

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Total Injury and Violence	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet									
	75.2	76.0	75.1	77.0	76.8	75.1	No linear change	No quadratic change	No change
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else									
	5.9	7.3	5.6	4.1	4.1	4.7	Decreased, 2003-2013	No quadratic change	No change
QN10: Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol									
	29.1	27.5	27.7	25.0	24.0	19.8	Decreased, 2003-2013	No quadratic change	Decreased
QN13: Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days									
	14.7	14.0	14.1	12.9	12.2	10.9	Decreased, 2003-2013	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, $p < 0.05$.

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	2003	2005	2007	2009	2011				2013
QN14: Percentage of students who carried a gun on one or more of the past 30 days									
	4.0	4.0	4.5	2.8	3.9	2.4	Decreased, 2003-2013	No quadratic change	No change
QN15: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days									
	5.1	5.8	5.0	4.4	4.5	2.6	Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	Decreased
QN16: Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school									
	7.7	9.1	6.2	4.8	6.1	5.7	Decreased, 2003-2013	No quadratic change	No change
QN17: Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months									
	10.2	10.3	8.1	7.4	6.7	4.3	Decreased, 2003-2013	No quadratic change	Decreased
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months									
	35.5	34.6	32.5	31.9	29.0	21.3	Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	Decreased

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	2003	2005	2007	2009	2011				2013
QN19: Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse									
	3.5	4.9	3.5	4.2	3.8	3.3	No linear change	No quadratic change	No change
QN20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months									
	13.2	13.8	14.3	10.8	10.9	5.9	Decreased, 2003-2013	No change, 2003-2007 Decreased, 2007-2013	Decreased
QN21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to									
	8.4	10.3	9.2	7.1	6.9	7.5	Decreased, 2003-2013	No quadratic change	No change
QN24: Percentage of students who had ever been bullied on school property during the past 12 months									
				15.6	15.4		No linear change	Not available [§]	No change
QN25: Percentage of students who had ever been electronically bullied during the past 12 months									
				12.4	14.4		No linear change	Not available	No change

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	2003	2005	2007	2009	2011	2013			
Q26: Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	31.1	33.8	27.5	25.9	25.6	29.6	Decreased, 2003-2013	Decreased, 2003-2009 Increased, 2009-2013	Increased
Q27: Percentage of students who seriously considered attempting suicide during the past 12 months	19.4	17.5	12.7	13.9	13.3	15.5	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change
Q28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months	16.7	13.0	10.1	10.6	11.5	13.4	Decreased, 2003-2013	Decreased, 2003-2007 Increased, 2007-2013	No change
Q29: Percentage of students who actually attempted suicide one or more times during the past 12 months	10.9	10.0	7.7	6.0	9.1	8.4	Decreased, 2003-2013	Decreased, 2003-2009 Increased, 2009-2013	No change
Q30: Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	3.3	2.6	2.7	1.6	3.0	2.3	No linear change	No quadratic change	No change

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San Diego Unified School District High School Survey 10-year Trend Analysis Report

Total Tobacco Use	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever tried cigarette smoking, even one or two puffs									
	54.0	49.8	43.6	43.7	43.4	37.5	Decreased, 2003-2013	No quadratic change	No change
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years									
	15.9	13.3	9.8	9.1	8.8	5.6	Decreased, 2003-2013	No quadratic change	Decreased
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days									
	13.2	14.2	11.0	11.7	14.2	8.9	Decreased, 2003-2013	No quadratic change	Decreased
QNFRSIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days									
	3.4	3.5	2.6	2.8	3.7	1.1	Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	Decreased
QN34: Among students who reported current cigarette use, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days									
	7.9	5.5	7.0	4.7	2.8	3.5	Decreased, 2003-2013	No quadratic change	No change

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	2003	2005	2007	2009	2011	2013			
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days									
	4.4	4.5	3.2	2.2	3.2	1.2	Decreased, 2003-2013	No quadratic change	Decreased
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days									
	8.3	7.3	5.4	5.7	6.9	4.6	Decreased, 2003-2013	No quadratic change	Decreased
QN38: Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months									
	58.6	47.5	41.4	51.0	52.1	54.3	No linear change	Decreased, 2003-2007 No change, 2007-2013	No change
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days									
	2.5	3.4	3.3	2.4	3.9	2.9	No linear change	No quadratic change	No change
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days									
	12.0	11.6	9.9	9.1	10.5	7.0	Decreased, 2003-2013	No quadratic change	Decreased

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Total Tobacco Use	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †	
	2003	2005	2007	2009	2011				2013
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days									
	16.5	17.3	13.7	14.0	16.8	11.6	Decreased, 2003-2013	No quadratic change	Decreased

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Total Alcohol and Other Drug Use	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN41: Percentage of students who had at least one drink of alcohol on one or more days during their life									
	75.3	71.6	72.0	69.4	65.1	61.3	Decreased, 2003-2013	No quadratic change	No change
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years									
	28.3	25.9	24.9	22.7	21.7	15.8	Decreased, 2003-2013	No quadratic change	Decreased
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days									
	38.5	38.8	36.7	36.2	33.0	28.7	Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	No change
QN44: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days									
	22.2	22.2	21.8	20.6	19.0	16.1	Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	No change
QN46: Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days									
			39.3	38.3	31.6	38.7	No linear change	Not available [§]	No change

