San Diego High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)

| 4.1 | 4.1 | 4.7 | 4.5 | 5.3 | 6.5 | Increased, 2009-2019 | No quadratic change | 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)

| 25.0 | 24.0 | 19.8 | 19.8 | 15.5 | 14.3 | Decreased, 2009-2019 | No quadratic change | 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)

| | | 7.6 | 7.4 | 8.0 | 5.6 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

		31.8	33.2	29.9	27.6	Decreased, 2013-2019	Not available[§]	No change

QN13: 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)

4.4	4.5	2.6	3.3	4.1	3.0	Decreased, 2009-2019	No quadratic change	No change

QN14: 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)

				3.6	2.6	No linear change	Not available	No change

QN15: 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)

4.8	6.1	5.7	4.5	5.8	7.6	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN16: 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)								
7.4	6.7	4.3	4.6	5.3	5.3	Decreased, 2009-2019	Decreased, 2009-2013 No change, 2013-2019	No change
QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)								
10.8	10.9	5.9	6.8	9.5	9.4	No linear change	Decreased, 2009-2013 Increased, 2013-2019	No change
QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)								
7.1	6.9	7.5	7.4	6.8	5.9	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
Health Risk Behavior and Percentages								
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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, 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)

		11.0	10.7	12.6	10.4	No linear change	Not available[§]	No change

QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

		7.4	7.8	5.2	6.1	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)

15.6	15.4	16.7	16.0	13.6	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.

San Diego High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)								
	12.4	14.4	14.0	12.6	10.9	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)								
25.9	25.6	29.6	29.1	31.6	35.1	Increased, 2009-2019	No quadratic change	No change
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)								
13.9	13.3	15.5	16.5	16.1	17.4	Increased, 2009-2019	No quadratic change	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)								
6.0	9.1	8.4	8.9	7.1	7.8	No linear change	Increased, 2009-2013 No change, 2013-2019	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.

San Diego High School Survey
10-year Trend Analysis Report

Total
Injury and Violence

		Health Risk Behavior and Percentages				**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

1.6	3.0	2.3	1.9	1.5	1.9	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
11.7	14.2	8.9	7.1	4.2	3.2	Decreased, 2009-2019	Decreased, 2009-2015 Decreased, 2015-2019	No change

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
2.8	3.7	1.1	1.3	0.8	0.6	Decreased, 2009-2019	No quadratic change	No change

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
1.9	1.5	0.5	0.9	0.7	0.5	Decreased, 2009-2019	No quadratic change	No change

QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
			44.9	38.1	41.4	No linear change	Not available[§]	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)

| | | | 21.6 | 7.7 | 16.0 | Decreased, 2015-2019 | Not available[§] | Increased |

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

| | | | 2.5 | 1.1 | 4.7 | Increased, 2015-2019 | Not available | Increased |

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

| | | | 1.9 | 0.7 | 2.8 | No linear change | Not available | Increased |

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)

| | | | 24.1 | 9.6 | 16.9 | Decreased, 2015-2019 | Not available | Increased |

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

8

San Diego High School Survey
10-year Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years)								
				10.5	8.3	No linear change	Not available[§]	No change
QN39: Percentage of students who tried to quit using all tobacco products (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, ever during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)								
				38.3	54.8	Increased, 2017-2019	Not available	Increased

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)

| 22.7 | 21.7 | 15.8 | 14.8 | 14.2 | 14.0 | Decreased, 2009-2019 | No quadratic change | No change |

QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)

| 36.2 | 33.0 | 28.7 | 24.8 | 24.9 | 22.3 | Decreased, 2009-2019 | No quadratic change | No change |

QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)

| | | | | 11.4 | 8.4 | Decreased, 2017-2019 | Not available[§] | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN45: Percentage of students who ever used marijuana (one or more times during their life)

| 37.3 | 40.1 | 40.5 | 35.9 | 36.1 | 36.9 | No linear change | No quadratic change | No change |

QN46: Percentage of students who tried marijuana for the first time before age 13 years

| 9.2 | 10.6 | 8.5 | 7.5 | 6.9 | 5.9 | Decreased, 2009-2019 | No quadratic change | No change |

QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

| 18.9 | 24.0 | 21.9 | 18.0 | 20.2 | 21.5 | No linear change | No quadratic change | No change |

QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)

| | | | 8.3 | 6.2 | 6.1 | Decreased, 2015-2019 | Not available[§] | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
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)								
				10.8	13.4	No linear change	Not available[§]	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)								
7.6	8.4	6.9	5.3	4.4	3.8	Decreased, 2009-2019	No quadratic change	No change
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)								
10.7	11.0	8.0	6.5	4.6	4.5	Decreased, 2009-2019	No quadratic change	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
			2.5	1.6	1.2	Decreased, 2015-2019	Not available	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

		Health Risk Behavior and Percentages				**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
3.8	4.9	2.9	3.6	2.0	1.6	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	No change
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)								
10.2	16.1	10.7	6.9	4.4	2.9	Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	Decreased
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)								
2.7	2.9	2.0	2.7	3.0	2.3	No linear change	No quadratic change	No change
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)								
1.8	2.9	2.1	2.1	1.4	1.1	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	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, $p < 0.05$.

San Diego High School Survey
10-year Trend Analysis Report

Total
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**				

QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
28.7	32.0	30.1	27.6	27.3	25.7	Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	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, $p < 0.05$.

San Diego High School Survey
10-year Trend Analysis Report

Total
Sexual Behaviors

		Health Risk Behavior and Percentages				**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN58: Percentage of students who ever had sexual intercourse								
39.2	42.5	36.6	32.0	31.0	29.6	Decreased, 2009-2019	No quadratic change	No change
QN59: Percentage of students who had sexual intercourse for the first time before age 13 years								
4.8	6.1	4.4	3.5	2.7	2.0	Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	No change
QN60: Percentage of students who had sexual intercourse with four or more persons during their life								
11.2	11.9	8.2	6.8	5.9	5.1	Decreased, 2009-2019	No quadratic change	No change
QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
27.7	27.8	24.3	22.3	20.3	19.8	Decreased, 2009-2019	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

**Total
Sexual Behaviors**

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
21.4	21.9	18.4	19.8	20.0	20.2	No linear change	No quadratic change	No change
QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
65.5	58.6	56.6	59.0	55.8	54.3	No linear change	No quadratic change	No change
QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
17.7	20.7	22.4	17.3	23.1	22.5	No linear change	No quadratic change	No change
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		1.0	1.8	4.8	6.4	Increased, 2013-2019	Not available[§]	No change

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

San Diego High School Survey
10-year Trend Analysis Report

**Total
Sexual Behaviors**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))

		2.7	4.5	2.8	3.7	No linear change	Not available[§]	No change

QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)

		26.1	23.7	30.7	32.7	Increased, 2013-2019	Not available	No change

QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)

		7.2	5.5	10.7	9.0	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.

San Diego High School Survey
10-year Trend Analysis Report

Total
Sexual Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
13.5	15.2	16.7	12.4	15.6	15.2	No linear change	No quadratic change	No change

QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
		13.9	11.9	10.2	9.1	Decreased, 2013-2019	Not available[§]	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]

| 13.8 | 16.0 | 16.4 | 16.6 | 14.8 | 15.8 | No linear change | Increased, 2009-2013 No change, 2013-2019 | No change |

QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]

| 11.3 | 11.4 | 11.4 | 11.5 | 13.2 | 10.4 | No linear change | No quadratic change | No change |

QN67: Percentage of students who described themselves as slightly or very overweight

| 26.4 | 27.9 | 30.8 | 32.4 | 33.3 | 31.2 | Increased, 2009-2019 | Increased, 2009-2015 No change, 2015-2019 | No change |

QN68: Percentage of students who were trying to lose weight

| 45.4 | 48.3 | 46.9 | 47.5 | 49.8 | 47.7 | No linear change | No quadratic change | No change |

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

19

San Diego High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
20.3	21.2	22.9	25.3	32.5	34.7	Increased, 2009-2019	Increased, 2009-2013 Increased, 2013-2019	No change

QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
9.0	9.8	10.0	8.0	8.3	10.1	No linear change	No quadratic change	No change

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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
4.6	5.1	4.8	3.8	4.6	6.3	No linear change	No quadratic change	Increased

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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
66.2	63.3	63.5	65.6	60.6	57.1	Decreased, 2009-2019	No quadratic change	Decreased

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

| 34.7 | 34.1 | 33.9 | 33.4 | 30.4 | 29.5 | Decreased, 2009-2019 | No quadratic change | No change |

QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

| 36.9 | 39.5 | 35.5 | 34.0 | 40.2 | 38.9 | No linear change | No quadratic change | No change |

QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)

| 39.2 | 38.5 | 43.2 | 41.2 | 43.3 | 42.4 | Increased, 2009-2019 | No quadratic change | No change |

QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)

| 45.0 | 48.9 | 46.7 | 44.6 | 47.6 | 48.9 | No linear change | No quadratic change | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
18.3	18.6	17.7	17.4	17.4	14.7	Decreased, 2009-2019	No quadratic change	Decreased
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)								
7.2	7.9	6.5	5.6	7.1	5.9	No linear change	No quadratic change	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)								
61.2	58.1	59.1	61.1	58.2	59.9	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
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)								
28.5	25.6	26.9	27.2	25.9	26.0	No linear change	No quadratic change	No change
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)								
13.6	13.0	14.1	13.3	12.8	14.2	No linear change	No quadratic change	No change
QN75: 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, during the 7 days before the survey)								
23.3	22.2	32.1	35.0	36.1	37.1	Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	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, $p < 0.05$.

