

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Total Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
42.4			47.9	46.0	46.4	No linear change	Not available [§]	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
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.

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Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			6.5	4.9	5.2	No linear change	Not available [§]	No change
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			55.2	48.7	45.3	Decreased, 2017-2021	Not available	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
4.5			4.2	3.8	3.8	No linear change	Not available	No change

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2011	2013	2015	2017	2019	2021			
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)								
			4.6	4.6	2.5	No linear change	Not available [§]	Decreased
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)								
4.0			6.9	6.7	8.3	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)								
6.3			8.2	7.3	7.0	No linear change	Not available	No change

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Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)								
24.4			19.7	16.8	17.1	Decreased, 2011-2021	Not available [§]	No change
QN17: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
9.6			7.4	7.6	6.7	Decreased, 2011-2021	Not available	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
6.9			11.4	9.9	9.0	No linear change	Not available	No change

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**Total
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			11.7	10.2	12.0	No linear change	Not available [§]	No change
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			8.4	5.7	10.0	No linear change	Not available	Increased

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Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			8.4	6.0	7.9	No linear change	Not available [§]	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
22.5			23.3	23.0	19.6	No linear change	Not available	No change
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
16.8			18.0	18.6	18.8	No linear change	Not available	No change

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Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)								
22.8			29.2	33.3	39.1	Increased, 2011-2021	Not available [§]	Increased
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
14.6			20.2	20.0	22.6	Increased, 2011-2021	Not available	No change
QN27: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)								
11.5			13.5	14.9	16.5	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)								
6.0			9.2	9.7	10.2	Increased, 2011-2021	Not available	No change

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Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
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)								
1.9			3.4	4.5	2.9	No linear change	Not available [§]	Decreased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN30: Percentage 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: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			8.6	7.2	6.6	No linear change	Not available	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
18.1			9.9	6.7	4.1	Decreased, 2011-2021	Not available	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
6.8			2.9	1.6	1.0	Decreased, 2011-2021	Not available	No change

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Total 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 [§]	**
QN33: Percentage of students who smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)								
**			**	**	**	**	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])								
			36.3	47.5	34.8	No linear change	Not available	Decreased

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**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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Total Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †			
2011	2013	2015	2017	2019	2021						
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)						9.0	20.1	16.4	Increased, 2017-2021	Not available [§]	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)						1.5	8.2	5.9	Increased, 2017-2021	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)						0.9	6.4	4.9	Increased, 2017-2021	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)						13.6	20.3	16.3	No linear change	Not available	No change

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**Total
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)								
			6.2	4.9	2.3	Decreased, 2017-2021	Not available [§]	Decreased
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
			**	**	**	**	Not available	**
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)								
			**	**	**	**	Not available	**

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Total 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)								
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)								
**			**	**	**	**	Not available	**

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**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	**

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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**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			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
15.7			14.7	15.0	13.8	No linear change	Not available [§]	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
37.1			27.6	25.6	21.9	Decreased, 2011-2021	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
			13.4	11.2	9.7	No linear change	Not available	No change

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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	42.8	39.5	No linear change	Not available	No change
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			5.1	3.8	3.7	No linear change	Not available	No change

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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				
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)									
14.6			13.2	14.9	12.1	No linear change	Not available [§]	No change	
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)									
			5.1	5.2	5.2	No linear change	Not available	No change	
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)									
			12.6	11.6	9.3	Decreased, 2017-2021	Not available	No change	

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse								
43.9			43.1	37.4	29.3	Decreased, 2011-2021	Not available [§]	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years								
4.2			2.4	3.1	1.9	Decreased, 2011-2021	Not available	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life								
13.1			8.5	8.3	6.4	Decreased, 2011-2021	Not available	No change
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
33.0			32.7	26.0	20.8	Decreased, 2011-2021	Not available	No change

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Total Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
2011	2013	2015	2017	2019	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
18.0			17.7	16.3	19.5	No linear change	Not available [§]	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
61.4			52.8	54.9	48.1	Decreased, 2011-2021	Not available	No change
QN82: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
			11.0	9.3	5.4	Decreased, 2017-2021	Not available	Decreased
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				8.8	4.3	Decreased, 2019-2021	Not available	Decreased

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
14.5			16.0	15.9	16.0	No linear change	Not available [¶]	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
13.2			15.3	17.0	15.8	No linear change	Not available	No change
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
21.2			31.4	34.9	34.6	Increased, 2011-2021	Not available	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
9.2			12.4	12.0	11.6	Increased, 2011-2021	Not available	No change

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§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.