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Total Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who used marijuana one or more times during their life								
42.5	39.2	34.6	37.3	40.1	40.5	No linear change	Decreased, 2003-2007 Increased, 2007-2013	No change
QN48: Percentage of students who tried marijuana for the first time before age 13 years								
12.3	9.9	10.7	9.2	10.6	8.5	Decreased, 2003-2013	No quadratic change	No change
QN49: Percentage of students who used marijuana one or more times during the past 30 days								
22.4	18.6	16.6	18.9	24.0	21.9	No linear change	Decreased, 2003-2007 Increased, 2007-2013	No change
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life								
7.7	8.6	8.6	7.6	8.4	6.9	No linear change	No quadratic change	No change
QN51: Percentage of students who 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								
12.8	13.5	10.7	10.7	11.0	8.0	Decreased, 2003-2013	No quadratic change	Decreased

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Total Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN53: Percentage of students who used methamphetamines one or more times during their life						Decreased, 2003-2013	No quadratic change	Decreased
7.6	7.9	6.4	3.8	4.9	2.9			
QN54: Percentage of students who used ecstasy one or more times during their life						Increased, 2003-2013	No quadratic change	Decreased
9.0	7.4	9.0	10.2	16.1	10.7			
QN55: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life						Decreased, 2003-2013	No quadratic change	No change
4.4	4.1	3.8	2.7	2.9	2.0			
QN56: Percentage of students who have taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life						No linear change	Not available [§]	No change
				13.9	11.6			
QN57: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life						No linear change	No quadratic change	No change
2.4	2.3	3.0	1.8	2.9	2.1			

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Total Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN58: Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months								
41.1	33.0	30.1	28.7	32.0	30.1	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change

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Total Sexual Behaviors	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN59: Percentage of students who ever had sexual intercourse	40.4	40.7	38.8	39.2	42.5	36.6	No linear change	No quadratic change	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years	6.4	6.2	7.2	4.8	6.1	4.4	Decreased, 2003-2013	No quadratic change	No change
QN61: Percentage of students who had sexual intercourse with four or more people during their life	12.3	10.7	10.1	11.2	11.9	8.2	Decreased, 2003-2013	No quadratic change	Decreased
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months	26.7	27.4	28.0	27.7	27.8	24.3	No linear change	No quadratic change	No change
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse	24.0	20.4	20.9	21.4	21.9	18.4	No linear change	No quadratic change	No change

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	2003	2005	2007	2009	2011	2013			
QN64: Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse									
	59.9	61.8	57.0	65.5	58.6	56.6	No linear change	No quadratic change	No change
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection									
	91.2	89.1	86.5	88.1	86.1	88.6	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change

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Weight Management and Dietary Behaviors								
Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QNOWT: Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)								
15.6	14.2	15.0	13.8	16.0	16.4	No linear change	No change, 2003-2009 Increased, 2009-2013	No change
QNOBESE: Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)								
9.6	12.5	12.2	11.3	11.4	11.4	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight								
33.1	32.8	31.0	26.4	27.9	30.8	Decreased, 2003-2013	Decreased, 2003-2009 Increased, 2009-2013	No change
QN67: Percentage of students who were trying to lose weight								
47.5	47.7	46.8	45.4	48.3	46.9	No linear change	No quadratic change	No change
QN68: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days								
11.6	11.2	10.6	9.4	10.5	11.5	No linear change	No quadratic change	No change

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Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN69: Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days								
7.4	6.7	5.8	5.1	5.6	4.3	Decreased, 2003-2013	No quadratic change	No change
QN70: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days								
5.5	5.9	6.4	5.1	4.8	4.9	No linear change	No quadratic change	No change
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days								
83.5	79.6	78.2	79.7	78.8	77.1	Decreased, 2003-2013	No quadratic change	No change
QN72: Percentage of students who ate fruit one or more times during the past seven days								
87.6	86.2	86.3	91.0	90.2	90.0	Increased, 2003-2013	No quadratic change	No change
QN73: Percentage of students who ate green salad one or more times during the past seven days								
62.1	64.6	62.4	63.1	60.5	64.5	No linear change	No quadratic change	No change

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Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN74: Percentage of students who ate potatoes one or more times during the past seven days						No linear change	No quadratic change	Decreased
60.1	58.5	57.5	60.8	61.5	56.8			
QN75: Percentage of students who ate carrots one or more times during the past seven days						No linear change	No quadratic change	No change
51.9	49.1	53.3	55.0	51.1	53.3			
QN76: Percentage of students who ate other vegetables one or more times during the past seven days						No linear change	No quadratic change	No change
81.4	79.5	78.9	81.7	81.4	82.3			
QNFRVG: Percentage of students who ate fruits and vegetables five or more times per day during the past seven days						Increased, 2003-2013	Increased, 2003-2009 Decreased, 2009-2013	No change
18.7	18.7	20.4	23.6	21.1	20.4			
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days						No linear change	No quadratic change	No change
32.3	31.8	33.7	34.7	34.1	33.9			