San Diego High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
18.2	18.1	13.7	9.6	9.4	9.5	Decreased, 2009-2019	No quadratic change	No change

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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
11.2	11.9	8.6	6.0	4.8	5.6	Decreased, 2009-2019	No quadratic change	No change

QN76: Percentage of students who did not drink milk (during the 7 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
		22.7	21.8	25.6	30.6	Increased, 2013-2019	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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
		31.9	31.3	28.8	25.5	Decreased, 2013-2019	Not available	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

| | | 6.8 | 8.1 | 6.5 | 5.3 | Decreased, 2013-2019 | Not available[§] | No change |

QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)

| | | 13.9 | 12.8 | 14.3 | 14.2 | 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)

| | | 35.7 | 37.1 | 35.1 | 34.7 | 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.

San Diego High School Survey
10-year Trend Analysis Report

**Total
Physical Activity**

		Health Risk Behavior and Percentages				**Linear Change[*]**	**Quadratic Change[*]**	**Change from 2017-2019 [†]**
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN78: 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)								
45.7	49.3	51.1	47.6	46.0		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)								
17.0	15.9	13.2	14.3	14.5		Decreased, 2011-2019	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)								
24.8	26.9	27.0	23.0	22.2		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.

San Diego High School Survey
10-year Trend Analysis Report

Total
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

| 30.7 | 33.0 | 27.9 | 19.7 | 19.2 | 17.8 | Decreased, 2009-2019 | No quadratic change | No change |

QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

| 28.7 | 31.7 | 40.2 | 44.8 | 43.0 | 45.6 | Increased, 2009-2019 | Increased, 2009-2015 No change, 2015-2019 | No change |

QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

| 55.6 | 58.3 | 55.3 | 58.8 | 56.5 | 54.1 | No linear change | No quadratic change | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Total
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
37.8	40.5	40.1	42.7	34.9	33.8	No linear change	Increased, 2009-2015 Decreased, 2015-2019	No change

QN82: 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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
56.8	50.5	52.9	55.6	54.7	53.1	No linear change	No quadratic change	No change

QN83: 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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				15.9	12.8	Decreased, 2017-2019	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.

San Diego High School Survey
10-year Trend Analysis Report

**Total
Other**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN86: 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)								
			70.5	74.2	74.8	Increased, 2015-2019	Not available[§]	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
			2.3	1.6	1.9	No linear change	Not available	No change
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma								
20.9	21.8	18.3	19.2	21.3	20.8	No linear change	No quadratic change	No change
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)								
			28.1	27.2	24.7	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.

San Diego High School Survey
10-year Trend Analysis Report

Total Other

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

			74.7	74.1	74.6	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.

San Diego High School Survey
10-year Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN90: Percentage of students who are transgender								
				1.2	1.1	No linear change	Not available[§]	No change
QN91: Percentage of students who think other people at school would describe them as equally feminine and masculine								
		10.4	11.6	12.8	14.4	Increased, 2013-2019	Not available	No change
QN92: Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)								
				19.0	20.0	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.

San Diego High School Survey
10-year Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN93: Percentage of students who have ever been given money, a place to stay, food, or something else of value in exchange for sex								
				3.2	2.5	No linear change	Not available[§]	No change
QN94: Percentage of students who have been harassed because someone thought they were gay, lesbian, or bisexual (one or more times during the 12 months before the survey)								
11.3	10.8	9.5	11.6	14.5	13.3	Increased, 2009-2019	No quadratic change	No change
QN96: Percentage of students who had texted, e-mailed, or posted electronically a revealing or sexual photo of themselves (during the 30 days before the survey)								
			13.9	15.3	13.0	No linear change	Not available	No change
QN97: Percentage of students who reported a revealing or sexual photo of them had been texted, e-mailed, or posted electronically without their permission (during the 30 days before the survey)								
			2.7	3.1	2.8	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.

San Diego High School Survey
10-year Trend Analysis Report

Total Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN98: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)

16.2	16.7	17.6	18.7	16.8	19.6	No linear change	No quadratic change	No change

QN99: Percentage of students who reported their partners were three or more years older than themselves the first time they had sexual intercourse (among students who have had sexual intercourse)

	17.0	16.9	14.2	14.7	9.0	Decreased, 2011-2019	Not available[§]	Decreased

QN100: Percentage of students who have been pregnant or gotten someone pregnant (one or more times)

4.1	5.7	2.8	2.7	2.2	2.0	Decreased, 2009-2019	No quadratic change	No change

QN101: Percentage of students who have ever participated in oral sex

36.6	38.2	37.3	35.7	33.8	32.7	Decreased, 2009-2019	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Total Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN103: Percentage of students who have ever been taught in school about how to use a condom to prevent pregnancy or sexually transmitted diseases (STDs) (including HIV)

				84.8	86.2	No linear change	Not available[§]	No change

QN104: Percentage of students who have ever been taught in school about where they could get sexual health services (such as birth control, condoms, or HIV or other sexually transmitted disease (STD) testing or treatment)

				77.5	79.3	No linear change	Not available	No change

QN105: Percentage of students who had a teacher or other adult in their school help them find a place where they could get tested for HIV or other sexually transmitted diseases (STDs) (among students who needed to find a place for HIV or other STD testing during the 12 months before the survey)

				29.7	20.7	Decreased, 2017-2019	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.

San Diego High School Survey
10-year Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN106: Percentage of students who had a teacher or other adult in their school help them find a place where they could get birth control (among students who needed to find a place to get birth control during the 12 months before the survey)

| | | | | 29.3 | 24.5 | Decreased, 2017-2019 | Not available[§] | No change |

QN107: Percentage of students who disagree or strongly disagree that their school has clear consequences for students who bully or harass other students

| | | | 20.0 | 20.1 | 24.0 | Increased, 2015-2019 | Not available | Increased |

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

San Diego High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)

| 4.1 | 4.9 | 5.9 | 6.3 | 5.8 | 6.5 | Increased, 2009-2019 | No quadratic change | 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)

| 25.1 | 23.8 | 19.2 | 18.8 | 14.8 | 14.3 | Decreased, 2009-2019 | No quadratic change | 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)

| | | 10.0 | 10.3 | 8.8 | 7.9 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
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)								
		32.4	33.8	26.4	27.0	Decreased, 2013-2019	Not available[§]	No change
QN13: 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)								
5.5	6.5	4.2	4.8	6.2	3.9	No linear change	No quadratic change	No change
QN14: 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)								
				5.5	3.7	No linear change	Not available	No change
QN15: 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)								
4.5	5.4	4.4	4.1	4.9	5.0	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN16: 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)

| 9.1 | 8.5 | 6.2 | 6.1 | 7.0 | 7.4 | No linear change | No quadratic change | No change |

QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)

| 13.7 | 13.3 | 8.8 | 10.6 | 12.4 | 12.0 | No linear change | Decreased, 2009-2013 Increased, 2013-2019 | No change |

QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)

| 4.7 | 5.9 | 6.0 | 5.9 | 4.9 | 2.5 | Decreased, 2009-2019 | No change, 2009-2015 Decreased, 2015-2019 | 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, $p < 0.05$.

San Diego High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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, 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)

		6.4	5.9	7.4	3.3	No linear change	Not available[§]	Decreased

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)

		6.5	6.4	4.9	4.7	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)

13.8	13.3	14.3	13.1	9.9		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.

San Diego High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
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)								
	8.6	10.3	10.7	9.2	7.6	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)								
18.3	18.5	19.3	19.9	21.2	22.1	Increased, 2009-2019	No quadratic change	No change
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)								
9.9	10.4	11.2	12.1	11.3	12.1	No linear change	No quadratic change	No change
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)								
4.1	6.9	6.5	6.9	4.7	4.7	No linear change	Increased, 2009-2013 Decreased, 2013-2019	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.

San Diego High School Survey
10-year Trend Analysis Report

Male
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

1.3	2.7	2.0	1.7	0.9	1.0	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| 14.0 | 15.9 | 9.1 | 8.3 | 4.4 | 2.8 | Decreased, 2009-2019 | Decreased, 2009-2015 Decreased, 2015-2019 | No change |

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

| 3.6 | 4.4 | 1.8 | 2.2 | 1.2 | 0.8 | Decreased, 2009-2019 | No quadratic change | No change |

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| 2.7 | 1.9 | 0.7 | 1.5 | 1.0 | 0.6 | Decreased, 2009-2019 | No quadratic change | No change |

QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])

| | | | 47.8 | 37.3 | 37.9 | Decreased, 2015-2019 | Not available[§] | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)

| | | | 25.4 | 8.5 | 13.8 | Decreased, 2015-2019 | Not available[§] | Increased |

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

| | | | 4.1 | 1.6 | 4.6 | No linear change | Not available | Increased |

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

| | | | 3.3 | 1.1 | 3.3 | No linear change | Not available | Increased |

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)

| | | | 28.4 | 10.3 | 14.6 | Decreased, 2015-2019 | Not available | Increased |

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

San Diego High School Survey
10-year Trend Analysis Report

Male
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN39: Percentage of students who tried to quit using all tobacco products (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, ever during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)

				2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				30.9	51.2	Increased, 2017-2019	Not available[§]	Increased

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
25.2	22.8	17.2	16.9	15.4	13.0	Decreased, 2009-2019	No quadratic change	No change

QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
35.9	33.6	27.6	23.6	20.8	18.9	Decreased, 2009-2019	No quadratic change	No change

QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				9.1	7.9	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.