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Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
4.7			7.5	7.1	6.3	No linear change	Not available [§]	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
63.9			58.1	55.4	53.2	Decreased, 2011-2021	Not available	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
30.9			26.4	24.6	25.0	Decreased, 2011-2021	Not available	No change

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Health Risk Behavior and Percentages								
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)								
37.9			44.0	44.8	45.0	Increased, 2011-2021	Not available [§]	No change
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
24.6			30.8	35.9	38.7	Increased, 2011-2021	Not available	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
49.1			52.8	50.7	51.8	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)								
15.0			20.9	21.6	21.2	Increased, 2011-2021	Not available	No change

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Total Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
4.6			8.3	8.0	8.3	Increased, 2011-2021	Not available [§]	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
64.9			56.3	56.9	55.9	Decreased, 2011-2021	Not available	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
27.7			21.9	23.9	20.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Total Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
13.2			10.0	11.7	10.9	No linear change	Not available [§]	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)								
19.7			25.9	28.0	28.8	Increased, 2011-2021	Not available	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
28.1			18.5	17.6	17.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Total Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
18.2			10.7	10.7	10.6	Decreased, 2011-2021	Not available [§]	No change
QN75: Percentage of students who did not drink milk (during the 7 days before the survey)								
			20.2	23.2	27.8	Increased, 2017-2021	Not available	Increased
QNMILK1: Percentage of students who drank one 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)								
			40.6	35.3	30.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Total Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages								
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)								
			14.4	11.3	8.6	Decreased, 2017-2021	Not available [§]	No change
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
			16.4	15.9	19.1	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
			29.7	29.7	28.0	No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**Total
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)								
51.5			49.2	48.4	51.2	No linear change	Not available [§]	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)								
9.0			11.2	13.3	13.3	Increased, 2011-2021	Not available	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)								
29.1			29.4	25.7	29.2	No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Total Physical Activity

Health Risk Behavior and Percentages						Linear Change*	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)								
70.8			61.7	76.1	59.1	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)								
22.6			16.4	12.1	25.0	No linear change	Not available	No change
QN80: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)								
64.1			61.0	61.4	56.9	Decreased, 2011-2021	Not available	No change
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)								
			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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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 $>30\%$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey
10-year Trend Analysis Report

Total 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)									
					32.2	45.4	Increased, 2019-2021	Not available [§]	Increased
QN100: Percentage of students who have physical disabilities or long-term health problems (meaning 6 months or more)									
					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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
46.6			49.1	44.3	46.3	No linear change	Not available [§]	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
24.7			19.0	15.4	19.5	Decreased, 2011-2021	Not available	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			7.7	5.3	7.5	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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							
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)						53.8	49.1	43.7	Decreased, 2017-2021	Not available [§]	No change	
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)						6.6	5.7	5.4	5.7	No linear change	Not available	No change
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)						6.6	7.0	3.9	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, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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)								
31.7			24.5	22.2	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN17: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
12.7			9.2	10.1	10.2	Decreased, 2011-2021	Not available [§]	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
3.8			6.8	6.8	3.5	No linear change	Not available	Decreased
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			5.3	6.3	6.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)						Increased, 2017-2021	Not available [§]	Increased
			1.6	2.7	4.8			
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)						No linear change	Not available	No change
			7.4	4.3	5.4			
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)						No linear change	Not available	No change
18.6			23.3	19.7	16.2			

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
10.2			13.8	12.0	12.3	No linear change	Not available [§]	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)								
17.5			18.8	23.5	27.5	Increased, 2011-2021	Not available	No change
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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)								
1.8			3.7	3.9	1.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN30: Percentage 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
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			9.3	7.8	7.7	No linear change	Not available	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
18.2			8.4	7.5	5.6	Decreased, 2011-2021	Not available	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
8.5			2.8	2.3	1.9	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
**			**	**	**	**	Not available [§]	**
QN33: Percentage of students who smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)								
**			**	**	**	**	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])								
			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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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						
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)						9.4	21.9	14.1	No linear change	Not available [§]	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)						2.0	9.1	5.4	Increased, 2017-2021	Not available	Decreased
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)						1.5	6.8	4.1	Increased, 2017-2021	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)						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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)								
			9.1	7.4	3.7	Decreased, 2017-2021	Not available [§]	Decreased
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
			**	**	**	**	Not available	**
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, 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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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
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)								
**			**	**	**	**	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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
24.2			10.8	8.9	6.3	Decreased, 2011-2021	Not available [§]	No change
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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Male Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2019-2021†
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
18.4			17.2	16.2	15.2	No linear change	Not available [§]	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
38.2			22.9	25.5	18.7	Decreased, 2011-2021	Not available	Decreased
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
			12.4	12.2	9.4	No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa 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			35.1	35.7	27.7	No linear change	Not available	No change
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			5.3	4.2	4.0	No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa 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			
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
17.9			12.0	15.6	12.3	No linear change	Not available [§]	No change
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
			5.2	5.2	5.5	No linear change	Not available	No change
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)								
			13.2	9.7	8.5	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Male Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse								
44.3			40.2	37.9	26.7	Decreased, 2011-2021	Not available [§]	Decreased
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years								
5.6			2.2	3.3	2.7	Decreased, 2011-2021	Not available	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life								
13.1			7.4	8.0	6.5	Decreased, 2011-2021	Not available	No change
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Male Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
2011	2013	2015	2017	2019	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
21.3			17.6	17.7	20.3	No linear change	Not available [§]	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
66.7			57.4	65.5	48.5	Decreased, 2011-2021	Not available	Decreased
QN82: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
			11.0	9.9	4.9	Decreased, 2017-2021	Not available	Decreased
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				8.4	2.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
14.5			15.0	14.3	16.2	No linear change	Not available [¶]	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
16.2			18.8	19.2	19.7	No linear change	Not available	No change
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
20.3			28.8	31.0	32.9	Increased, 2011-2021	Not available	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
10.1			14.1	12.8	11.6	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, $p < 0.05$.