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2003	2005	2007	2009	2011	2013			
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days								
4.8	6.6	5.8	4.6	5.1	4.8	No linear change	No quadratic change	No change
QNFR1: Percentage of students who ate fruits or drank 100% fruit juices one or more times per day during the past seven days								
63.3	61.0	61.7	66.2	63.3	63.5	No linear change	No quadratic change	No change
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days								
21.6	20.6	21.9	22.7	21.6	21.2	No linear change	No quadratic change	No change
QNVEG: Percentage of students who ate vegetables three or more times per day during the past seven days								
10.4	10.8	12.6	13.6	13.0	14.1	Increased, 2003-2013	No quadratic change	No change
QNVEG0: Percentage of students who ate vegetables 0 times per day during the past seven days								
6.7	8.1	8.1	7.2	7.9	6.5	No linear change	No quadratic change	No change

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Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QNVEG1: Percentage of students who ate vegetables one or more times per day during the past seven days								
56.2	55.2	56.4	61.2	58.1	59.1	Increased, 2003-2013	No quadratic change	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day during the past seven days								
22.9	23.2	23.7	28.5	25.6	26.9	Increased, 2003-2013	No quadratic change	No change
QNFRVG2: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day and ate vegetables three or more times per day during the past seven days								
7.4	8.3	9.0	9.7	10.4	10.5	Increased, 2003-2013	No quadratic change	No change
QN77: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days								
		19.8	18.2	18.1	13.7	Decreased, 2007-2013	Not available [§]	Decreased
QNSODA0: Percentage of students who drank a can, bottle, or glass of soda or pop 0 times per day during the past seven days								
		25.5	23.3	22.2	32.1	Increased, 2007-2013	Not available	Increased

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Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day during the past seven days								
		12.5	11.2	11.9	8.6	Decreased, 2007-2013	Not available [§]	Decreased
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day during the past seven days								
		7.2	5.2	6.5	4.6	Decreased, 2007-2013	Not available	No change

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Physical Activity	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN80: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days									
			46.2	47.0	45.7	49.3	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days									
			15.5	14.9	17.0	15.9	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days									
			25.1	26.3	24.8	26.9	No linear change	Not available	No change
QN81: Percentage of students who watched three or more hours per day of TV on an average school day									
	41.8	40.8	37.9	30.7	33.0	27.9	Decreased, 2003-2013	No quadratic change	Decreased
QN82: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day									
			27.2	28.7	31.7	40.2	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Total Physical Activity	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †	
	2003	2005	2007	2009	2011				2013
QN83: Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school									
	62.1	62.3	59.2	55.6	58.3	55.3	Decreased, 2003-2013	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school									
	44.9	40.5	41.3	37.8	40.5	40.1	No linear change	No quadratic change	No change
QN84: Percentage of students who played on one or more sports teams during the past 12 months									
	52.4	53.3	54.5	56.8	50.5	52.9	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Total Other	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †	
	2003	2005	2007	2009	2011				2013
	QN86: Percentage of students who had ever been told by a doctor or nurse that they had asthma								
			21.6	20.9	21.8	18.3	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011			
	QN87: Percentage of students who describe themselves as gay or lesbian or bisexual							
				7.2	5.9	No linear change	Not available [§]	No change
	QN89: Percentage of students who responded that the person they were going out with had ever threatened them, limited their activities against their will, or made them feel unsafe in any other way							
			11.8	11.0	6.5	Decreased, 2009-2013	Not available	Decreased
	QN90: Percentage of students who have been harassed one or more times during the past 12 months because someone thought they were gay, lesbian, or bisexual							
			11.3	10.8	9.5	Decreased, 2009-2013	Not available	No change
	QN91: 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 past 12 months							
			16.2	16.7	17.6	No linear change	Not available	No change
	QN92: Among students who have had sexual intercourse, the percentage whose partners were three or more years older than themselves the first time they had sexual intercourse							
				17.0	16.9	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN93: Percentage of students who have been pregnant or gotten someone pregnant one or more times									
	3.7	5.0	5.2	4.1	5.7	2.8	No linear change	Increased, 2003-2007 Decreased, 2007-2013	Decreased
QN94: Percentage of students who have ever participated in oral sex									
			37.2	36.6	38.2	37.3	No linear change	Not available [§]	No change
QN95: Percentage of students who have had sexual contact with males and females during their life									
				5.2	4.5		No linear change	Not available	No change
QN97: Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)									
		4.1	5.2	3.6	2.4		Decreased, 2007-2013	Not available	No change
QN98: Among students who have had a check-up, the percentage whose doctor or nurse discussed ways to prevent pregnancy, AIDS, or other sexually transmitted diseases (STDs) during their last check-up									
			38.2	37.6	43.0		Increased, 2009-2013	Not available	Increased

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

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§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
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Total Site-Added	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011			
QN99: Percentage of students who have ever had the HPV vaccine, a vaccine to prevent human papillomavirus or HPV infection								
				28.8	36.1	Increased, 2011-2013	Not available [§]	Increased
QN100: Percentage of students who most of the time or always wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day								
		11.3	10.5	8.8	12.2	No linear change	Not available	Increased