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**				

QN45: Percentage of students who ever used marijuana (one or more times during their life)

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change
42.0	41.2	40.3	37.7	35.1	32.9	Decreased, 2009-2019	No quadratic change	No change

QN46: Percentage of students who tried marijuana for the first time before age 13 years

| 12.1 | 12.5 | 10.6 | 11.1 | 8.4 | 6.9 | Decreased, 2009-2019 | No quadratic change | No change |

QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

| 22.2 | 26.4 | 22.3 | 20.6 | 18.2 | 17.1 | Decreased, 2009-2019 | No quadratic change | No change |

QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)

| | | | 9.8 | 6.0 | 4.9 | Decreased, 2015-2019 | Not available[§] | No change |

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
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)								
				9.8	11.0	No linear change	Not available[§]	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)								
9.0	9.8	9.1	7.8	4.6	4.0	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	No change
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)								
9.3	9.8	8.4	7.1	5.3	3.2	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	No change
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)								
			4.1	2.4	1.4	Decreased, 2015-2019	Not available	No change

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
4.4	6.4	4.5	5.2	2.5	1.6	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	No change
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)								
10.8	15.4	10.6	8.2	5.4	3.7	Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	No change
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)								
2.8	3.3	2.7	3.6	3.1	2.2	No linear change	No quadratic change	No change
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)								
2.1	4.1	3.0	3.4	2.0	1.1	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	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, $p < 0.05$.

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
28.3	37.0	30.5	29.7	28.2	26.0	Decreased, 2009-2019	No change, 2009-2013 No change, 2013-2019	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, $p < 0.05$.

San Diego High School Survey
10-year Trend Analysis Report

Male
Sexual Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN58: Percentage of students who ever had sexual intercourse

| 44.2 | 46.0 | 38.1 | 36.0 | 33.4 | 31.4 | Decreased, 2009-2019 | No quadratic change | No change |

QN59: Percentage of students who had sexual intercourse for the first time before age 13 years

| 6.8 | 9.3 | 6.7 | 5.6 | 3.9 | 2.1 | Decreased, 2009-2019 | No change, 2009-2013 Decreased, 2013-2019 | No change |

QN60: Percentage of students who had sexual intercourse with four or more persons during their life

| 14.9 | 14.9 | 11.2 | 10.5 | 8.2 | 6.8 | Decreased, 2009-2019 | No quadratic change | No change |

QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)

| 30.3 | 29.4 | 24.3 | 24.4 | 19.9 | 19.4 | Decreased, 2009-2019 | No quadratic change | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Male
Sexual Behaviors

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)

23.7	27.4	24.4	23.1	20.5	20.5	No linear change	No quadratic change	No change

QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)

68.6	65.9	57.7	58.9	61.9	58.0	No linear change	No quadratic change	No change

QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)

16.0	17.1	19.8	16.1	19.9	17.6	No linear change	No quadratic change	No change

QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)

		0.0	1.4	0.8	6.6	Not available	Not available[§]	Increased

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

San Diego High School Survey
10-year Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))								
		1.8	3.2	1.8	3.1	No linear change	Not available[§]	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		21.7	20.6	22.5	27.3	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		3.3	2.9	9.8	4.8	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.

San Diego High School Survey
10-year Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)

| 13.4 | 12.9 | 14.5 | 13.1 | 16.9 | 12.5 | No linear change | No quadratic change | No change |

QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)

| | | 14.9 | 11.9 | 9.8 | 8.5 | Decreased, 2013-2019 | Not available[§] | No change |

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]

13.6	18.5	15.5	15.3	15.4	14.1	No linear change	No quadratic change	No change

QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]

14.8	15.5	15.9	15.3	17.4	12.3	No linear change	No quadratic change	Decreased

QN67: Percentage of students who described themselves as slightly or very overweight

22.6	26.8	24.3	27.2	27.5	26.9	No linear change	No quadratic change	No change

QN68: Percentage of students who were trying to lose weight

32.2	37.2	30.0	34.9	37.1	37.7	Increased, 2009-2019	No quadratic change	No change

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)

| 18.1 | 21.2 | 22.4 | 21.2 | 29.4 | 31.3 | Increased, 2009-2019 | No quadratic change | No change |

QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

| 10.2 | 11.2 | 10.8 | 9.3 | 10.0 | 12.3 | No linear change | No quadratic change | No change |

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)

| 5.4 | 6.0 | 5.6 | 4.1 | 5.8 | 7.4 | No linear change | No quadratic change | 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)

| 66.2 | 65.0 | 63.5 | 68.0 | 62.0 | 57.0 | Decreased, 2009-2019 | No change, 2009-2015 Decreased, 2015-2019 | 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, $p < 0.05$.

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
34.4	36.5	34.7	35.5	31.0	31.0	Decreased, 2009-2019	No quadratic change	No change

QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

| 41.2 | 42.8 | 40.4 | 37.3 | 44.5 | 45.3 | Increased, 2009-2019 | No change, 2009-2015 Increased, 2015-2019 | No change |

QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)

| 36.3 | 38.7 | 39.8 | 37.7 | 41.6 | 40.3 | No linear change | No quadratic change | No change |

QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)

| 45.8 | 50.0 | 50.0 | 44.8 | 46.7 | 50.5 | No linear change | No quadratic change | No change |

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)

| 21.2 | 20.2 | 20.9 | 18.5 | 19.1 | 14.7 | Decreased, 2009-2019 | No quadratic change | Decreased |

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)

| 8.3 | 10.2 | 8.2 | 7.1 | 8.4 | 6.2 | No linear change | No quadratic change | 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)

| 59.9 | 58.7 | 58.4 | 60.4 | 59.3 | 58.3 | No linear change | No quadratic change | No change |

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

28.5	24.9	27.4	28.1	28.2	25.2	No linear change	No quadratic change	No change

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)

14.2	12.6	15.2	14.0	14.6	14.6	No linear change	No quadratic change	No change

QN75: 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, during the 7 days before the survey)

17.2	19.8	29.0	28.8	33.6	30.8	Increased, 2009-2019	Increased, 2009-2013 No change, 2013-2019	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, $p < 0.05$.

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

22.3	22.0	18.7	13.0	11.0	11.8	Decreased, 2009-2019	No quadratic change	No change

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)

13.5	14.7	12.7	8.4	5.8	7.3	Decreased, 2009-2019	No quadratic change	No change

QN76: Percentage of students who did not drink milk (during the 7 days before the survey)

		17.4	16.6	18.3	20.0	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)

		40.9	39.8	38.1	35.0	Decreased, 2013-2019	Not available	No change

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

San Diego 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 2017-2019 †
2009	2011	2013	2015	2017	2019			

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)

		9.8	12.0	10.4	7.8	No linear change	Not available§	No change

QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)

		14.9	14.1	15.3	14.6	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)

		37.1	39.2	37.2	38.4	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.

San Diego High School Survey
10-year Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			
QN78: 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)								
54.3	55.7	59.0	54.4	51.3		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)								
13.0	12.7	10.9	12.4	12.7		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)								
32.5	33.2	35.5	31.2	29.0		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.

San Diego High School Survey
10-year Trend Analysis Report

Male
Physical Activity

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

| 33.3 | 34.8 | 28.0 | 19.9 | 18.2 | 16.1 | Decreased, 2009-2019 | No quadratic change | No change |

QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

| 32.2 | 34.5 | 38.6 | 43.3 | 42.6 | 46.9 | Increased, 2009-2019 | No quadratic change | No change |

QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

| 60.2 | 60.2 | 58.2 | 60.4 | 58.9 | 52.8 | No linear change | No change, 2009-2015 Decreased, 2015-2019 | 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, $p < 0.05$.

San Diego High School Survey
10-year Trend Analysis Report

Male
Physical Activity

	Health Risk Behavior and Percentages						**Linear Change***	**Quadratic Change***	**Change from 2017-2019** [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**				

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
41.6	42.0	43.5	45.2	37.0	33.4	No linear change	No change, 2009-2015 Decreased, 2015-2019	No change

QN82: 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)

| 61.1 | 56.6 | 57.2 | 62.1 | 58.1 | 55.2 | No linear change | No quadratic change | No change |

QN83: 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)

| | | | | 18.6 | 14.1 | Decreased, 2017-2019 | Not available[§] | Decreased |

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

San Diego High School Survey
10-year Trend Analysis Report

Male
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN86: 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)								
			68.6	72.3	75.1	Increased, 2015-2019	Not available[§]	No change
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)								
			3.4	2.2	2.6	No linear change	Not available	No change
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma								
21.1	20.9	20.3	20.5	20.8	22.4	No linear change	No quadratic change	No change
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)								
			32.3	31.2	27.9	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.

San Diego High School Survey
10-year Trend Analysis Report

Male
Other

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | | | 70.4 | 69.7 | 72.7 | 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.

San Diego High School Survey

10-year Trend Analysis Report

Male
Site-Added

		Health Risk Behavior and Percentages				**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN90: Percentage of students who are transgender

| | | | | 1.7 | 0.7 | No linear change | Not available[§] | No change |

QN91: Percentage of students who think other people at school would describe them as equally feminine and masculine

| | 8.7 | 11.3 | 14.2 | 10.9 | | No linear change | Not available | No change |

QN92: Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

| | | | | 10.7 | 9.9 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN93: Percentage of students who have ever been given money, a place to stay, food, or something else of value in exchange for sex								
				3.8	2.8	No linear change	Not available[§]	No change
QN94: Percentage of students who have been harassed because someone thought they were gay, lesbian, or bisexual (one or more times during the 12 months before the survey)								
12.5	10.1	11.0	12.2	16.1	11.8	No linear change	No quadratic change	Decreased
QN96: Percentage of students who had texted, e-mailed, or posted electronically a revealing or sexual photo of themselves (during the 30 days before the survey)								
			12.0	11.6	9.8	No linear change	Not available	No change
QN97: Percentage of students who reported a revealing or sexual photo of them had been texted, e-mailed, or posted electronically without their permission (during the 30 days before the survey)								
			2.9	2.7	1.7	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.