§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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey
10-year Trend Analysis Report

Male
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
6.5			7.4	8.8	6.4	No linear change	Not available [§]	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
65.5			56.7	56.5	56.8	Decreased, 2011-2021	Not available	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
32.6			27.1	25.3	26.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Male 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)								
41.4			47.7	50.6	48.9	Increased, 2011-2021	Not available [§]	No change
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
23.0			31.1	33.3	34.9	Increased, 2011-2021	Not available	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
49.9			50.9	50.6	50.1	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)								
18.0			21.0	22.7	21.5	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
6.4			8.4	9.0	9.8	No linear change	Not available [§]	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
66.5			57.5	58.2	58.4	Decreased, 2011-2021	Not available	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
28.9			25.8	25.5	23.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Male Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
15.6			11.9	12.7	13.5	No linear change	Not available [§]	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)								
17.2			21.7	25.6	25.6	Increased, 2011-2021	Not available	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
23.6			12.8	13.6	15.0	Decreased, 2011-2021	Not available [§]	No change
QN75: Percentage of students who did not drink milk (during the 7 days before the survey)								
			16.0	17.0	19.6	No linear change	Not available	No change
QNMILK1: Percentage of students who drank one 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)								
			51.0	44.0	42.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Male

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						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)								
			20.4	17.5	14.1	Decreased, 2017-2021	Not available [§]	No change
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
			17.8	14.9	16.5	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
			32.6	33.4	33.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa 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	No linear change	Not available [§]	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	No linear change	Not available	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	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa 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			
QN79: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
72.2			67.0	79.3	63.9	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)								
24.2			20.7	12.5	28.3	No linear change	Not available	Increased
QN80: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)								
68.1			63.4	62.8	58.7	Decreased, 2011-2021	Not available	No change
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)								
			19.3	17.7	14.9	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey
10-year Trend Analysis Report

Male
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)								
				25.4	32.5	No linear change	Not available [§]	Increased
QN100: Percentage of students who have physical disabilities or long-term health problems (meaning 6 months or more)								
				11.6	7.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
37.7			46.6	47.6	46.4	Increased, 2011-2021	Not available [§]	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
22.8			21.9	14.8	18.6	Decreased, 2011-2021	Not available	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			**	**	**	**	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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)						No linear change	Not available [§]	No change
			56.0	48.3	47.0			
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)						No linear change	Not available	No change
1.8			1.8	2.1	1.9			
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day 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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
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)								
3.9			6.3	6.0	6.0	Increased, 2011-2021	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)								
16.6			14.1	10.8	11.7	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN17: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
6.2			5.0	4.5	3.6	Decreased, 2011-2021	Not available [§]	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
10.0			16.0	12.8	14.1	Increased, 2011-2021	Not available	No change
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
<p>QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)</p>								
			14.6	8.9	15.0	No linear change	Not available [§]	Increased
<p>QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)</p>								
			9.1	7.7	10.1	No linear change	Not available	No change
<p>QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)</p>								
26.4			22.9	26.4	22.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
23.5			22.0	25.3	24.9	No linear change	Not available [§]	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)								
28.3			39.7	43.5	49.5	Increased, 2011-2021	Not available	No change
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
17.6			24.8	26.5	29.5	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
2011	2013	2015	2017	2019	2021			
QN30: Percentage 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
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			7.3	6.6	5.2	No linear change	Not available	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
18.1			11.1	5.8	2.5	Decreased, 2011-2021	Not available	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
5.0			2.5	0.8	0.0	Not available	Not available	Not available

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**Female
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)								
4.0			1.2	0.8	0.0	Not available	Not available [§]	Not available
Q34: 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])								
			33.4	48.0	38.3	No linear change	Not available	Decreased
Q35: 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)								
			8.2	18.0	18.2	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**Female
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)								
			0.6	7.1	6.2	Increased, 2017-2021	Not available [§]	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
			0.0	5.8	5.4	Increased, 2017-2021	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)								
			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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**Female
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)								
			**	**	**	**	Not available [§]	**
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
			0.8	0.4	0.0	Not available	Not available	Not available
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)								
			0.7	0.4	0.0	Not available	Not available	Not available

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

[§]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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**Female
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)								
**			**	**	**	**	Not available [§]	**
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)								
			16.7	19.2	18.1	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)								
0.4			0.8	0.5	0.0	Not available	Not available	Not available

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

[§]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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey
10-year Trend Analysis Report

Female
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)								
19.6			12.2	6.6	2.8	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)								
0.2			0.2	0.5	0.0	Not available	Not available	Not available

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2019-2021†
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
12.7			12.0	13.6	12.5	No linear change	Not available [§]	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
35.8			32.1	26.0	24.8	Decreased, 2011-2021	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
			14.5	10.2	10.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2019-2021†		
Health Risk Behavior and Percentages										
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)										
50.0			48.4	50.1	47.9	No linear change	Not available	No change		
QN45: Percentage of students who ever used marijuana (one or more times during their life)										
24.8			27.3	29.6	23.7	No linear change	Not available	No change		
QN46: Percentage of students who tried marijuana for the first time before age 13 years										
2.6			4.5	3.2	3.1	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.

