
	entage of students wl ople juice, or grape j				er day (such as	No linear change	Not available	No chang
	entage of students wl				er day (such as			ı
nange juice, af								

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
QN70: Percent survey)	age of students who	did not eat green sa	lad (one or more tin	nes during the 7 day	ys before the			
42.2			57.2	55.5	54.7	No linear change	Not available¶	No chang
	:							
QN71: Percent	age of students who	did not eat potatoes	(one or more times	during the 7 days l	before the survey)			
QN71: Percent 46.0	age of students who	did not eat potatoes	(one or more times 38.9	during the 7 days l	oefore the survey) 55.4	No linear change	Not available	No chang
46.0		did not eat carrots (38.9	45.7	55.4	No linear change	Not available	No chang
46.0			38.9	45.7	55.4	No linear change No linear change	Not available Not available	No chang
46.0 QN72: Percent 59.8	age of students who		38.9 one or more times of 64.4	45.7 during the 7 days be	55.4 effore the survey) 65.0			

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

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

lowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
	centage of students							
**	or potato chips], carr	ots, of other vegetal	**	ys before the surve	y) **	**	AV	**
**			**	**	**	<i>*</i>	Not available¶	**
excluding frenc	centage of students of the characteristics of							
						No linear change	Not available	No chang
excluding frendurvey) 55.9 QNVEG2: Perc		who ate vegetables t	44.6 wo or more times po	getables, during the 42.6 er day (green salad,	27 days before the 46.4 potatoes	No linear change	Not available	No chang

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
		who ate vegetables to bes, or potato chips],						
7.9			14.8	15.4	12.2	No linear change	Not available¶	No change
		did not drink a can, et pop, one or more t				No linear change	Not available	No chang
18.4								
QNSODA1: Pe		s who drank a can, b counting diet soda o						

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
QNSODA2: Pe	ercentage of student	s who drank a can, h	ottle, or glass of so	la or pop two or mo	ore times per day			
such as Coke, l		counting diet soda o						
such as Coke, l						**	Not available [¶]	**
**	Pepsi, or Sprite, not		or diet pop, during th	ne 7 days before the	e survey)	**	Not available [¶]	**
**	Pepsi, or Sprite, not	counting diet soda o	or diet pop, during th	ne 7 days before the	e survey)	** No linear change	Not available [¶] Not available	** No chang
** QN75: Percent	Pepsi, or Sprite, not	counting diet soda o	er diet pop, during the ** (during the 7 days by 30.8	** efore the survey) 36.9	** 38.8			
** QN75: Percent QNMILK1: Pe drank in a glass	Pepsi, or Sprite, not age of students who rcentage of students	did not drink milk (s who drank one or non, or with cereal and	** during the 7 days be 30.8 nore glasses per day	** efore the survey) 36.9 of milk (counting)	** 38.8 the milk they			

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
drank in a glass	ercentage of students s or cup, from a cartouring the 7 days befo	on, or with cereal an						
o one grass, au		• /						
o one glass, ca		•	**	**	**	**	Not available [¶]	**
	age of students who					**	Not available [¶]	**
						** No linear change	Not available [¶] Not available	** No chang
QN76: Percent		did not eat breakfas	st (during the 7 days	s before the survey) 25.6	31.4			

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

		Health Risk Beha	vior and Percentag	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
	age of students who l activity that increa- ne survey)							
32.0			42.3	27.6	32.7	No linear change	Not available¶	No chang
	Percentage of studer any kind of physical	activity that increas						
	the 7 days before th	e survey)	**	**	**	**	Not available	**
he time during ** QNPA7DAY:	the 7 days before the Percentage of studer resical activity that in	nts who were physic	ally active at least 6	0 minutes per day of	on all 7 days (in	**	Not available	**

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

nysical Activity		Health Risk Beha	avior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
	age of students who were in school)	attended physical e	education (PE) classe	es on 1 or more day	vs (in an average	+		
				7 .00	1	NT 11 1	NI.4 11.1.1.¶	Ma ahana
56.9			61.0	76.8	65.4	No linear change	Not available¶	No chang
QNDLYPE: Pe	rcentage of students were in school)	s who attended phys	61.0 sical education (PE) 24.2			No linear change	Not available	
QNDLYPE: Pe week when they 19.4 QN80: Percenta	were in school)		sical education (PE) 24.2 one sports team (cou	classes on all 5 day	vs (in an average 23.6			No chang