San Diego High School Survey
10-year Trend Analysis Report

Male
Site-Added

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN98: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change 2017-2019
10.6	10.9	10.9	11.7	9.4	13.1	No linear change	No quadratic change	Increased

QN99: Percentage of students who reported their partners were three or more years older than themselves the first time they had sexual intercourse (among students who have had sexual intercourse)

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change 2017-2019
	12.0	12.8	10.5	14.1	5.9	No linear change	Not available[§]	Decreased

QN100: Percentage of students who have been pregnant or gotten someone pregnant (one or more times)

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change 2017-2019
5.4	7.1	3.7	3.6	2.4	2.0	Decreased, 2009-2019	No quadratic change	No change

QN101: Percentage of students who have ever participated in oral sex

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change 2017-2019
43.0	40.8	38.8	39.2	35.7	34.4	Decreased, 2009-2019	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN103: Percentage of students who have ever been taught in school about how to use a condom to prevent pregnancy or sexually transmitted diseases (STDs) (including HIV)								
				82.7	87.2	No linear change	Not available[§]	Increased
QN104: Percentage of students who have ever been taught in school about where they could get sexual health services (such as birth control, condoms, or HIV or other sexually transmitted disease (STD) testing or treatment)								
				77.1	80.9	No linear change	Not available	No change
QN105: Percentage of students who had a teacher or other adult in their school help them find a place where they could get tested for HIV or other sexually transmitted diseases (STDs) (among students who needed to find a place for HIV or other STD testing during the 12 months before the survey)								
				31.5	24.0	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.

San Diego High School Survey
10-year Trend Analysis Report

Male
Site-Added

		Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN106: Percentage of students who had a teacher or other adult in their school help them find a place where they could get birth control (among students who needed to find a place to get birth control during the 12 months before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				29.0	23.5	No linear change	Not available[§]	No change

QN107: Percentage of students who disagree or strongly disagree that their school has clear consequences for students who bully or harass other students

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
			16.4	16.9	20.2	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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)

| 4.2 | 3.3 | 3.1 | 2.6 | 4.5 | 5.9 | Increased, 2009-2019 | No change, 2009-2015 Increased, 2015-2019 | 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)

| 24.8 | 24.0 | 20.2 | 20.9 | 16.0 | 14.2 | Decreased, 2009-2019 | No quadratic change | 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)

| | | 4.6 | 4.0 | 6.7 | 2.6 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019[†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

		30.5	32.5	33.7	27.8	No linear change	Not available[§]	No change

QN13: 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)

3.2	2.4	0.9	1.6	1.5	1.8	No linear change	No quadratic change	No change

QN14: 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)

				1.3	1.2	No linear change	Not available	No change

QN15: 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)

5.0	6.8	7.2	4.9	6.7	10.3	Increased, 2009-2019	No quadratic change	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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN16: 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)

| 5.5 | 4.6 | 2.1 | 3.0 | 3.1 | 2.9 | Decreased, 2009-2019 | No quadratic change | No change |

QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)

| 8.0 | 8.3 | 2.7 | 2.8 | 6.2 | 6.5 | No linear change | Decreased, 2009-2015 Increased, 2015-2019 | No change |

QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)

| 9.3 | 7.9 | 8.9 | 8.8 | 8.6 | 9.0 | No linear change | No quadratic change | No change |

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

San Diego High School Survey

10-year Trend Analysis Report

Female
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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, 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)

		15.2	16.0	17.5	16.7	No linear change	Not available[§]	No change

QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

		7.9	9.1	5.2	7.0	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)

17.6	17.4	19.2	19.0	17.2		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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

| | 16.2 | 18.4 | 17.4 | 16.1 | 13.9 | 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)

| 33.8 | 33.0 | 40.4 | 38.9 | 42.5 | 48.2 | Increased, 2009-2019 | No quadratic change | No change |

QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)

| 18.1 | 16.3 | 19.9 | 21.1 | 21.1 | 22.0 | Increased, 2009-2019 | No quadratic change | No change |

QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)

| 7.9 | 11.2 | 10.1 | 11.0 | 9.3 | 10.3 | No linear change | No quadratic change | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Female
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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	3.2	2.7	2.2	1.9	2.3	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

| 9.3 | 12.4 | 8.4 | 6.0 | 4.0 | 3.4 | Decreased, 2009-2019 | No quadratic change | No change |

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

| 2.0 | 2.9 | 0.2 | 0.5 | 0.4 | 0.3 | Decreased, 2009-2019 | No quadratic change | No change |

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| 1.1 | 1.2 | 0.1 | 0.3 | 0.3 | 0.3 | No linear change | No quadratic change | No change |

QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])

| | | | 41.9 | 39.0 | 44.8 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)

| | | | 17.7 | 6.8 | 18.5 | No linear change | Not available[§] | Increased |

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

| | | | 0.8 | 0.4 | 5.0 | Increased, 2015-2019 | Not available | Increased |

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

| | | | 0.5 | 0.2 | 2.3 | Increased, 2015-2019 | Not available | Increased |

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)

| | | | 19.6 | 8.8 | 19.3 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN39: Percentage of students who tried to quit using all tobacco products (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, ever during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)

				48.3	58.2	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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)

| 20.1 | 20.6 | 14.1 | 12.4 | 12.9 | 14.7 | Decreased, 2009-2019 | No quadratic change | No change |

QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)

| 36.4 | 32.3 | 29.6 | 26.1 | 29.1 | 25.8 | Decreased, 2009-2019 | No quadratic change | No change |

QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)

| | | | | 13.8 | 9.0 | Decreased, 2017-2019 | Not available[§] | No change |

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

San Diego High School Survey

10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN45: Percentage of students who ever used marijuana (one or more times during their life)

| 32.4 | 38.9 | 40.3 | 34.2 | 37.0 | 41.4 | No linear change | No quadratic change | No change |

QN46: Percentage of students who tried marijuana for the first time before age 13 years

| 6.2 | 8.7 | 6.2 | 3.9 | 5.3 | 4.8 | Decreased, 2009-2019 | No quadratic change | No change |

QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

| 15.4 | 21.5 | 21.1 | 15.3 | 22.3 | 26.3 | Increased, 2009-2019 | No quadratic change | No change |

QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)

| | | | 6.7 | 6.2 | 6.9 | No linear change | Not available[§] | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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 | 15.8 | Increased, 2017-2019 | Not available[§] | Increased |

QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)

| 6.1 | 6.9 | 4.3 | 2.8 | 4.0 | 3.1 | Decreased, 2009-2019 | No quadratic change | No change |

QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)

| 12.1 | 12.1 | 7.5 | 5.9 | 3.5 | 5.7 | Decreased, 2009-2019 | No quadratic change | No change |

QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)

| | | | 0.8 | 0.5 | 0.9 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
3.3	3.2	1.2	1.9	1.4	1.3	Decreased, 2009-2019	No quadratic change	No change

QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
9.5	16.8	10.7	5.5	3.2	1.7	Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	No change

QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
2.6	2.3	1.3	1.9	2.5	1.9	No linear change	No quadratic change	No change

QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
1.6	1.5	1.0	0.6	0.5	0.9	No linear change	No quadratic change	No change

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

San Diego High School Survey

10-year Trend Analysis Report

Female
Alcohol and Other Drug Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
29.2	26.8	29.6	25.2	26.5	25.2	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN58: Percentage of students who ever had sexual intercourse

| 34.2 | 38.9 | 34.8 | 27.8 | 28.6 | 27.5 | Decreased, 2009-2019 | No quadratic change | No change |

QN59: Percentage of students who had sexual intercourse for the first time before age 13 years

| 2.9 | 2.9 | 1.7 | 1.2 | 1.5 | 1.3 | Decreased, 2009-2019 | No quadratic change | No change |

QN60: Percentage of students who had sexual intercourse with four or more persons during their life

| 7.4 | 8.8 | 4.9 | 3.1 | 3.7 | 3.3 | Decreased, 2009-2019 | No quadratic change | No change |

QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)

| 25.0 | 26.3 | 24.0 | 20.4 | 20.7 | 20.3 | Decreased, 2009-2019 | No quadratic change | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
18.9	15.7	11.0	15.9	19.3	19.3	No linear change	No quadratic change	No change
QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
62.2	50.1	54.7	59.2	50.2	51.2	No linear change	No quadratic change	No change
QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
19.9	24.9	25.2	18.8	26.1	27.4	No linear change	No quadratic change	No change
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		2.0	2.3	8.5	6.3	Increased, 2013-2019	Not available[§]	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))								
		3.6	6.2	3.7	4.4	No linear change	Not available[§]	No change
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		30.9	27.3	38.3	38.0	Increased, 2013-2019	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		11.0	8.6	11.6	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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
13.7	17.8	19.1	11.5	14.3	17.1	No linear change	No quadratic change	No change

QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
		12.6	12.0	10.4	9.2	Decreased, 2013-2019	Not available[§]	No change

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]

14.0	13.4	17.2	17.9	14.1	17.5	No linear change	No quadratic change	No change

QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]

7.7	6.9	6.7	7.5	8.7	8.5	No linear change	No quadratic change	No change

QN67: Percentage of students who described themselves as slightly or very overweight

30.5	29.2	37.8	37.8	39.2	35.8	Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	No change

QN68: Percentage of students who were trying to lose weight

59.2	59.7	64.5	60.5	63.1	58.1	No linear change	Increased, 2009-2013 Decreased, 2013-2019	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.