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2019-2021†
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
11.2			14.0	14.2	11.7	No linear change	Not available [§]	No change
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
			4.5	5.0	4.8	No linear change	Not available	No change
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)								
			11.5	13.5	9.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female Sexual Behaviors

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021†
	2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse	43.5			45.7	36.7	31.6	Decreased, 2011-2021	Not available [§]	No change
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years	2.5			2.1	2.8	1.3	No linear change	Not available	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life	13.1			9.3	8.5	6.1	Decreased, 2011-2021	Not available	No change
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 [†]
2011	2013	2015	2017	2019	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
14.8			17.3	15.0	18.1	No linear change	Not available [§]	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
56.2			49.5	44.2	48.3	No linear change	Not available	No change
QN82: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
			10.5	8.2	5.8	Decreased, 2017-2021	Not available	No change
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				8.7	5.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
14.5			17.0	17.7	15.8	No linear change	Not available [¶]	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
10.1			11.8	14.7	12.1	No linear change	Not available	No change
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
22.0			34.3	38.8	36.3	Increased, 2011-2021	Not available	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
8.0			10.4	10.8	11.6	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, $p < 0.05$.

§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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2019-2021 †
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
2.8			7.5	5.1	6.1	Increased, 2011-2021	Not available [§]	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
62.4			59.5	54.3	49.7	Decreased, 2011-2021	Not available	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female

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)								
34.3			40.0	38.5	41.5	Increased, 2011-2021	Not available [§]	No change
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
26.2			30.4	38.6	42.1	Increased, 2011-2021	Not available	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
48.2			54.9	50.9	53.1	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)								
11.7			20.5	20.3	20.6	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
2.7			7.8	6.8	6.7	Increased, 2011-2021	Not available [§]	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
63.0			54.9	55.3	53.9	Decreased, 2011-2021	Not available	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
26.4			17.7	21.9	17.8	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
10.8			7.9	9.9	8.4	No linear change	Not available [§]	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)								
22.2			30.3	30.2	31.9	Increased, 2011-2021	Not available	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
21.2			15.4	12.7	12.0	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
12.4			8.5	7.4	6.8	Decreased, 2011-2021	Not available [§]	No change
QN75: Percentage of students who did not drink milk (during the 7 days before the survey)								
			24.3	29.7	35.1	Increased, 2017-2021	Not available	No change
QNMILK1: Percentage of students who drank one 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)								
			29.8	26.1	20.3	Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						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)								
			7.9	4.6	3.7	Decreased, 2017-2021	Not available [§]	No change
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
			14.4	16.5	21.3	Increased, 2017-2021	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
			26.7	26.1	22.9	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**Female
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)	41.9			41.4	42.3	43.4	No linear change	Not available [§]	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)	10.5			12.2	13.5	14.1	No linear change	Not available	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)	19.9			21.3	18.2	19.9	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	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)								
69.3			56.4	72.7	54.7	No linear change	Not available [§]	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
20.9			12.1	11.5	21.8	No linear change	Not available	No change
QN80: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)								
60.0			58.5	60.2	55.6	No linear change	Not available	No change
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)								
			12.5	9.4	11.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey
10-year Trend Analysis Report

Female 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)								
				77.9	81.1	78.6	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)								
				21.6	25.3	24.9	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.

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey
10-year Trend Analysis Report

Female
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)								
				39.1	56.5	Increased, 2019-2021	Not available [§]	Increased
QN100: Percentage of students who have physical disabilities or long-term health problems (meaning 6 months or more)								
				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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
40.7			47.2	44.5	44.6	No linear change	Not available [¶]	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
22.4			21.0	15.1	18.4	Decreased, 2011-2021	Not available	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			6.1	4.1	5.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			56.5	49.7	46.9	Decreased, 2017-2021	Not available [¶]	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)								
3.7			3.5	3.7	3.5	No linear change	Not available	No change
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)								
			3.8	4.3	2.3	No linear change	Not available	Decreased

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**White*
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)								
3.2			5.8	6.3	6.6	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)								
5.3			7.4	6.4	6.2	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)								
21.8			19.2	15.5	14.2	Decreased, 2011-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN17: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
8.3			6.5	5.9	5.2	Decreased, 2011-2021	Not available [¶]	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
5.3			10.7	8.8	8.9	Increased, 2011-2021	Not available	No change
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			11.5	9.4	11.7	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**White*
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			8.2	4.9	9.6	No linear change	Not available [¶]	Increased
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			7.0	5.0	7.2	No linear change	Not available	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
22.1			24.3	22.8	20.7	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**White*
Injury and Violence**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
16.5			18.7	18.4	18.6	No linear change	Not available [¶]	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)								
21.4			29.1	31.3	36.5	Increased, 2011-2021	Not available	No change
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
13.7			20.4	18.9	21.6	Increased, 2011-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White*
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)								
10.9			12.5	14.2	15.4	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)								
5.0			7.3	9.2	8.3	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)								
**			**	**	**	**	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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN30: Percentage 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
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			7.8	6.8	5.9	No linear change	Not available	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
18.0			9.9	7.1	3.7	Decreased, 2011-2021	Not available	Decreased
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
**			**	**	**	**	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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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**White*
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 [¶]	**
QN33: Percentage of students who smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)								
**			**	**	**	**	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])								
			36.1	46.7	32.9	No linear change	Not available	Decreased