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

Not available

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

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

her		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021			
	tage of students who		check-up, exam, te	eth cleaning, or other	er dental work,			
luma tha 17 m	nonths before the sur	vey)						
iuiiiig tile 12 ii			**	**	**	**	Not available	**
uring the 12 h			**	**	**	**	Not available [¶]	**
NNODNT: F	Percentage of studen	ts who never saw a c				**	Not available [¶]	**
_	Percentage of studen	ts who never saw a o				**		**
NNODNT: F	Percentage of studen	ts who never saw a o	dentist (for a check-	up, exam, teeth clea	aning, or other		Not available¶ Not available	
NNODNT: Fental work)	Percentage of studen		dentist (for a check-	up, exam, teeth clea	aning, or other			

^{*}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.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

ack* te-Added		Health Risk Beha	vior and Percenta	ges		Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 §
2011	2013	2015	2017	2019	2021	_		
			.					
QN99: Percenta		have serious difficumotional problem)	ılty concentrating, r	remembering, or ma	aking decisions			
QN99: Percenta	age of students who nysical, mental, or e		ulty concentrating, r	remembering, or ma	aking decisions **	**	Not available [¶]	**
QN99: Percenta because of a ph	nysical, mental, or e			**	**	**	Not available [¶]	**

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

^{*}Based on t-test analysis, p < 0.05.

Not enough years of data to calculate.

**Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change fron 2019-2021
2011	2013	2015	2017	2019	2021	<u> </u>		
QN8: Percentag	ge of students who	did not always wear	a seat belt (when ric	ling in a car driven	by someone else)			
49.3			49.5	48.7	50.7	No linear change	Not available [§]	No chang
NIO D	ge of students who	ode with a driver w	ho had been drinkin	g alcohol (in a car o	or other vehicle,			
		ys before the survey)					
			20.7	15.3	21.1	No linear change	Not available	No chang
27.5 QN10: Percent fore times duri	nes during the 30 da		20.7 vehicle when they	had been drinking a	alcohol (one 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.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

ury and Violen		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-202
2011	2013	2015	2017	2019	2021	_		
	ays before the surve	texted or e-mailed y, among students w						
	•							
			47.8	43.0	43.7	No linear change	Not available [§]	No chang
	age of students who	carried a weapon o				No linear change	Not available ^s	No chang
						No linear change	Not available ^s	No chang
east 1 day durii **	ng the 30 days befor	re the survey)	n school property (s	uch as a gun, knife **	or club, on at			
east 1 day durin ** QN13: Percenta	ng the 30 days before		n school property (s ** counting the days w	uch as a gun, knife ** nen they carried a g	, or club, on at ** gun 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.

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Iowa High School Survey 10-year Trend Analysis Report

Hispanic **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey) 7.2 12.0 6.3 16.1 No linear change Not available§ Increased QN15: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey) 8.3 9.0 9.7 11.7 No linear change Not available No change QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey) 17.7 19.5 No linear change Not available No change 36.0 23.7

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

[§]Not enough years of data to calculate.