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
22.4	21.0	23.3	29.7	35.7	37.6	Increased, 2009-2019	No quadratic change	No change

QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
7.7	8.2	9.2	6.6	6.4	7.0	No linear change	No quadratic change	No change

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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
3.8	4.0	3.8	3.5	3.3	4.2	No linear change	No quadratic change	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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
66.3	61.6	63.3	62.9	59.0	58.1	Decreased, 2009-2019	No quadratic change	No change

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

| 35.0 | 31.7 | 32.8 | 31.1 | 29.7 | 28.3 | Decreased, 2009-2019 | No quadratic change | No change |

QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

| 32.4 | 36.1 | 30.5 | 30.5 | 35.7 | 31.6 | No linear change | No quadratic change | No change |

QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)

| 42.4 | 38.2 | 46.9 | 45.0 | 45.1 | 44.3 | No linear change | No quadratic change | No change |

QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)

| 44.3 | 47.6 | 43.4 | 44.6 | 48.6 | 47.0 | No linear change | No quadratic change | No change |

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

San Diego 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 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)

15.3	16.9	14.4	16.3	15.6	13.4	No linear change	No quadratic change	No change

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)

6.1	5.5	4.8	4.1	5.8	4.7	No linear change	No quadratic change	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)

62.7	57.4	59.7	61.7	57.0	62.1	No linear change	No quadratic change	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, $p < 0.05$.

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

| 28.7 | 26.3 | 26.3 | 26.4 | 23.4 | 27.3 | No linear change | No quadratic change | No change |

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)

| 13.1 | 13.5 | 12.9 | 12.6 | 10.9 | 13.8 | No linear change | No quadratic change | No change |

QN75: 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, during the 7 days before the survey)

| 29.4 | 24.6 | 35.2 | 41.6 | 38.6 | 44.0 | Increased, 2009-2019 | No quadratic change | 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, $p < 0.05$.

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

| 13.7 | 14.0 | 8.2 | 6.1 | 7.7 | 6.8 | Decreased, 2009-2019 | No quadratic change | No change |

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)

| 8.8 | 9.0 | 4.0 | 3.5 | 3.8 | 3.8 | Decreased, 2009-2019 | No quadratic change | No change |

QN76: Percentage of students who did not drink milk (during the 7 days before the survey)

| | | 28.3 | 27.3 | 33.1 | 41.6 | Increased, 2013-2019 | 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)

| | | 22.2 | 22.5 | 19.2 | 15.7 | Decreased, 2013-2019 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Weight Management and Dietary Behaviors

						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

		3.4	4.0	2.6	2.6	No linear change	Not available[§]	No change

QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)

		13.0	11.5	13.3	13.3	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)

		34.1	34.9	33.0	31.3	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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Physical Activity

	Health Risk Behavior and Percentages					**Linear Change***	**Quadratic Change***	**Change from 2017-2019 †**
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN78: 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)

	36.8	42.5	42.6	40.8	41.3	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)

	21.3	19.3	15.6	16.4	15.4	Decreased, 2011-2019	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)

	16.7	20.1	18.3	14.6	15.4	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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2017-2019 †
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

| 28.2 | 31.2 | 27.8 | 19.5 | 20.4 | 19.9 | Decreased, 2009-2019 | No quadratic change | No change |

QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

| 25.2 | 28.7 | 41.7 | 46.4 | 43.4 | 44.1 | Increased, 2009-2019 | Increased, 2009-2015 No change, 2015-2019 | No change |

QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

| 50.8 | 56.2 | 52.3 | 57.1 | 54.2 | 55.8 | No linear change | No quadratic change | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Female
Physical Activity

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
33.9	39.1	36.7	39.8	33.0	34.6	No linear change	No quadratic change	No change

QN82: 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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
52.3	44.0	48.6	48.7	51.4	51.2	No linear change	No quadratic change	No change

QN83: 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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
				13.0	11.0	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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Other

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN86: 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)

| | | | 72.5 | 76.3 | 75.1 | 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)

| | | | 1.2 | 1.0 | 1.2 | No linear change | Not available | No change |

QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma

| 20.8 | 22.7 | 16.1 | 17.7 | 21.8 | 18.9 | No linear change | No quadratic change | No change |

QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | | | 23.7 | 23.0 | 21.7 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

			79.1	78.7	77.0	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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN90: Percentage of students who are transgender

				0.6	1.3	No linear change	Not available[§]	No change

QN91: Percentage of students who think other people at school would describe them as equally feminine and masculine

		12.2	11.7	11.2	17.7	Increased, 2013-2019	Not available	Increased

QN92: Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

				26.9	29.8	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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Site-Added

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN93: Percentage of students who have ever been given money, a place to stay, food, or something else of value in exchange for sex

			2.5	1.6		No linear change	Not available[§]	No change

QN94: Percentage of students who have been harassed because someone thought they were gay, lesbian, or bisexual (one or more times during the 12 months before the survey)

| 10.1 | 11.4 | 7.6 | 10.9 | 12.7 | 14.8 | Increased, 2009-2019 | Decreased, 2009-2013 Increased, 2013-2019 | No change |

QN96: Percentage of students who had texted, e-mailed, or posted electronically a revealing or sexual photo of themselves (during the 30 days before the survey)

| | | | 16.0 | 19.1 | 15.6 | No linear change | Not available | No change |

QN97: Percentage of students who reported a revealing or sexual photo of them had been texted, e-mailed, or posted electronically without their permission (during the 30 days before the survey)

| | | | 2.6 | 3.3 | 3.5 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN98: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)

| 22.1 | 22.7 | 24.7 | 26.0 | 24.3 | 26.4 | No linear change | No quadratic change | No change |

QN99: Percentage of students who reported their partners were three or more years older than themselves the first time they had sexual intercourse (among students who have had sexual intercourse)

| | 23.0 | 21.8 | 19.2 | 14.9 | 12.3 | Decreased, 2011-2019 | Not available[§] | No change |

QN100: Percentage of students who have been pregnant or gotten someone pregnant (one or more times)

| 2.7 | 4.1 | 1.5 | 1.9 | 2.0 | 1.9 | Decreased, 2009-2019 | No quadratic change | No change |

QN101: Percentage of students who have ever participated in oral sex

| 29.8 | 35.3 | 35.7 | 32.0 | 31.7 | 30.3 | No linear change | No change, 2009-2013 No change, 2013-2019 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN103: Percentage of students who have ever been taught in school about how to use a condom to prevent pregnancy or sexually transmitted diseases (STDs) (including HIV)

				2017	2019	Linear Change	Quadratic Change	Change
				87.0	85.2	No linear change	Not available[§]	No change

QN104: Percentage of students who have ever been taught in school about where they could get sexual health services (such as birth control, condoms, or HIV or other sexually transmitted disease (STD) testing or treatment)

| | | | | 77.7 | 77.7 | No linear change | Not available | No change |

QN105: Percentage of students who had a teacher or other adult in their school help them find a place where they could get tested for HIV or other sexually transmitted diseases (STDs) (among students who needed to find a place for HIV or other STD testing during the 12 months before the survey)

| | | | | 27.5 | 17.0 | Decreased, 2017-2019 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN106: Percentage of students who had a teacher or other adult in their school help them find a place where they could get birth control (among students who needed to find a place to get birth control during the 12 months before the survey)

				2017	2019			
				29.3	24.5	No linear change	Not available[§]	No change

QN107: Percentage of students who disagree or strongly disagree that their school has clear consequences for students who bully or harass other students

			2015	2017	2019			
			23.7	23.6	27.9	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.

San Diego High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change 2017-2019
0.7	1.8	4.0	2.9	2.7	2.8	Increased, 2009-2019	Increased, 2009-2013 No change, 2013-2019	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)

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change 2017-2019
23.9	24.3	18.0	20.2	15.5	15.2	Decreased, 2009-2019	No quadratic change	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)

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change 2017-2019
		10.3	8.7	10.1	6.2	No linear change	Not available[¶]	No change

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

San Diego High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

						Linear Change[†]	**Quadratic Change**[†]	**Change from 2017-2019** [§]
Health Risk Behavior and Percentages								
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
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)								
		43.0	45.3	34.3	33.5	Decreased, 2013-2019	Not available[¶]	No change
QN13: 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)								
3.0	4.6	3.5	2.6	2.5	1.2	Decreased, 2009-2019	No quadratic change	No change
QN14: 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)								
				2.8	2.0	No linear change	Not available	No change
QN15: 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)								
2.7	3.3	4.5	2.5	5.2	6.5	Increased, 2009-2019	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

	Health Risk Behavior and Percentages					**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2017-2019** [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN16: 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)

7.3	4.5	5.1	3.2	5.7	4.9	No linear change	No quadratic change	No change

QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)

8.2	10.7	4.5	4.4	5.3	6.1	Decreased, 2009-2019	No quadratic change	No change

QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)

5.9	4.6	6.6	6.5	5.7	5.5	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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, 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)

		11.5	11.7	13.0	9.7	No linear change	Not available[¶]	No change

QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

		5.5	8.0	4.7	3.9	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)

	16.1	20.0	21.4	21.1	14.3	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.

San Diego High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

			Health Risk Behavior and Percentages			Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

| | 17.3 | 16.1 | 17.1 | 16.7 | 9.5 | No linear change | Not available[¶] | Decreased |

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)

| 20.8 | 20.1 | 25.6 | 22.2 | 29.3 | 28.5 | Increased, 2009-2019 | No quadratic change | No change |

QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)

| 8.9 | 12.1 | 12.2 | 12.8 | 17.0 | 15.0 | Increased, 2009-2019 | No quadratic change | No change |

QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)

| 1.9 | 7.3 | 5.2 | 5.3 | 4.6 | 4.1 | No linear change | Increased, 2009-2013 No change, 2013-2019 | 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.