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§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Male Injury and Violence						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet								
76.7	78.6	77.7	79.2	79.1	78.2	No linear change	No quadratic change	No change
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else								
7.1	8.4	6.7	4.1	4.9	5.9	Decreased, 2003-2013	No quadratic change	No change
QN10: Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol								
28.9	27.1	27.6	25.1	23.8	19.2	Decreased, 2003-2013	No quadratic change	Decreased
QN13: Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days								
23.1	20.4	21.8	19.5	17.9	17.8	Decreased, 2003-2013	No quadratic change	No change
QN14: Percentage of students who carried a gun on one or more of the past 30 days								
6.5	5.8	7.8	4.8	6.6	4.2	Decreased, 2003-2013	No quadratic change	No change

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

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN15: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days								
8.3	7.4	7.2	5.5	6.5	4.2	Decreased, 2003-2013	No quadratic change	No change
QN16: Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school								
8.3	8.3	6.5	4.5	5.4	4.4	Decreased, 2003-2013	No quadratic change	No change
QN17: Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months								
14.8	12.7	11.0	9.1	8.5	6.2	Decreased, 2003-2013	No quadratic change	No change
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months								
43.1	39.9	42.5	38.5	34.2	26.6	Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	Decreased
QN19: Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse								
5.3	5.8	4.6	5.8	5.3	3.8	No linear change	No quadratic change	No change

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

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Male Injury and Violence

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
Q20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months	18.3	17.3	20.9	13.7	13.3	8.8	Decreased, 2003-2013	No change, 2003-2007 Decreased, 2007-2013	Decreased
Q21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to	5.9	7.0	8.8	4.7	5.9	6.0	No linear change	No quadratic change	No change
Q24: Percentage of students who had ever been bullied on school property during the past 12 months					13.8	13.3	No linear change	Not available [§]	No change
Q25: Percentage of students who had ever been electronically bullied during the past 12 months					8.6	10.3	No linear change	Not available	No change
Q26: Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	22.0	26.3	21.1	18.3	18.5	19.3	Decreased, 2003-2013	No quadratic change	No change

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

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§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Male
Injury and Violence**

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months	14.4	12.1	9.0	9.9	10.4	11.2	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change
QN28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months	11.8	9.8	8.1	8.0	7.9	10.2	No linear change	Decreased, 2003-2009 No change, 2009-2013	No change
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months	8.9	6.9	5.9	4.1	6.9	6.5	No linear change	Decreased, 2003-2009 Increased, 2009-2013	No change
QN30: Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	3.6	2.1	2.9	1.3	2.7	2.0	No linear change	No quadratic change	No change

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Male Tobacco Use	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever tried cigarette smoking, even one or two puffs									
	55.5	51.4	47.7	46.6	45.0	38.6	Decreased, 2003-2013	No quadratic change	No change
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years									
	18.6	13.6	12.7	10.9	10.8	7.7	Decreased, 2003-2013	No quadratic change	No change
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days									
	12.9	13.6	12.9	14.0	15.9	9.1	No linear change	No change, 2003-2009 Decreased, 2009-2013	Decreased
QNFRSIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days									
	5.0	4.3	3.4	3.6	4.4	1.8	Decreased, 2003-2013	No quadratic change	Decreased
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days									
	5.3	4.5	4.0	2.3	4.5	1.6	Decreased, 2003-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Male Tobacco Use	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days									
	9.1	7.9	6.6	7.1	8.4	6.4	No linear change	No quadratic change	No change
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days									
	3.7	3.4	5.5	3.0	5.1	4.5	No linear change	No quadratic change	No change
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days									
	14.5	13.7	13.0	11.8	14.3	9.7	Decreased, 2003-2013	No quadratic change	Decreased
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days									
	17.4	17.4	17.5	16.9	19.3	12.7	No linear change	No quadratic change	Decreased

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

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Male Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN41: Percentage of students who had at least one drink of alcohol on one or more days during their life								
75.8	68.2	68.9	68.5	62.2	59.2	Decreased, 2003-2013	No quadratic change	No change
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years								
33.6	25.7	27.3	25.2	22.8	17.2	Decreased, 2003-2013	No quadratic change	Decreased
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days								
37.6	37.0	35.2	35.9	33.6	27.6	Decreased, 2003-2013	No quadratic change	No change
QN44: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days								
23.6	21.1	21.7	20.9	19.8	18.0	Decreased, 2003-2013	No quadratic change	No change
QN46: Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days								
		34.7	29.3	19.6	29.6	No linear change	Not available [§]	Increased

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§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District 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 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who used marijuana one or more times during their life								
45.0	40.2	36.8	42.0	41.2	40.3	No linear change	No quadratic change	No change
QN48: Percentage of students who tried marijuana for the first time before age 13 years								
15.5	11.4	13.0	12.1	12.5	10.6	Decreased, 2003-2013	No quadratic change	No change
QN49: Percentage of students who used marijuana one or more times during the past 30 days								
25.5	19.3	18.7	22.2	26.4	22.3	No linear change	No quadratic change	No change
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life								
8.2	8.1	9.0	9.0	9.8	9.1	No linear change	No quadratic change	No change
QN51: Percentage of students who 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								
12.0	12.3	11.7	9.3	9.8	8.4	Decreased, 2003-2013	No quadratic change	No change