*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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Tobacco Use						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]			
Health Risk Behavior and Percentages											
2011	2013	2015	2017	2019	2021						
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)						9.7	21.0	14.8	No linear change	Not available [¶]	Decreased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)						1.4	8.9	6.5	Increased, 2017-2021	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)						1.0	6.8	5.2	Increased, 2017-2021	Not available	No change
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)						14.1	21.5	14.8	No linear change	Not available	Decreased

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)								
			6.6	4.8	2.3	Decreased, 2017-2021	Not available [¶]	Decreased
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
			**	**	**	**	Not available	**
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)								
			**	**	**	**	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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**White*
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)								
**			**	**	**	**	Not available [¶]	**
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)								
			17.5	22.0	14.8	No linear change	Not available	Decreased
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)								
**			**	**	**	**	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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey
10-year Trend Analysis Report

White*
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)								
21.9			11.9	7.9	4.2	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	**

*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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Alcohol and Other Drug Use						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
14.2			15.0	13.8	13.3	No linear change	Not available [¶]	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
36.1			29.7	27.2	23.0	Decreased, 2011-2021	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
			15.5	11.8	11.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Alcohol and Other Drug Use						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]				
Health Risk Behavior and Percentages												
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)						42.5	44.6	45.1	40.2	No linear change	Not available	No change
QN45: Percentage of students who ever used marijuana (one or more times during their life)						24.7	24.9	25.1	19.9	No linear change	Not available	No change
QN46: Percentage of students who tried marijuana for the first time before age 13 years						3.2	4.2	3.4	3.3	No linear change	Not available	No change

*Non-Hispanic.

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

[§]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 $>30\%$.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Alcohol and Other Drug Use								
Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
13.0			12.3	13.3	10.4	No linear change	Not available [¶]	No change
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
			4.0	4.6	5.1	No linear change	Not available	No change
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)								
			12.7	10.3	8.3	Decreased, 2017-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse								
42.9			43.7	37.0	29.1	Decreased, 2011-2021	Not available [¶]	No change
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years								
3.3			1.5	2.8	1.3	Decreased, 2011-2021	Not available	No change
QN59: Percentage of students who had sexual intercourse with four or more persons during their life								
12.2			8.1	7.9	6.0	Decreased, 2011-2021	Not available	No change
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
33.1			32.5	25.6	21.1	Decreased, 2011-2021	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN61: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
16.7			16.7	15.2	19.7	No linear change	Not available [¶]	No change
QN62: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
61.4			51.9	53.0	51.7	Decreased, 2011-2021	Not available	No change
QN82: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
			9.2	8.5	4.8	Decreased, 2017-2021	Not available	Decreased
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				8.4	3.5	Decreased, 2019-2021	Not available	Decreased

*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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]								
14.1			16.5	16.7	14.5	No linear change	Not available	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]								
11.4			14.2	16.6	15.0	Increased, 2011-2021	Not available	No change
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
21.0			32.9	35.1	36.0	Increased, 2011-2021	Not available	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
8.8			11.3	12.7	10.7	Increased, 2011-2021	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, $p < 0.05$.

[¶]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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Weight Management and Dietary Behaviors						Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
4.3			7.3	7.4	5.7	Increased, 2011-2021	Not available [¶]	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
64.3			57.6	55.2	52.8	Decreased, 2011-2021	Not available	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
29.5			25.0	24.2	23.3	Decreased, 2011-2021	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
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)								
37.1			44.1	43.5	43.1	Increased, 2011-2021	Not available [¶]	No change
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)								
22.4			28.8	34.5	37.3	Increased, 2011-2021	Not available	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
47.8			52.2	49.3	50.4	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)								
14.4			19.6	20.9	19.8	Increased, 2011-2021	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Weight Management and Dietary Behaviors								
Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [‡]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
3.9			7.6	7.0	7.2	Increased, 2011-2021	Not available [¶]	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
66.0			57.8	57.5	56.7	Decreased, 2011-2021	Not available	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
27.8			21.2	23.6	19.3	Decreased, 2011-2021	Not available	No change

*Non-Hispanic.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
13.2			8.8	11.2	9.4	Decreased, 2011-2021	Not available [¶]	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)								
20.1			27.0	27.4	27.7	Increased, 2011-2021	Not available	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
27.9			18.2	16.7	17.8	Decreased, 2011-2021	Not available	No change