San Diego High School Survey
10-year Trend Analysis Report

White*
Injury and Violence

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
0.3	3.8	2.4	1.2	0.8	0.7	No linear change	Increased, 2009-2013 No change, 2013-2019	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, $p < 0.05$.

San Diego High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

		Health Risk Behavior and Percentages				**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2017-2019** [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)								
13.6	13.0	12.3	8.3	4.4	3.8	Decreased, 2009-2019	No quadratic change	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)								
3.7	5.3	1.6	1.1	1.3	1.2	Decreased, 2009-2019	No quadratic change	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)								
3.0	2.2	1.0	0.7	1.3	1.2	No linear change	No quadratic change	No change
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])								
			39.1	37.6	44.3	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.

San Diego High School Survey
10-year Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)								
			21.0	10.0	18.8	No linear change	Not available[¶]	Increased
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)								
			2.3	1.6	9.2	Increased, 2015-2019	Not available	Increased
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)								
			1.8	0.5	6.1	Increased, 2015-2019	Not available	Increased
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)								
			23.1	11.6	19.4	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.

San Diego 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 2017-2019** [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)

| 16.6 | 18.8 | 14.8 | 11.3 | 10.7 | 9.7 | Decreased, 2009-2019 | No quadratic change | No change |

QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)

| 38.2 | 27.3 | 37.4 | 31.8 | 35.5 | 28.7 | No linear change | No quadratic change | No change |

QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)

| | | | | 20.1 | 17.2 | No linear change | Not available[¶] | No change |

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

San Diego 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 2017-2019** [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN45: Percentage of students who ever used marijuana (one or more times during their life)

| 39.6 | 31.9 | 38.0 | 38.1 | 37.6 | 35.7 | No linear change | No quadratic change | No change |

QN46: Percentage of students who tried marijuana for the first time before age 13 years

| 5.8 | 6.2 | 6.6 | 4.7 | 5.0 | 2.7 | No linear change | No quadratic change | No change |

QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

| 22.6 | 17.8 | 23.6 | 20.1 | 25.4 | 21.8 | No linear change | No quadratic change | No change |

QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)

| | | | 7.1 | 5.4 | 5.4 | 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.

San Diego 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 2017-2019 [§]
2009	2011	2013	2015	2017	2019			

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)

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change
				11.7	9.3	No linear change	Not available[¶]	No change

QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)

7.8	7.6	8.6	4.3	3.8	3.4	Decreased, 2009-2019	No quadratic change	No change

QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)

9.9	13.1	8.3	6.7	5.5	3.0	Decreased, 2009-2019	No quadratic change	No change

QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)

			2.7	1.2	0.3	Decreased, 2015-2019	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.

San Diego 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 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
4.3	3.7	4.7	3.6	2.7	0.6	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	Decreased
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)								
11.1	15.2	10.6	7.1	5.6	4.1	Decreased, 2009-2019	No quadratic change	No change
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)								
2.0	2.0	2.0	2.1	2.7	1.0	No linear change	No quadratic change	No change
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)								
0.8	2.9	1.7	1.6	0.7	0.3	No linear change	No change, 2009-2015 No change, 2015-2019	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, $p < 0.05$.

San Diego 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 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

| 28.4 | 26.6 | 30.5 | 26.2 | 26.6 | 29.5 | No linear change | No quadratic change | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

White*
Sexual Behaviors

		Health Risk Behavior and Percentages				**Linear Change†**	**Quadratic Change†**	**Change from 2017-2019 §**
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN58: Percentage of students who ever had sexual intercourse								
32.7	28.5	34.3	31.5	31.7	25.7	No linear change	No quadratic change	No change
QN59: Percentage of students who had sexual intercourse for the first time before age 13 years								
2.6	2.4	3.6	2.4	1.8	0.3	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	Decreased
QN60: Percentage of students who had sexual intercourse with four or more persons during their life								
8.1	9.3	7.3	7.1	4.1	7.1	No linear change	No quadratic change	No change
QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)								
27.6	20.4	26.0	25.1	21.0	20.1	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

White*
Sexual Behaviors

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)

		10.9	8.0	8.0	8.0	No linear change	Not available[¶]	No change

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

San Diego 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 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[¶]

| 10.8 | 9.7 | 10.4 | 11.2 | 9.6 | 9.0 | No linear change | No quadratic change | No change |

QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[¶]

| 6.1 | 7.1 | 7.4 | 5.3 | 5.9 | 5.7 | No linear change | No quadratic change | No change |

QN67: Percentage of students who described themselves as slightly or very overweight

| 20.5 | 22.4 | 21.9 | 24.0 | 24.2 | 24.5 | No linear change | No quadratic change | No change |

QN68: Percentage of students who were trying to lose weight

| 39.1 | 41.9 | 41.7 | 36.9 | 40.7 | 37.9 | No linear change | No quadratic change | No change |

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

San Diego 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 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)

| 16.4 | 19.2 | 27.9 | 27.1 | 35.0 | 37.1 | Increased, 2009-2019 | No quadratic change | No change |

QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

| 4.4 | 7.0 | 10.0 | 6.5 | 6.2 | 8.8 | No linear change | No quadratic change | No change |

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)

| 1.3 | 3.3 | 5.5 | 3.2 | 3.0 | 6.2 | Increased, 2009-2019 | No quadratic change | Increased |

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)

| 78.3 | 71.1 | 67.2 | 68.4 | 68.2 | 63.5 | Decreased, 2009-2019 | No quadratic change | No change |

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

San Diego 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 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

| 42.4 | 37.4 | 36.7 | 38.1 | 35.0 | 36.2 | No linear change | No quadratic change | No change |

QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

| 22.9 | 27.4 | 25.6 | 24.7 | 30.2 | 29.1 | Increased, 2009-2019 | No quadratic change | No change |

QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)

| 32.7 | 35.8 | 41.2 | 36.1 | 39.4 | 38.7 | No linear change | No quadratic change | No change |

QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)

| 34.9 | 42.5 | 40.9 | 36.2 | 38.6 | 38.5 | No linear change | No quadratic change | No change |

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

San Diego 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 2017-2019 [§]
2009	2011	2013	2015	2017	2019			
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)								
11.2	12.8	13.4	11.9	11.6	9.9	No linear change	No quadratic change	No change
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)								
2.6	5.4	5.0	3.7	4.0	4.0	No linear change	No quadratic change	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)								
72.2	66.3	67.1	70.7	67.2	70.0	No linear change	No quadratic change	No change

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

San Diego 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 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
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)								
36.1	31.0	30.5	32.7	34.6	32.6	No linear change	No quadratic change	No change
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)								
15.3	11.3	14.1	15.8	15.7	17.0	No linear change	No quadratic change	No change
QN75: 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, during the 7 days before the survey)								
30.6	25.5	42.2	38.1	42.8	40.9	Increased, 2009-2019	No quadratic change	No change

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

San Diego 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 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

| 12.6 | 14.7 | 14.6 | 9.0 | 7.3 | 6.5 | Decreased, 2009-2019 | No quadratic change | No change |

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)

| 7.0 | 7.8 | 9.5 | 4.6 | 3.2 | 2.8 | Decreased, 2009-2019 | No quadratic change | No change |

QN76: Percentage of students who did not drink milk (during the 7 days before the survey)

| | | 22.6 | 20.2 | 30.5 | 34.8 | Increased, 2013-2019 | 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)

| | | 38.8 | 35.9 | 34.2 | 27.3 | Decreased, 2013-2019 | 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.

San Diego 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 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

		6.8	8.9	7.5	5.2	No linear change	Not available[¶]	No change

QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)

		9.4	8.1	11.8	9.3	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)

		46.4	48.2	48.1	45.2	No linear change	Not available	No change

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

San Diego High School Survey
10-year Trend Analysis Report

White*
Physical Activity

	Health Risk Behavior and Percentages					Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN78: 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)

	59.1	55.7	62.2	61.2	58.2	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)

	15.3	12.7	8.1	7.3	8.7	Decreased, 2011-2019	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)

	32.9	35.3	35.3	30.5	29.5	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.

San Diego High School Survey
10-year Trend Analysis Report

White*
Physical Activity

	Health Risk Behavior and Percentages					**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2017-2019** [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

| 17.3 | 23.0 | 18.6 | 14.3 | 14.2 | 12.6 | Decreased, 2009-2019 | No quadratic change | No change |

QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

| 25.7 | 29.6 | 34.3 | 32.1 | 36.2 | 39.0 | Increased, 2009-2019 | No quadratic change | No change |

QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

| 54.3 | 65.2 | 54.1 | 57.4 | 53.0 | 51.5 | No linear change | No quadratic change | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

White*
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)								
42.0	45.9	38.1	43.6	33.7	33.8	Decreased, 2009-2019	No quadratic change	No change
QN82: 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)								
69.5	62.7	61.4	66.0	70.3	66.7	No linear change	No quadratic change	No change
QN83: 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)								
				18.2	9.9	Decreased, 2017-2019	Not available[¶]	Decreased

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

San Diego High School Survey
10-year Trend Analysis Report

White*
Other

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN86: 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)

			83.8	86.4	89.0	Increased, 2015-2019	Not available[¶]	No change

QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)

			1.1	0.1	1.6	No linear change	Not available	Increased

QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma

22.6	21.5	17.8	16.0	21.0	18.5	No linear change	No quadratic change	No change

QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)

			29.8	30.6	27.4	No linear change	Not available	No change

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[*]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.