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District 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 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN53: Percentage of students who used methamphetamines one or more times during their life								
8.7	7.6	6.7	4.4	6.4	4.5	Decreased, 2003-2013	No quadratic change	No change
QN54: Percentage of students who used ecstasy one or more times during their life								
10.8	6.8	11.2	10.8	15.4	10.6	Increased, 2003-2013	No quadratic change	Decreased
QN55: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life								
4.8	4.6	5.0	2.8	3.3	2.7	Decreased, 2003-2013	No quadratic change	No change
QN56: Percentage of students who have taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life								
				15.2	12.9	No linear change	Not available [§]	No change
QN57: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life								
3.7	2.7	3.9	2.1	4.1	3.0	No linear change	No quadratic change	No change

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§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Male Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN58: Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months								
45.2	36.6	33.3	28.3	37.0	30.5	Decreased, 2003-2013	Decreased, 2003-2009 No change, 2009-2013	Decreased

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

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Male
Sexual Behaviors**

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN59: Percentage of students who ever had sexual intercourse	43.2	43.4	42.1	44.2	46.0	38.1	No linear change	No quadratic change	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years	9.7	8.6	10.0	6.8	9.3	6.7	No linear change	No quadratic change	No change
QN61: Percentage of students who had sexual intercourse with four or more people during their life	15.7	14.0	14.5	14.9	14.9	11.2	No linear change	No quadratic change	No change
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months	26.0	26.5	28.3	30.3	29.4	24.3	No linear change	Increased, 2003-2009 Decreased, 2009-2013	No change
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse	30.0	24.6	27.5	23.7	27.4	24.4	No linear change	No quadratic change	No change

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†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Male Sexual Behaviors	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †	
	2003	2005	2007	2009	2011				2013
QN64: Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse									
	64.7	70.9	63.4	68.6	65.9	57.7	No linear change	No quadratic change	No change
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection									
	90.3	88.2	87.0	89.0	85.4	88.7	No linear change	No quadratic change	No change

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Male Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QNOWT: Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)								
16.8	13.9	14.1	13.6	18.5	15.5	No linear change	No change, 2003-2007 No change, 2007-2013	No change
QNOBESE: Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)								
13.4	16.4	17.5	14.8	15.5	15.9	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight								
26.9	27.9	26.6	22.6	26.8	24.3	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight								
34.4	35.3	34.3	32.2	37.2	30.0	No linear change	No quadratic change	Decreased
QN68: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days								
8.0	7.9	7.8	7.9	7.6	6.7	No linear change	No quadratic change	No change

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†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District 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 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN69: Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days								
6.2	4.7	5.9	4.6	4.6	3.7	Decreased, 2003-2013	No quadratic change	No change
QN70: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days								
3.6	3.5	5.5	4.2	3.9	2.7	No linear change	No quadratic change	No change
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days								
84.5	81.7	80.0	81.9	78.8	77.6	Decreased, 2003-2013	No quadratic change	No change
QN72: Percentage of students who ate fruit one or more times during the past seven days								
86.6	86.5	83.7	89.8	88.8	89.2	No linear change	No quadratic change	No change
QN73: Percentage of students who ate green salad one or more times during the past seven days								
58.3	60.9	57.0	58.8	57.2	59.6	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Male Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN74: Percentage of students who ate potatoes one or more times during the past seven days								
63.1	61.0	60.1	63.7	61.3	60.2	No linear change	No quadratic change	No change
QN75: Percentage of students who ate carrots one or more times during the past seven days								
51.3	48.7	52.1	54.2	50.0	50.0	No linear change	No quadratic change	No change
QN76: Percentage of students who ate other vegetables one or more times during the past seven days								
81.5	80.3	76.8	78.8	79.8	79.1	No linear change	No quadratic change	No change
QNFRVG: Percentage of students who ate fruits and vegetables five or more times per day during the past seven days								
18.9	21.4	20.1	24.6	21.9	21.6	No linear change	No quadratic change	No change
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days								
32.2	34.8	32.6	34.4	36.5	34.7	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District 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 2011-2013 †
2003	2005	2007	2009	2011	2013			
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days								
5.3	6.5	7.4	5.4	6.0	5.6	No linear change	No quadratic change	No change
QNFR1: Percentage of students who ate fruits or drank 100% fruit juices one or more times per day during the past seven days								
63.0	64.6	61.8	66.2	65.0	63.5	No linear change	No quadratic change	No change
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days								
21.4	22.6	23.2	23.8	23.3	22.2	No linear change	No quadratic change	No change
QNVEG: Percentage of students who ate vegetables three or more times per day during the past seven days								
9.0	12.6	12.2	14.2	12.6	15.2	Increased, 2003-2013	No quadratic change	No change
QNVEG0: Percentage of students who ate vegetables 0 times per day during the past seven days								
7.3	9.0	9.6	8.3	10.2	8.2	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Male Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QNVEG1: Percentage of students who ate vegetables one or more times per day during the past seven days								
55.6	56.6	56.5	59.9	58.7	58.4	No linear change	No quadratic change	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day during the past seven days								
21.8	24.7	23.8	28.5	24.9	27.4	Increased, 2003-2013	No quadratic change	No change
QNFRVG2: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day and ate vegetables three or more times per day during the past seven days								
6.9	10.2	8.5	9.7	10.3	10.8	No linear change	No quadratic change	No change
QN77: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days								
		25.1	22.3	22.0	18.7	Decreased, 2007-2013	Not available [§]	No change
QNSODA0: Percentage of students who drank a can, bottle, or glass of soda or pop 0 times per day during the past seven days								
		20.4	17.2	19.8	29.0	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Male						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Weight Management and Dietary Behaviors								
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day during the past seven days						No linear change	Not available [§]	No change
		16.1	13.5	14.7	12.7			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day during the past seven days						No linear change	Not available	No change
		9.3	5.7	7.9	6.5			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Male Physical Activity						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN80: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days								
		51.3	55.1	54.3	55.7	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days								
		12.9	12.1	13.0	12.7	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days								
		31.8	34.1	32.5	33.2	No linear change	Not available	No change
QN81: Percentage of students who watched three or more hours per day of TV on an average school day								
43.0	45.4	39.1	33.3	34.8	28.0	Decreased, 2003-2013	No quadratic change	Decreased
QN82: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day								
		32.5	32.2	34.5	38.6	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Male Physical Activity	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †	
	2003	2005	2007	2009	2011				2013
QN83: Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school									
	63.7	65.3	61.1	60.2	60.2	58.2	No linear change	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school									
	45.1	42.0	42.9	41.6	42.0	43.5	No linear change	No quadratic change	No change
QN84: Percentage of students who played on one or more sports teams during the past 12 months									
	59.0	59.7	58.6	61.1	56.6	57.2	No linear change	No quadratic change	No change