ce	Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021
2013	2015	2017	2019	2021	_		
age of students who	were in a physical	fight on school prop	erty (one or more ti	imes during the	,		
		10.4	7.6	9.8	No linear change	Not available§	No change
age of students who	were ever physical	ly forced to have sex	xual intercourse (wl	nen they did not			,
		17.6	16.4	12.3	No linear change	Not available	No change
hings as kissing, to	uching, or being phy	sically forced to ha	ve sexual intercour				
	2013 age of students who age of students who hings as kissing, to	2013 2015 age of students who were in a physical re the survey) age of students who were ever physicall rege of students who were ever physicall rege of students who experienced sexual hings as kissing, touching, or being physical regeriance.	Health Risk Behavior and Percentage 2013 2015 2017 age of students who were in a physical fight on school proper the survey) 10.4 age of students who were ever physically forced to have sexual violence (being forchings as kissing, touching, or being physically forced to have	Health Risk Behavior and Percentages 2013 2015 2017 2019 age of students who were in a physical fight on school property (one or more to the survey) 10.4 7.6 age of students who were ever physically forced to have sexual intercourse (what is age of students who experienced sexual violence (being forced by anyone to design of students who experienced sexual violence (being forced by anyone to design of students who experienced sexual violence (being forced by anyone to design of students who experienced sexual violence (being forced by anyone to design of students who experienced sexual violence (being forced by anyone to design of students who experienced sexual violence (being forced by anyone to design of students who experienced sexual violence (being forced by anyone to design of students who experienced sexual violence (being forced by anyone to design of students)	Health Risk Behavior and Percentages 2013 2015 2017 2019 2021 Ige of students who were in a physical fight on school property (one or more times during the re the survey) 10.4 7.6 9.8 Ige of students who were ever physically forced to have sexual intercourse (when they did not 17.6 16.4 12.3 Inge of students who experienced sexual violence (being forced by anyone to do sexual things things as kissing, touching, or being physically forced to have sexual intercourse] that they did	Health Risk Behavior and Percentages 2013 2015 2017 2019 2021 The ge of students who were in a physical fight on school property (one or more times during the re the survey) 10.4 7.6 9.8 No linear change The property of the survey of th	Health Risk Behavior and Percentages 2013 2015 2017 2019 2021 The sequence of students who were in a physical fight on school property (one or more times during the refer the survey) 10.4 7.6 9.8 No linear change Not available age of students who were ever physically forced to have sexual intercourse (when they did not the students who experienced sexual violence (being forced by anyone to do sexual things things as kissing, touching, or being physically forced to have sexual intercourse (that they did not the students who experienced sexual violence (being forced by anyone to do sexual things things as kissing, touching, or being physically forced to have sexual intercourse] that they did

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021	_		
dating or going forced to have s	out with to do sexuexual intercourse]	o experienced sexual al things [counting so that they did not wan tted or went out with	ich things as kissin to do, one or more	g, touching, or being times during the 1	ng physically 2 months before			
			**	**	**	**	Not available [§]	**
	age of students wh	experienced physical	al dating violence (l			-		
someone they winjured with an	vere dating or going object or weapon]	out with [counting some or more times du ne during the 12 mon	ring the 12 months ths before the surve	before the survey, ey)	among students			
someone they winjured with an	vere dating or going object or weapon]	out with [counting sone or more times du	ring the 12 months	before the survey,	something, or among students	**	Not available	**
someone they winjured with an who dated or we	vere dating or going object or weapon] ent out with someo	out with [counting sone or more times du	ring the 12 months ths before the surve	before the survey, ey) **	among students **	**	Not available	**

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

panic ıry and Violen		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
	tage of students who				h texting,			
nsugram, r acc	coook, or other socie	ir media, ever daring	5 the 12 months ber	ne the survey)				
14.6			16.7	19.4	18.3	No linear change	Not available§	No chang
QN25: Percenta	tage of students who		s (almost every day f	For >=2 weeks in a		No linear change	Not available [§]	No chang
QN25: Percenta			s (almost every day f	For >=2 weeks in a		No linear change Increased, 2011-2021	Not available [§] Not available	No chang
QN25: Percentatopped doing s		s, ever during the 12	s (almost every day to months before the s	For >=2 weeks in a survey) 47.4	row so that they 50.3			

^{*}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.

[§]Not enough years of data to calculate.