San Diego High School Survey
10-year Trend Analysis Report

White*
Other

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | | | 88.7 | 83.3 | 85.6 | 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.

San Diego High School Survey
10-year Trend Analysis Report

White*
Site-Added

		Health Risk Behavior and Percentages				**Linear Change**[†]	**Quadratic Change**[†]	**Change from 2017-2019** [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN90: Percentage of students who are transgender

| | | | | 0.9 | 1.2 | No linear change | Not available[¶] | No change |

QN91: Percentage of students who think other people at school would describe them as equally feminine and masculine

| | | 7.5 | 8.6 | 5.9 | 9.3 | No linear change | Not available | No change |

QN92: Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

| | | | | 17.7 | 16.8 | No linear change | Not available | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

White*
Site-Added

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN93: Percentage of students who have ever been given money, a place to stay, food, or something else of value in exchange for sex								
				1.6	1.5	No linear change	Not available[¶]	No change
QN94: Percentage of students who have been harassed because someone thought they were gay, lesbian, or bisexual (one or more times during the 12 months before the survey)								
9.5	10.2	8.4	10.2	14.6	10.9	No linear change	No quadratic change	No change
QN96: Percentage of students who had texted, e-mailed, or posted electronically a revealing or sexual photo of themselves (during the 30 days before the survey)								
			17.5	18.2	16.6	No linear change	Not available	No change
QN97: Percentage of students who reported a revealing or sexual photo of them had been texted, e-mailed, or posted electronically without their permission (during the 30 days before the survey)								
			2.0	3.7	2.3	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.

San Diego High School Survey
10-year Trend Analysis Report

White*
Site-Added

	Health Risk Behavior and Percentages						Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN98: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
14.9	18.1	16.7	16.7	17.4	17.6	No linear change	No quadratic change	No change

QN100: Percentage of students who have been pregnant or gotten someone pregnant (one or more times)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
1.6	2.8	1.7	1.8	0.8	2.2	No linear change	No quadratic change	No change

QN101: Percentage of students who have ever participated in oral sex

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
43.3	36.3	46.0	39.2	40.4	33.3	No linear change	No quadratic change	No change

QN103: Percentage of students who have ever been taught in school about how to use a condom to prevent pregnancy or sexually transmitted diseases (STDs) (including HIV)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				89.7	86.3	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.

135

San Diego High School Survey
10-year Trend Analysis Report

White*
Site-Added

		Health Risk Behavior and Percentages				Linear Change[†]	Quadratic Change[†]	Change from 2017-2019 [§]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN104: Percentage of students who have ever been taught in school about where they could get sexual health services (such as birth control, condoms, or HIV or other sexually transmitted disease (STD) testing or treatment)

				75.0	76.1	No linear change	Not available[¶]	No change

QN107: Percentage of students who disagree or strongly disagree that their school has clear consequences for students who bully or harass other students

			22.1	27.1	31.2	Increased, 2015-2019	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.

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

		Health Risk Behavior and Percentages				**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)

| 5.3 | 4.5 | 5.8 | 5.1 | 6.4 | 8.3 | Increased, 2009-2019 | No quadratic change | 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)

| 28.5 | 27.1 | 22.1 | 23.4 | 16.8 | 18.6 | Decreased, 2009-2019 | No quadratic change | 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)

| | | 6.0 | 7.0 | 7.4 | 5.0 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

	Health Risk Behavior and Percentages						**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**				

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)

| | | 28.2 | 24.1 | 26.7 | 23.2 | | No linear change | Not available[§] | No change |

QN13: 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)

| 5.7 | 4.9 | 2.4 | 3.9 | 5.6 | 3.1 | | No linear change | No quadratic change | Decreased |

QN14: 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)

| | | | | 4.8 | 3.1 | | No linear change | Not available | No change |

QN15: 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)

| 6.5 | 8.9 | 7.3 | 5.5 | 6.9 | 8.8 | | No linear change | No quadratic change | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN16: 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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
7.6	7.6	3.4	5.4	4.8	5.2	Decreased, 2009-2019	No quadratic change	No change

QN18: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
12.3	13.4	6.3	8.0	11.3	11.2	No linear change	Decreased, 2009-2013 Increased, 2013-2019	No change

QN19: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
7.0	6.8	7.8	7.7	7.7	6.3	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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, 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)

| | | 11.1 | 9.6 | 13.6 | 11.0 | No linear change | Not available[§] | No change |

QN22: Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

| | | 6.4 | 7.6 | 5.2 | 7.0 | 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)

| 16.7 | 12.7 | 13.9 | 13.0 | 12.5 | | No linear change | Not available | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
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)								
	9.4	13.9	10.8	10.1	10.4	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)								
32.1	30.4	32.4	34.9	33.1	39.6	Increased, 2009-2019	No quadratic change	Increased
QN26: Percentage of students who seriously considered attempting suicide (ever during the 12 months before the survey)								
14.9	13.0	17.0	17.9	14.7	19.0	Increased, 2009-2019	No quadratic change	Increased
QN28: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)								
8.0	9.3	9.5	11.2	7.9	10.4	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Injury and Violence

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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	2.6	2.4	2.7	1.3	3.4	No linear change	No quadratic change	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.

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN32: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change 2017-2019
13.9	15.9	8.8	9.0	4.7	3.8	Decreased, 2009-2019	No quadratic change	No change

QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)

| 2.2 | 3.1 | 0.8 | 1.6 | 0.7 | 0.3 | Decreased, 2009-2019 | Decreased, 2009-2015 Decreased, 2015-2019 | No change |

QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)

| 1.6 | 1.2 | 0.2 | 1.2 | 0.4 | 0.1 | Decreased, 2009-2019 | No quadratic change | No change |

QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])

| | | | 54.0 | 44.0 | 44.1 | Decreased, 2015-2019 | Not available[§] | No change |

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

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)

			25.8	7.8	17.1	Decreased, 2015-2019	Not available[§]	Increased

QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)

			2.6	1.1	4.0	No linear change	Not available	Increased

QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)

			2.3	0.9	1.9	No linear change	Not available	No change

QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)

			29.1	10.2	18.3	Decreased, 2015-2019	Not available	Increased

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

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Tobacco Use

	Health Risk Behavior and Percentages					Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN39: Percentage of students who tried to quit using all tobacco products (including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products, ever during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)

				2017	2019			
				44.3	58.4	Increased, 2017-2019	Not available[§]	Increased

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)

| 27.9 | 28.1 | 19.0 | 19.5 | 18.8 | 17.9 | Decreased, 2009-2019 | No quadratic change | No change |

QN41: Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)

| 40.4 | 41.9 | 30.7 | 28.0 | 27.1 | 24.4 | Decreased, 2009-2019 | No quadratic change | No change |

QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)

| | | | | 11.6 | 7.0 | Decreased, 2017-2019 | 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.

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN45: Percentage of students who ever used marijuana (one or more times during their life)

| 39.6 | 48.2 | 49.2 | 44.3 | 43.0 | 43.7 | No linear change | Increased, 2009-2013 No change, 2013-2019 | No change |

QN46: Percentage of students who tried marijuana for the first time before age 13 years

| 11.6 | 15.2 | 12.2 | 10.8 | 8.9 | 9.0 | Decreased, 2009-2019 | No quadratic change | No change |

QN47: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)

| 19.8 | 28.1 | 25.7 | 20.6 | 20.5 | 23.6 | No linear change | No quadratic change | No change |

QN48: Percentage of students who ever used synthetic marijuana (one or more times during their life)

| | | | 11.1 | 7.5 | 6.0 | Decreased, 2015-2019 | Not available[§] | No change |

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

				12.5	17.1	Increased, 2017-2019	Not available[§]	Increased

QN50: Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life)

9.9	11.4	9.1	7.3	5.0	4.8	Decreased, 2009-2019	No quadratic change	No change

QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)

12.4	13.2	9.2	7.8	5.5	5.6	Decreased, 2009-2019	No quadratic change	No change

QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)

			2.7	1.7	2.2	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.

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)								
5.2	5.5	3.1	4.2	2.0	2.1	Decreased, 2009-2019	No quadratic change	No change
QN54: Percentage of students who ever used ecstasy (also called "MDMA," one or more times during their life)								
10.6	20.0	11.3	8.0	4.5	3.1	Decreased, 2009-2019	No change, 2009-2013 Decreased, 2013-2019	No change
QN55: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)								
3.3	3.1	2.6	3.3	3.6	3.0	No linear change	No quadratic change	No change
QN56: Percentage of students who ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)								
2.5	2.6	2.1	2.8	1.4	1.6	No linear change	No quadratic change	No change

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN57: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)

29.7	36.8	32.3	30.0	29.5	27.3	Decreased, 2009-2019	No change, 2009-2013 No change, 2013-2019	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, $p < 0.05$.

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Sexual Behaviors

	Health Risk Behavior and Percentages						**Linear Change**[*]	**Quadratic Change**[*]	**Change from 2017-2019** [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**				

QN58: Percentage of students who ever had sexual intercourse

42.8	48.8	40.1	37.7	34.0	35.4	Decreased, 2009-2019	No quadratic change	No change

QN59: Percentage of students who had sexual intercourse for the first time before age 13 years

4.8	7.5	4.8	4.6	3.0	3.0	Decreased, 2009-2019	No quadratic change	No change

QN60: Percentage of students who had sexual intercourse with four or more persons during their life

12.0	12.7	10.0	7.3	6.7	5.9	Decreased, 2009-2019	No quadratic change	No change

QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)

29.6	31.5	26.5	24.7	21.8	22.2	Decreased, 2009-2019	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)								
23.2	23.3	18.5	18.6	19.0	14.7	Decreased, 2009-2019	No quadratic change	No change
QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)								
64.5	58.0	53.7	59.7	57.9	56.8	No linear change	No quadratic change	No change
QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
11.5	14.2	16.9	11.8	10.5	15.9	No linear change	No quadratic change	No change
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		2.3	2.0	7.4	4.9	No linear change	Not available[§]	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))								
		3.0	5.8	1.9	6.3	No linear change	Not available[§]	Increased
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		22.2	19.6	19.8	27.2	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)								
		4.9	5.3	3.6	5.4	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.