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Male Other	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †	
	2003	2005	2007	2009	2011				2013
	QN86: Percentage of students who had ever been told by a doctor or nurse that they had asthma								
			22.1	21.1	20.9	20.3	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Male Site-Added	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011			
QN87: Percentage of students who describe themselves as gay or lesbian or bisexual								
				4.0	3.2	No linear change	Not available [§]	No change
QN89: Percentage of students who responded that the person they were going out with had ever threatened them, limited their activities against their will, or made them feel unsafe in any other way								
			10.2	9.1	5.2	Decreased, 2009-2013	Not available	Decreased
QN90: Percentage of students who have been harassed one or more times during the past 12 months because someone thought they were gay, lesbian, or bisexual								
			12.5	10.1	11.0	No linear change	Not available	No change
QN91: 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 past 12 months								
			10.6	10.9	10.9	No linear change	Not available	No change
QN92: Among students who have had sexual intercourse, the percentage whose partners were three or more years older than themselves the first time they had sexual intercourse								
				12.0	12.8	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Male Site-Added	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN93: Percentage of students who have been pregnant or gotten someone pregnant one or more times									
	3.4	4.9	5.6	5.4	7.1	3.7	No linear change	No change, 2003-2009 No change, 2009-2013	Decreased
QN94: Percentage of students who have ever participated in oral sex									
			40.1	43.0	40.8	38.8	No linear change	Not available [§]	No change
QN95: Percentage of students who have had sexual contact with males and females during their life									
				1.8	1.6		No linear change	Not available	No change
QN97: Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)									
		4.9	5.9	4.4	3.2		No linear change	Not available	No change
QN98: Among students who have had a check-up, the percentage whose doctor or nurse discussed ways to prevent pregnancy, AIDS, or other sexually transmitted diseases (STDs) during their last check-up									
			36.0	32.6	41.0		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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Male Site-Added	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011			
QN99: Percentage of students who have ever had the HPV vaccine, a vaccine to prevent human papillomavirus or HPV infection								
				11.6	29.1	Increased, 2011-2013	Not available [§]	Increased
QN100: Percentage of students who most of the time or always wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day								
		7.5	7.0	6.0	7.3	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Female
Injury and Violence**

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet	72.7	71.2	70.8	73.6	73.6	70.9	No linear change	No quadratic change	No change
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else	4.7	5.9	4.6	4.2	3.3	3.1	Decreased, 2003-2013	No quadratic change	No change
QN10: Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol	29.4	27.4	27.8	24.8	24.0	20.2	Decreased, 2003-2013	No quadratic change	No change
QN13: Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days	5.8	7.1	6.2	6.0	6.2	3.4	No linear change	No quadratic change	Decreased
QN14: Percentage of students who carried a gun on one or more of the past 30 days	1.2	1.7	1.1	0.7	0.8	0.4	Decreased, 2003-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Female Injury and Violence

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN15: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days	1.5	3.8	2.7	3.2	2.4	0.9	No linear change	No change, 2003-2009 Decreased, 2009-2013	Decreased
QN16: Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school	7.1	9.6	5.7	5.0	6.8	7.2	No linear change	No quadratic change	No change
QN17: Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months	5.1	7.3	4.7	5.5	4.6	2.1	Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	Decreased
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months	27.5	29.3	21.9	25.1	23.5	15.4	Decreased, 2003-2013	No quadratic change	Decreased
QN19: Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse	1.6	3.5	2.1	2.4	2.3	2.7	No linear change	No quadratic change	No change