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Weight Management and Dietary Behaviors						Linear Change[†]	Quadratic Change[†]	Change from 2019-2021[§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
17.8			10.4	10.3	10.8	Decreased, 2011-2021	Not available [¶]	No change
QN75: Percentage of students who did not drink milk (during the 7 days before the survey)								
			18.2	22.4	26.4	Increased, 2017-2021	Not available	No change
QNMILK1: Percentage of students who drank one 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)								
			43.3	38.8	32.7	Decreased, 2017-2021	Not available	Decreased

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
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)								
			15.9	12.1	9.6	Decreased, 2017-2021	Not available [¶]	No change
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
			14.3	14.0	17.4	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
			32.1	31.6	29.8	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* 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)									
52.2			51.1	52.2	54.1	No linear change	Not available [¶]	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)									
8.1			9.4	11.4	11.6	Increased, 2011-2021	Not available	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)									
29.2			30.9	27.9	30.7	No linear change	Not available	No change	

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* Physical Activity						Health Risk Behavior and Percentages	Linear Change [†]	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	
QN80: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)									
65.3			61.6	63.3	59.9	Decreased, 2011-2021	Not available	No change	
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	

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

White* 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)								
				81.0	82.5	81.9	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)								
				23.0	26.5	28.8	Increased, 2017-2021	Not available	No change

*Non-Hispanic.

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey
10-year Trend Analysis Report

White*
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)								
				30.4	43.0	Increased, 2019-2021	Not available [¶]	Increased
QN100: Percentage of students who have physical disabilities or long-term health problems (meaning 6 months or more)								
				13.3	10.3	Decreased, 2019-2021	Not available	Decreased

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Injury and Violence						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
54.7			51.9	48.3	54.3	No linear change	Not available [¶]	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
33.9			16.3	13.4	21.3	No linear change	Not available	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			3.2	4.7	0.0	Not available	Not available	Not available

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Injury and Violence						Health Risk Behavior and Percentages	Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]		
2011	2013	2015	2017	2019	2021						
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)						**	**	**	**	Not available [¶]	**
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)						**	**	**	**	Not available	**
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)						5.7	5.1	0.0	Not available	Not available	Not available

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* 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)									
**			**	**	**	**	Not available [¶]	**	
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)									
**			**	**	**	**	Not available	**	
QN16: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)									
46.3			25.8	16.0	28.8	No linear change	Not available	No change	

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Injury and Violence						Health Risk Behavior and Percentages	Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021				
QN17: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)									
22.2			12.9	13.3	14.7	No linear change	Not available [¶]	No change	
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)									
**			**	**	**	**	Not available	**	
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)									
			**	**	**	**	Not available	**	

*Non-Hispanic.

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Injury and Violence						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]			
Health Risk Behavior and Percentages											
2011	2013	2015	2017	2019	2021						
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)						**	0.0	**	**	Not available [¶]	**
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)						**	**	**	**	Not available	**
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)						**	**	**	**	Not available	**

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Injury and Violence						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
24.8			10.9	23.3	15.6	No linear change	Not available [¶]	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)								
32.8			25.8	28.5	38.1	No linear change	Not available	No change
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
19.7			15.8	23.9	20.0	No linear change	Not available	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* 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)									
**			**	**	**	**	Not available [¶]	**	
QN28: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)									
**			**	**	**	**	Not available	**	
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)									
0.0			**	**	**	Not available	Not available	**	

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Tobacco Use						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN30: Percentage of students who ever tried cigarette smoking (even one or two puffs)								
**			**	**	**	**	Not available [¶]	**
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			**	**	**	**	Not available	**
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
**			**	0.0	**	Not available	Not available	Not available
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
**			0.0	0.0	0.0	Not available	Not available	Not available

*Non-Hispanic.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* 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)									
4.0			0.0	0.0	0.0	Not available	Not available [¶]	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])									
			25.3	51.3	26.7	No linear change	Not available	No change	
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)									
			3.3	9.1	16.3	Increased, 2017-2021	Not available	No change	

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* 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)						0.0	1.4	0.0	Not available	Not available [¶]	Not available
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)						0.0	1.4	0.0	Not available	Not available	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)						5.2	9.1	14.7	No linear change	Not available	No change

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)								
			**	**	**	**	Not available [¶]	**
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
			0.0	0.0	0.0	Not available	Not available	Not available
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)								
			0.0	0.0	0.0	Not available	Not available	Not available

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Tobacco Use						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
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)								
**			**	**	**	**	Not available [¶]	**
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)								
			5.5	9.3	14.7	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)								
8.9			0.4	0.0	0.0	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* 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)									
**			**	**	**	**	Not available [¶]	**	
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)									
1.5			0.0	0.0	0.0	Not available	Not available	Not available	

*Non-Hispanic.