Iowa High School Survey 10-year Trend Analysis Report

Hispanic **Injury and Violence Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) 16.5 16.9 13.9 20.7 No linear change Not available§ No change QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey) 15.2 17.2 12.4 15.9 No linear change Not available No change QN29: Percentage of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey) ** Not available **

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Iowa High School Survey 10-year Trend Analysis Report

Hispanic Tobacco Use

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
N30: Percenta	age of students who	ever tried cigarette	smoking (even one	or two puffs)	.			
56.1			38.9	34.7	27.1	Decreased, 2011-2021	Not available§	No change
N31: Percenta	age of students who	o first tried cigarette		13 years (even one	or two puffs)	No linear change	Not available	No chang
			smoking before age	9.2	8.0	No linear change		No chang
N32: Percenta		o first tried cigarette	smoking before age	9.2	8.0	No linear change		No chang
N32: Percenta			smoking before age	9.2	8.0	No linear change		No chang
N32: Percenta urvey) **	age of students who		smoking before age 12.7 igarettes (on at least	9.2 t 1 day during the 3	8.0 0 days before the	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.

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Iowa High School Survey 10-year Trend Analysis Report

Hispanic Tobacco Use **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) Not available§ QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu]) No change 46.6 49.8 47.5 No linear change Not available QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey) 8.8 19.2 23.2 Increased, 2017-2021 Not available No change

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Iowa High School Survey 10-year Trend Analysis Report

Hispanic Tobacco Use **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) ** Not available§ QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) Not available QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) 17.0 18.0 23.3 No linear change Not available No change

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021	-		
dissolvable tob	acco products [such	o currently used smo as Copenhagen, Gri aring the 30 days bef	zzly, Skoal, or Can					
			**	**	**	**	Not available§	**
dip, snus, or di	ssolvable tobacco pr	s who currently used roducts [such as Cop 20 or more days duri	enhagen, Grizzly, S	koal, or Camel Snu		**	Not available	**
				:				
QNDAYSKL:	ssolvable tobacco pr	ents who currently us roducts [such as Cop	enhagen, Grizzly, S	koal, or Camel Snu				
dip, snus, or di	vapor products, on a	iii 30 days during the	30 days before the	survey)				

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

panic pacco Use		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change fron 2019-2021
2011	2013	2015	2017	2019	2021			
	tage of students who ays before the surve		igars (cigars, cigaril	los, or little cigars,	on at least 1 day			
**	ays before the surve	y)	**	**	**	**	Not available [§]	**
	entage of students when products (on at lea				tobacco or			
					tobacco or	No linear change	Not available	No change
			0 days before the su	ırvey)		No linear change	Not available	No change
electronic vapor		st 1 day during the 3	0 days before the su 17.2 ked cigars frequenti	18.0	23.4	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.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021	_		
NTB2: Percenter of the survey		ho currently smoked	cigarettes or cigars	(on at least 1 day d	uring the 30 days			
**	<i>y)</i>		**	**				

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

ispanic Icohol and Other	_	Health Risk Behav	ior and Percentag		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021 †	
2011	2013	2015	2017	2019	2021			
QN40: Percenta	age of students who	had their first drink	of alcohol before a	ge 13 years (other	than a few sips)			
24.6			18.0	21.6	14.4	No linear change	Not available§	No change
	age of students who		ohol (at least one dr	ink of alcohol, on a	at least 1 day			
40.1			22.6	24.7	23.5	Decreased, 2011-2021	Not available	No change
if they were fem	age of students who nale or five or more ng the 30 days befor	drinks of alcohol in						,
			**	**	**	**	Not available	**

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Iowa High School Survey 10-year Trend Analysis Report

Hispanic **Alcohol and Other Drug Use Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN43: Percentage of students who reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours, during the 30 days before the survey) ** Not available§ QN44: Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol) 49.2 28.0 35.5 41.4 No linear change Not available No change QN45: Percentage of students who ever used marijuana (one or more times during their life) 43.9 30.6 36.5 29.4 Decreased, 2011-2021 Not available No change QN46: Percentage of students who tried marijuana for the first time before age 13 years Not available

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
QN47: Percent survey)	tage of students who	currently used mar	juana (one or more	times during the 30	days before the	,		
22.3			14.4	20.1	20.2	No linear change	Not available§	No change
		_		-				
QN48: Percent	tage of students who	ever used synthetic	marijuana (one or 1 **	more times during the	heir life) **	**	Not available	**
QN49: Percent differently than	tage of students who	ever took prescript hem to use it (count	** on pain medicine w	** rithout a doctor's pro	** escription or	**	Not available	**