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

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Female
Injury and Violence**

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
Q20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months	7.8	10.3	7.5	8.0	8.3	2.7	Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	Decreased
Q21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to	10.8	13.2	9.5	9.3	7.9	8.9	Decreased, 2003-2013	No quadratic change	No change
Q24: Percentage of students who had ever been bullied on school property during the past 12 months					17.6	17.4	No linear change	Not available [§]	No change
Q25: Percentage of students who had ever been electronically bullied during the past 12 months					16.2	18.4	No linear change	Not available	No change
Q26: Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	40.7	40.8	34.1	33.8	33.0	40.4	No linear change	Decreased, 2003-2009 No change, 2009-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Female
Injury and Violence**

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months	24.6	23.0	16.6	18.1	16.3	19.9	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change
QN28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months	21.7	16.3	12.3	13.3	15.1	16.5	Decreased, 2003-2013	Decreased, 2003-2007 Increased, 2007-2013	No change
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months	13.1	12.5	9.4	7.9	11.2	10.1	No linear change	No quadratic change	No change
QN30: Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	2.9	2.7	2.4	1.9	3.2	2.7	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever tried cigarette smoking, even one or two puffs								
52.3	47.8	39.1	40.5	41.7	36.1	Decreased, 2003-2013	No quadratic change	No change
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years								
13.3	12.5	6.8	7.1	6.5	3.3	Decreased, 2003-2013	No quadratic change	Decreased
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days								
13.5	14.5	8.9	9.3	12.4	8.4	Decreased, 2003-2013	No quadratic change	No change
QNFRSIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days								
1.8	2.6	1.8	2.0	2.9	0.2	No linear change	No change, 2003-2009 Decreased, 2009-2013	Decreased
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days								
3.4	4.5	2.4	2.1	1.6	0.5	Decreased, 2003-2013	No change, 2003-2007 Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Female Tobacco Use	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days									
	7.4	6.6	3.9	4.2	5.3	2.7	Decreased, 2003-2013	No quadratic change	Decreased
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days									
	1.2	2.9	0.9	1.8	2.5	1.0	No linear change	No quadratic change	Decreased
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days									
	9.1	9.0	6.3	6.4	6.3	4.0	Decreased, 2003-2013	No quadratic change	No change
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days									
	15.5	16.7	9.8	11.0	14.0	10.3	Decreased, 2003-2013	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Female Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN41: Percentage of students who had at least one drink of alcohol on one or more days during their life						Decreased, 2003-2013	No quadratic change	No change
74.8	74.7	75.0	70.4	68.0	63.2			
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years						Decreased, 2003-2013	No change, 2003-2007 Decreased, 2007-2013	Decreased
22.7	25.7	22.5	20.1	20.6	14.1			
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days						Decreased, 2003-2013	No quadratic change	No change
39.4	40.2	38.2	36.4	32.3	29.6			
QN44: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days						Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	No change
20.8	22.7	22.0	20.4	18.2	13.8			
QN46: Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days						No linear change	Not available [§]	No change
		43.4	47.0	44.6	47.0			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Female Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who used marijuana one or more times during their life						No linear change	Decreased, 2003-2007 Increased, 2007-2013	No change
39.8	37.8	32.4	32.4	38.9	40.3			
QN48: Percentage of students who tried marijuana for the first time before age 13 years						No linear change	No quadratic change	No change
8.9	8.2	8.4	6.2	8.7	6.2			
QN49: Percentage of students who used marijuana one or more times during the past 30 days						No linear change	No change, 2003-2007 Increased, 2007-2013	No change
19.0	18.0	14.5	15.4	21.5	21.1			
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life						Decreased, 2003-2013	No change, 2003-2007 Decreased, 2007-2013	No change
7.0	8.5	8.2	6.1	6.9	4.3			
QN51: Percentage of students who 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						Decreased, 2003-2013	No quadratic change	Decreased
13.3	14.8	9.6	12.1	12.1	7.5			

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Female Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN53: Percentage of students who used methamphetamines one or more times during their life						Decreased, 2003-2013	No change, 2003-2007 Decreased, 2007-2013	Decreased
6.2	7.7	6.0	3.3	3.2	1.2			
QN54: Percentage of students who used ecstasy one or more times during their life						Increased, 2003-2013	No quadratic change	Decreased
7.1	7.3	6.5	9.5	16.8	10.7			
QN55: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life						Decreased, 2003-2013	No quadratic change	No change
3.7	3.2	2.3	2.6	2.3	1.3			
QN56: Percentage of students who have taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life						No linear change	Not available [§]	No change
				12.6	10.1			
QN57: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life						No linear change	No quadratic change	No change
0.9	1.7	2.0	1.6	1.5	1.0			

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§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Female Alcohol and Other Drug Use						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN58: Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months								
36.5	29.4	26.5	29.2	26.8	29.6	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Female
Sexual Behaviors**