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Alcohol and Other Drug Use						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
24.4			10.7	18.1	16.7	No linear change	Not available [¶]	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
**			**	**	**	**	Not available	**
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
			4.1	1.3	0.0	Not available	Not available	Not available

*Non-Hispanic.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Alcohol and Other Drug Use						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]				
Health Risk Behavior and Percentages												
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)						0.0	0.0	Not available	Not available [¶]	Not available		
QN45: Percentage of students who ever used marijuana (one or more times during their life)						52.4	35.3	37.6	20.0	Decreased, 2011-2021	Not available	Decreased
QN46: Percentage of students who tried marijuana for the first time before age 13 years						15.1	9.0	5.7	0.0	Not available	Not available	Not available
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)						**	**	**	**	**	Not available	**

*Non-Hispanic.

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey
10-year Trend Analysis Report

Black* Alcohol and Other Drug Use						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
			**	**	**	**	Not available [¶]	**
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)								
			**	**	**	**	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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Sexual Behaviors		Health Risk Behavior and Percentages					Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
2011	2013	2015	2017	2019	2021				
QN57: Percentage of students who ever had sexual intercourse									
49.0			44.9	31.5	34.5	No linear change	Not available [¶]	No change	
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years									
**			**	**	**	**	Not available	**	
QN59: Percentage of students who had sexual intercourse with four or more persons during their life									
**			**	**	**	**	Not available	**	
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)									
37.2			37.0	20.3	17.2	Decreased, 2011-2021	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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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey
10-year Trend Analysis Report

Black* Sexual Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QN82: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)						**	Not available [¶]	**
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)						**	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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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]								
22.9			9.6	11.5	20.8	No linear change	Not available	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [¶]								
***			***	***	***	***	Not available	***
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
***			***	***	**	***	Not available	***
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
23.0			17.8	15.3	20.0	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
**			**	**	**	**	Not available [¶]	**
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
46.0			60.1	58.9	50.6	No linear change	Not available	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
25.7			33.6	20.4	30.0	No linear change	Not available	No change

*Non-Hispanic.

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

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* 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)								
42.2			57.2	55.5	54.7	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)								
46.0			38.9	45.7	55.4	No linear change	Not available	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)								
59.8			64.4	68.9	65.0	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)								
28.5			32.1	34.0	24.8	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
**			**	**	**	**	Not available [¶]	**
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
55.9			44.6	42.6	46.4	No linear change	Not available	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
18.0			21.6	21.4	17.7	No linear change	Not available	No change

*Non-Hispanic.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
7.9			14.8	15.4	12.2	No linear change	Not available [¶]	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)								
18.4			27.6	30.6	42.6	No linear change	Not available	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
**			**	**	**	**	Not available	**

*Non-Hispanic.

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]
Health Risk Behavior and Percentages								
2011	2013	2015	2017	2019	2021			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
**			**	**	**	**	Not available [¶]	**
QN75: Percentage of students who did not drink milk (during the 7 days before the survey)								
			30.8	36.9	38.8	No linear change	Not available	No change
QNMILK1: Percentage of students who drank one 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)								
			**	**	**	**	Not available	**

*Non-Hispanic.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Weight Management and Dietary Behaviors						Linear Change [†]	Quadratic Change [†]	Change from 2019-2021 [§]			
Health Risk Behavior and Percentages											
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)						**	**	**	**	**	**
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)						28.0	25.6	31.4	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)						**	**	**	**	Not available	**

*Non-Hispanic.

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* 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)									
32.0			42.3	27.6	32.7	No linear change	Not available [¶]	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)									
**			**	**	**	**	Not available	**	
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)									
**			**	**	**	**	Not available	**	

*Non-Hispanic.

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* Physical Activity						Health Risk Behavior and Percentages	Linear Change [†]	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)									
56.9			61.0	76.8	65.4	No linear change	Not available [¶]	No change	
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)									
19.4			24.2	17.0	23.6	No linear change	Not available	No change	
QN80: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)									
**			**	**	**	**	Not available	**	
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)									
			**	**	**	**	Not available	**	

*Non-Hispanic.

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Black* 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)								
				**	**	**	**	Not available [¶]	**
	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)								
				11.7	17.5	22.4	No linear change	Not available	No change

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

**Black*
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)								
				**	**	**	Not available [¶]	**
QN100: Percentage of students who have physical disabilities or long-term health problems (meaning 6 months or more)								
				9.9	10.4	No linear change	Not available	No change

*Non-Hispanic.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)								
49.3			49.5	48.7	50.7	No linear change	Not available [§]	No change
QN9: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey)								
27.5			20.7	15.3	21.1	No linear change	Not available	No change
QN10: Percentage of students who drove a car or other vehicle when they had been drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)								
			**	**	**	**	Not available	**

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Based on t-test analysis, $p < 0.05$.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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						
QN11: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)						47.8	43.0	43.7	No linear change	Not available [§]	No change
QN12: Percentage of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)						**	**	**	**	Not available	**
QN13: Percentage of students who carried a gun (not counting the days when they carried a gun only for hunting or for a sport such as target shooting, on at least 1 day during the 12 months before the survey)						**	**	**	**	Not available	**

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Based on t-test analysis, $p < 0.05$.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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)								
36.0			17.7	19.5	23.7	No linear change	Not available	No change

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†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN17: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
14.3			10.4	7.6	9.8	No linear change	Not available [§]	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
11.1			17.6	16.4	12.3	No linear change	Not available	No change
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey)								
			13.8	11.1	13.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN21: Percentage of students who experienced sexual dating violence (being forced by someone they were dating or going out with to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to do, one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			**	**	**	**	Not available [§]	**
QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
			**	**	**	**	Not available	**
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)								
19.4			20.4	20.3	19.7	No linear change	Not available	No change

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

[§]Not enough years of data to calculate.