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

Hispanic Sexual Behavio

		Health Risk Behavior	and Percentag	ges		Linear Change [*]	Quadratic Change*	Change from 2019-2021 [†]
2011	2013	2015	2017	2019	2021			
QN57: Percenta	age of students who	ever had sexual interco	ourse		·			
49.2			41.3	43.5	31.3	Decreased, 2011-2021	Not available§	No change
QN58: Percenta	age of students who	had sexual intercourse	for the first tim	e before age 13 year	rs			
**			**	**	**	**	Not available	**
QN59: Percenta	age of students who	had sexual intercourse	with four or mo	ore persons during the	neir life			
**			**	**	**	**	Not available	**
	age of students who	were currently sexually	active (had se	xual intercourse wit	h at least one			
	he 3 months before	the survey)						

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

		Health Risk Behav	ior and Percentage	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
	ge of students who donated blood)	were ever tested for	human immunodef	ciciency virus (HIV) (not counting	,		

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

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021	_		
		who were overweight fic reference data fro			ile for body mass			
20.1			18.2	15.5	26.2	No linear change	Not available [¶]	No chang
		s who had obesity (> n the 2000 CDC gro		or body mass index,	based on sex-	No linear change	Not available	No chan
27.3 2N68: Percent	c reference data from		wth charts) [§] 19.7	26.9	19.4	No linear change	Not available	No chang
27.3 2N68: Percent	c reference data from	n the 2000 CDC gro	wth charts) [§] 19.7	26.9	19.4	No linear change No linear change	Not available Not available	No chang
27.3 2N68: Percent ays before the 23.9	rage of students who survey)	n the 2000 CDC gro	wth charts) [§] 19.7 uice (100% fruit juice) 23.1	26.9 ces one or more tim	19.4 nes during the 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.

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

Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change [*]	Change fron 2019-2021
2011	2013	2015	2017	2019	2021			
		no did not eat fruit o		uices (such as orang	ge juice, apple			
5.7			6.7	4.3	8.6	No linear change	Not available§	No change
		no ate fruit or drank uice, during the 7 da			er day (such as			
62.9			62.0	53.4	53.4	No linear change	Not available	No chang
		no ate fruit or drank uice, during the 7 da			er day (such as	, .		,

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

[§]Not enough years of data to calculate.

lowa High School Survey 10-year Trend Analysis Report

Hispanic **Weight Management and Dietary Behaviors Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) 47.1 37.6 49.5 56.3 No linear change Not available§ No change QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey) 40.4 37.1 No linear change Not available No change 38.7 42.2 QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey) 59.1 50.9 57.1 53.9 No linear change Not available No change QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey) 21.3 24.7 23.3 30.2 Not available No change 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.

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentage	es		Linear Change*	Quadratic Change*	Change from 2019-202
2011	2013	2015	2017	2019	2021			
		who did not eat vege ots, or other vegetal						
8.6			11.0	11.4	13.3	No linear change	Not available [§]	No chang
		who ate vegetables o	one or more times pe	r day (green salad,				
excluding frenc		es, or potato chips],		getables, during the	e 7 days before the			
				getables, during the	50.3	No linear change	Not available	No chanş
excluding frencurvey) 49.5 NVEG2: Percurved	ch fries, fried potato		50.5 wo or more times pe	55.4 er day (green salad	50.3	No linear change	Not available	No chan

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

[§]Not enough years of data to calculate.

lispanic Veight Managem	ent and Dietary Be	chaviors Health Risk Behav	vior and Percentag	es		Linear Change*	Quadratic Change [*]	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021	<u> </u>		
		who ate vegetables tes, or potato chips],						
10.3			13.4	11.2	15.2	No linear change	Not available§	No change
		did not drink a can, t pop, one or more t						
14.3			19.5	29.4	29.2	Increased, 2011-2021	Not available	No change
		s who drank a can, b						
30.3			19.6	17.6	19.7	Decreased, 2011-2021	Not available	No change

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

[§]Not enough years of data to calculate.