153

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Sexual Behaviors

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
19.0	18.5	24.4	15.5	18.0	16.4	No linear change	No quadratic change	No change

QN84: Percentage of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
		16.8	16.2	11.2	10.2	Decreased, 2013-2019	Not available[§]	No change

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

San Diego 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 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QNOWT: Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change
17.0	21.8	17.8	20.6	18.3	20.0	No linear change	No quadratic change	No change

QNOBESE: Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)[§]

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change
14.2	13.7	14.1	14.9	19.5	15.1	No linear change	No quadratic change	No change

QN67: Percentage of students who described themselves as slightly or very overweight

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change
30.8	32.7	35.9	38.5	40.4	36.0	Increased, 2009-2019	No quadratic change	No change

QN68: Percentage of students who were trying to lose weight

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change
52.1	56.8	52.0	56.1	57.9	51.1	No linear change	No quadratic change	Decreased

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN69: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
21.6	19.7	22.1	22.0	30.9	31.2	Increased, 2009-2019	No quadratic change	No change

QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
10.2	10.6	9.9	8.6	7.6	11.3	No linear change	No quadratic change	Increased

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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
6.4	4.7	4.5	3.9	4.5	6.3	No linear change	No quadratic change	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)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change 2017-2019
61.4	61.7	61.3	67.1	59.1	55.0	Decreased, 2009-2019	No change, 2009-2015 Decreased, 2015-2019	No change

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

| 31.2 | 32.9 | 32.6 | 32.5 | 29.6 | 28.2 | No linear change | No quadratic change | No change |

QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)

| 41.7 | 42.6 | 40.1 | 35.9 | 42.4 | 43.4 | No linear change | No quadratic change | No change |

QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)

| 41.0 | 37.5 | 40.5 | 39.6 | 42.7 | 40.5 | No linear change | No quadratic change | No change |

QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)

| 48.0 | 50.4 | 47.5 | 46.4 | 49.0 | 51.9 | No linear change | No quadratic change | No change |

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)

22.9	22.5	20.4	20.8	19.5	17.9	Decreased, 2009-2019	No quadratic change	No change

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)

9.7	9.8	7.7	6.3	7.9	7.0	Decreased, 2009-2019	No quadratic change	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)

54.4	52.8	54.1	57.1	54.8	53.6	No linear change	No quadratic change	No change

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

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)

| 24.7 | 22.7 | 23.0 | 24.9 | 21.4 | 20.9 | Decreased, 2009-2019 | No quadratic change | No change |

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)

| 12.6 | 13.4 | 12.0 | 12.8 | 11.9 | 12.5 | No linear change | No quadratic change | No change |

QN75: 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, during the 7 days before the survey)

| 17.8 | 19.3 | 23.5 | 31.3 | 30.1 | 31.7 | Increased, 2009-2019 | No quadratic change | No change |

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

San Diego 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 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
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)								
22.1	18.1	15.3	10.4	11.6	11.7	Decreased, 2009-2019	Decreased, 2009-2015 No change, 2015-2019	No change
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)								
13.3	11.4	9.5	6.5	5.9	7.5	Decreased, 2009-2019	No quadratic change	No change
QN76: Percentage of students who did not drink milk (during the 7 days before the survey)								
		18.4	17.5	21.9	30.3	Increased, 2013-2019	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)								
		30.9	32.4	27.4	23.1	Decreased, 2013-2019	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.

San Diego 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 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

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)

		6.9	8.5	6.2	4.5	Decreased, 2013-2019	Not available[§]	No change

QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)

		17.0	14.2	15.5	16.3	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)

		28.7	31.5	28.5	28.7	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.

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	2011	2013	2015	2017	2019			

QN78: 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)

	38.3	44.2	44.4	40.1	40.4	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)

	17.3	17.3	15.1	16.5	16.3	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)

	20.0	20.6	23.6	19.4	19.5	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.

162

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Physical Activity

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change
34.8	37.9	31.9	23.0	22.8	19.1	Decreased, 2009-2019	No quadratic change	No change

QN80: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change
25.1	28.3	41.1	46.4	42.9	45.2	Increased, 2009-2019	Increased, 2009-2015 No change, 2015-2019	No change

QN81: Percentage of students who attended physical education (PE) classes on 1 or more days (in an average week when they were in school)

2009	2011	2013	2015	2017	2019	Linear	Quadratic	Change
54.9	55.5	52.2	57.3	58.8	55.2	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QNDLYPE: Percentage of students who attended physical education (PE) classes on all 5 days (in an average week when they were in school)

| 34.2 | 38.3 | 37.7 | 40.4 | 34.3 | 35.3 | No linear change | Increased, 2009-2015 No change, 2015-2019 | No change |

QN82: 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)

| 48.6 | 42.7 | 45.3 | 50.5 | 48.0 | 45.0 | No linear change | No quadratic change | No change |

QN83: 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)

| | | | | 16.6 | 14.1 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN86: 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)

| | | | 64.4 | 68.6 | 69.6 | Increased, 2015-2019 | Not available[§] | No change |

QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)

| | | | 2.9 | 1.8 | 2.2 | No linear change | Not available | No change |

QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma

| 19.5 | 17.6 | 17.5 | 17.7 | 18.9 | 22.9 | No linear change | No change, 2009-2015 Increased, 2015-2019 | No change |

QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)

| | | | 30.5 | 29.0 | 24.2 | Decreased, 2015-2019 | Not available | No change |

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[†]Based on t-test analysis, $p < 0.05$.
[§]Not enough years of data to calculate.

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Other

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)

| | | | 63.4 | 64.0 | 64.0 | 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.

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Site-Added

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN90: Percentage of students who are transgender

				1.1	1.4	No linear change	Not available[§]	No change

QN91: Percentage of students who think other people at school would describe them as equally feminine and masculine

		11.0	11.3	13.2	15.8	Increased, 2013-2019	Not available	No change

QN92: Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)

				19.8	22.4	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.

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Site-Added

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN93: Percentage of students who have ever been given money, a place to stay, food, or something else of value in exchange for sex								
				3.7	2.9	No linear change	Not available[§]	No change
QN94: Percentage of students who have been harassed because someone thought they were gay, lesbian, or bisexual (one or more times during the 12 months before the survey)								
10.4	10.1	10.9	11.8	14.6	14.6	Increased, 2009-2019	No quadratic change	No change
QN96: Percentage of students who had texted, e-mailed, or posted electronically a revealing or sexual photo of themselves (during the 30 days before the survey)								
			14.8	15.3	12.7	No linear change	Not available	No change
QN97: Percentage of students who reported a revealing or sexual photo of them had been texted, e-mailed, or posted electronically without their permission (during the 30 days before the survey)								
			2.6	2.9	2.8	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.

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Site-Added

	Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN98: Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
17.6	16.8	20.3	21.2	16.5	20.6	No linear change	No quadratic change	Increased

QN99: Percentage of students who reported their partners were three or more years older than themselves the first time they had sexual intercourse (among students who have had sexual intercourse)

	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
	19.0	18.3	18.9	13.2	9.8	Decreased, 2011-2019	Not available[§]	No change

QN100: Percentage of students who have been pregnant or gotten someone pregnant (one or more times)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
4.9	6.3	3.5	3.4	3.0	2.9	Decreased, 2009-2019	No quadratic change	No change

QN101: Percentage of students who have ever participated in oral sex

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
35.3	38.4	35.0	38.8	33.9	35.3	No linear change	No quadratic change	No change

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

San Diego High School Survey
10-year Trend Analysis Report

**Hispanic
Site-Added**

Health Risk Behavior and Percentages						Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			
QN103: Percentage of students who have ever been taught in school about how to use a condom to prevent pregnancy or sexually transmitted diseases (STDs) (including HIV)								
				83.4	86.2	No linear change	Not available[§]	No change
QN104: Percentage of students who have ever been taught in school about where they could get sexual health services (such as birth control, condoms, or HIV or other sexually transmitted disease (STD) testing or treatment)								
				79.1	82.3	No linear change	Not available	No change
QN105: Percentage of students who had a teacher or other adult in their school help them find a place where they could get tested for HIV or other sexually transmitted diseases (STDs) (among students who needed to find a place for HIV or other STD testing during the 12 months before the survey)								
				31.6	22.9	Decreased, 2017-2019	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.

San Diego High School Survey
10-year Trend Analysis Report

Hispanic
Site-Added

		Health Risk Behavior and Percentages				Linear Change[*]	Quadratic Change[*]	Change from 2017-2019 [†]
2009	**2011**	**2013**	**2015**	**2017**	**2019**			

QN106: Percentage of students who had a teacher or other adult in their school help them find a place where they could get birth control (among students who needed to find a place to get birth control during the 12 months before the survey)

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
				33.6	26.5	Decreased, 2017-2019	Not available[§]	No change

QN107: Percentage of students who disagree or strongly disagree that their school has clear consequences for students who bully or harass other students

2009	2011	2013	2015	2017	2019	Linear Change	Quadratic Change	Change from 2017-2019
			20.2	18.4	21.2	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.