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
14.6			16.7	19.4	18.3	No linear change	Not available [§]	No change
QN25: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)								
27.0			31.7	47.4	50.3	Increased, 2011-2021	Not available	No change
QN26: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)								
20.4			17.3	22.8	26.7	No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN30: Percentage 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
QN31: Percentage of students who first tried cigarette smoking before age 13 years (even one or two puffs)								
			12.7	9.2	8.0	No linear change	Not available	No change
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
**			**	**	**	**	Not available	**
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more 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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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])								
			46.6	49.8	47.5	No linear change	Not available	No change
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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)								
			**	**	**	**	Not available [§]	**
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)								
			**	**	**	**	Not available	**
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, 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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
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)								
**			**	**	**	**	Not available [§]	**
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)								
			17.2	18.0	23.4	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)								
**			**	**	0.0	Not available	Not available	Not available

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

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)								
**			**	**	**	**	Not available [§]	**
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)								
**			**	**	0.0	Not available	Not available	Not available

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

[§]Not enough years of data to calculate.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)								
24.6			18.0	21.6	14.4	No linear change	Not available [§]	No change
QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)								
40.1			22.6	24.7	23.5	Decreased, 2011-2021	Not available	No change
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)								
			**	**	**	**	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.

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2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)								
22.3			14.4	20.1	20.2	No linear change	Not available [§]	No change
QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)								
			**	**	**	**	Not available	**
QN49: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)								
			14.1	18.2	10.2	No linear change	Not available	Decreased

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

[§]Not enough years of data to calculate.

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

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Hispanic Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN57: Percentage of students who ever had sexual intercourse								
49.2			41.3	43.5	31.3	Decreased, 2011-2021	Not available [§]	No change
QN58: Percentage of students who had sexual intercourse for the first time before age 13 years								
**			**	**	**	**	Not available	**
QN59: Percentage of students who had sexual intercourse with four or more persons during their life								
**			**	**	**	**	Not available	**
QN60: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
32.3			34.9	32.2	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa High School Survey 10-year Trend Analysis Report

Hispanic Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2019-2021 †
2011	2013	2015	2017	2019	2021			
QN82: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)								
			17.4	13.3	4.7	Decreased, 2017-2021	Not available [§]	Decreased
QN83: Percentage of students who were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea (during the 12 months before the survey)								
				11.0	5.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa 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			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
20.1			18.2	15.5	26.2	No linear change	Not available [¶]	No change
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]								
27.3			19.7	26.9	19.4	No linear change	Not available	No change
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)								
23.9			23.1	35.7	30.4	No linear change	Not available	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)								
9.7			13.3	7.1	13.4	No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa 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			
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
5.7			6.7	4.3	8.6	No linear change	Not available [§]	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
62.9			62.0	53.4	53.4	No linear change	Not available	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)								
41.1			34.1	29.9	31.0	No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa 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			38.7	37.1	42.2	No linear change	Not available	No change
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	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa 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			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
8.6			11.0	11.4	13.3	No linear change	Not available [§]	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
49.5			50.5	55.4	50.3	No linear change	Not available	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
23.9			23.0	23.6	23.2	No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa 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			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding french fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)								
10.3			13.4	11.2	15.2	No linear change	Not available [§]	No change
QN74: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, one or more times during the 7 days before the survey)								
14.3			19.5	29.4	29.2	Increased, 2011-2021	Not available	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa 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			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)								
19.0			11.2	13.0	8.9	Decreased, 2011-2021	Not available [§]	No change
QN75: Percentage of students who did not drink milk (during the 7 days before the survey)								
			23.2	16.5	29.0	No linear change	Not available	Increased
QNMILK1: Percentage of students who drank one 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)								
			32.4	25.2	29.4	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa 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			
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)								
			**	**	**	**	Not available [§]	**
QN76: Percentage of students who did not eat breakfast (during the 7 days before the survey)								
			23.5	20.9	23.4	No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)								
			24.7	23.8	23.0	No linear change	Not available	No change

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

[§]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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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	No linear change	Not available [§]	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	No linear change	Not available	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)								
32.2			23.7	17.1	25.0	No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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			
QN79: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)								
77.7			63.6	73.4	54.3	No linear change	Not available [§]	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
32.8			12.9	20.6	24.4	No linear change	Not available	No change
QN80: Percentage of students who played on at least one sports team (counting any teams run by their school or community groups, during the 12 months before the survey)								
54.9			57.5	43.5	48.9	No linear change	Not available	No change
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)								
			17.0	12.3	16.1	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.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

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%.

2021 YOUTH RISK BEHAVIOR SURVEY RESULTS

Iowa 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.

§Not enough years of data to calculate.