		Health Risk Behav	vior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change fron 2019-2021
2011	2013	2015	2017	2019	2021			
	ercentage of students							
		counting dist sode of						
such as Coke, I	Pepsi, or Sprite, not	counting diet soda o	or diet pop, during th	ne / days before the	e survey)			
such as Coke, I	Pepsi, or Sprite, not	counting diet soda o	or diet pop, during th	13.0	8.9	Decreased, 2011-2021	Not available [§]	No chang
19.0	Pepsi, or Sprite, not		11.2	13.0	•	Decreased, 2011-2021	Not available [§]	No chang
19.0			11.2	13.0	•	Decreased, 2011-2021 No linear change	Not available [§] Not available	No chang
19.0 N75: Percenta NMILK1: Per rank in a glass		did not drink milk (who drank one or ron, or with cereal an	11.2 (during the 7 days be 23.2)	13.0 efore the survey) 16.5 of milk (counting	8.9 29.0 the milk they	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.

[§]Not enough years of data to calculate.

		Health Risk Behav	ior and Percentag	es		Linear Change [*]	Quadratic Change [*]	Change from 2019-2021
2011	2013	2015	2017	2019	2021	_		
	ercentage of students or cup, from a carto							
mank in a giass	or cup, mom a carre	m, or with cerear an	d counting the nan	Jiii oi iiiik seiveu	at school as equal			
	ring the 7 days before		d counting the nan	onit of milk served	at school as equal			
			**	**	**	**	Not available [§]	**
o one glass, du		re the survey)	**	**	**	**	Not available [§]	**
o one glass, du	ring the 7 days before	re the survey)	**	**	**	** No linear change	Not available [§] Not available	** No change
o one glass, du	ring the 7 days before	re the survey) did not eat breakfas	** st (during the 7 days) 23.5	** before the survey) 20.9	23.4			

^{*}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.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

Iowa High School Survey 10-year Trend Analysis Report

Hispanic **Physical Activity Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN77: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 49.5 37.6 35.7 41.5 Not available§ No linear change No change QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey) 9.2 18.4 19.5 16.1 Not available No linear change No change QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)

17.1

25.0

No linear change

23.7

32.2

No change

Not available

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

[§]Not enough years of data to calculate.

Iowa High School Survey 10-year Trend Analysis Report

Hispanic Physical Activity

		Health Risk Behav	ior and Percentag	es		Linear Change*	Quadratic Change*	Change from 2019-2021
2011	2013	2015	2017	2019	2021			
	age of students who were in school)	attended physical e	ducation (PE) classe	es on 1 or more day	rs (in an average			
77.7			63.6	73.4	54.3	No linear change	Not available [§]	No change
	ercentage of students were in school)	s who attended phys	ical education (PE)	classes on all 5 day	vs (in an average			
32.8			12.9	20.6	24.4	No linear change	Not available	No change
	age of students who roups, during the 12		ne sports team (cou survey)	nting any teams rur	n by their school			,
54.9			57.5	43.5	48.9	No linear change	Not available	No change
N81: Percenta	age of students who	had a concussion frefore the survey)	om playing a sport	or being physically	active (one or			,

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

[§]Not enough years of data to calculate.

Iowa High School Survey 10-year Trend Analysis Report

Hispanic Other **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021 QN84: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey) 66.7 73.8 66.3 No linear change Not available§ No change QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)

**

Not available

QN86: Percentage of students who got 8 or more hours of sleep (on an average school night)

^{30.3 17.4 18.4} Decreased, 2017-2021 Not available No change

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

[§]Not enough years of data to calculate.

^{**}Data is suppressed due to a numerator of <6, a denominator of <30, and/or a relative standard error of >30%.

lowa High School Survey 10-year Trend Analysis Report

Hispanic Site-Added **Health Risk Behavior and Percentages** Linear Change* Quadratic Change* Change from 2019-2021 † 2011 2013 2015 2017 2019 2021

QN99: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)

> 39.2 53.3 Increased, 2019-2021 Not available§ Increased

QN100: Percentage of students who have physical disabilities or long-term health problems (meaning 6 months or more)

> 9.6 8.8 No linear change Not available No change

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