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN59: Percentage of students who ever had sexual intercourse	37.5	37.7	35.5	34.2	38.9	34.8	No linear change	No quadratic change	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years	2.8	3.4	4.4	2.9	2.9	1.7	No linear change	No change, 2003-2007 Decreased, 2007-2013	No change
QN61: Percentage of students who had sexual intercourse with four or more people during their life	8.6	7.4	5.8	7.4	8.8	4.9	No linear change	No quadratic change	Decreased
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months	27.1	27.9	27.7	25.0	26.3	24.0	No linear change	No quadratic change	No change
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse	18.2	15.3	14.4	18.9	15.7	11.0	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN64: Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse								
55.9	53.5	50.3	62.2	50.1	54.7	No linear change	No quadratic change	No change
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection								
92.1	90.2	86.3	87.2	87.0	88.5	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Female Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QNOWT: Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)								
14.4	14.5	15.9	14.0	13.4	17.2	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)								
5.7	8.6	6.6	7.7	6.9	6.7	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight								
39.5	37.8	35.5	30.5	29.2	37.8	Decreased, 2003-2013	Decreased, 2003-2009 Increased, 2009-2013	Increased
QN67: Percentage of students who were trying to lose weight								
61.2	60.2	59.8	59.2	59.7	64.5	No linear change	No change, 2003-2009 Increased, 2009-2013	No change
QN68: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days								
15.4	14.1	13.1	11.0	13.3	16.3	No linear change	Decreased, 2003-2009 Increased, 2009-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District 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 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN69: Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days								
8.6	8.0	5.7	5.6	6.8	4.9	Decreased, 2003-2013	No quadratic change	No change
QN70: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days								
7.5	8.1	7.3	6.1	5.7	6.9	No linear change	No quadratic change	No change
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days								
82.2	77.7	76.5	77.6	79.0	76.7	No linear change	No quadratic change	No change
QN72: Percentage of students who ate fruit one or more times during the past seven days								
88.6	86.3	88.9	92.3	91.8	90.8	Increased, 2003-2013	No quadratic change	No change
QN73: Percentage of students who ate green salad one or more times during the past seven days								
65.8	68.3	68.0	67.6	63.9	69.5	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District 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 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN74: Percentage of students who ate potatoes one or more times during the past seven days								
56.9	56.0	54.6	57.6	61.8	53.1	No linear change	No quadratic change	Decreased
QN75: Percentage of students who ate carrots one or more times during the past seven days								
52.4	49.7	54.6	55.7	52.4	56.6	No linear change	No quadratic change	No change
QN76: Percentage of students who ate other vegetables one or more times during the past seven days								
81.3	78.7	81.1	84.7	83.1	85.6	Increased, 2003-2013	No quadratic change	No change
QNFRVG: Percentage of students who ate fruits and vegetables five or more times per day during the past seven days								
18.4	16.2	20.9	22.5	20.4	19.1	No linear change	No quadratic change	No change
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days								
32.3	29.0	34.9	35.0	31.7	32.8	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District 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 2011-2013 †
2003	2005	2007	2009	2011	2013			
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days								
4.3	6.4	4.2	3.8	4.0	3.8	No linear change	No quadratic change	No change
QNFR1: Percentage of students who ate fruits or drank 100% fruit juices one or more times per day during the past seven days								
63.4	57.8	61.7	66.3	61.6	63.3	No linear change	No quadratic change	No change
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days								
21.7	19.0	20.8	21.5	19.8	19.9	No linear change	No quadratic change	No change
QNVEG: Percentage of students who ate vegetables three or more times per day during the past seven days								
11.7	8.7	13.1	13.1	13.5	12.9	Increased, 2003-2013	No quadratic change	No change
QNVEG0: Percentage of students who ate vegetables 0 times per day during the past seven days								
6.0	7.1	6.6	6.1	5.5	4.8	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Female Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QNVEG1: Percentage of students who ate vegetables one or more times per day during the past seven days						Increased, 2003-2013	No quadratic change	No change
56.7	53.7	56.3	62.7	57.4	59.7			
QNVEG2: Percentage of students who ate vegetables two or more times per day during the past seven days						Increased, 2003-2013	No quadratic change	No change
24.0	21.7	23.3	28.7	26.3	26.3			
QNFRVG2: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day and ate vegetables three or more times per day during the past seven days						Increased, 2003-2013	No quadratic change	No change
7.7	6.6	9.6	9.9	10.5	10.2			
QN77: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days						Decreased, 2007-2013	Not available [§]	Decreased
		14.2	13.7	14.0	8.2			
QNSODA0: Percentage of students who drank a can, bottle, or glass of soda or pop 0 times per day during the past seven days						No linear change	Not available	Increased
		30.8	29.4	24.6	35.2			

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

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

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Female Weight Management and Dietary Behaviors						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day during the past seven days								
		8.5	8.8	9.0	4.0	Decreased, 2007-2013	Not available [§]	Decreased
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day during the past seven days								
		4.9	4.7	5.1	2.4	Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Female
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN80: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days								
		41.1	38.8	36.8	42.5	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days								
		18.1	17.6	21.3	19.3	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days								
		18.3	18.4	16.7	20.1	No linear change	Not available	No change
QN81: Percentage of students who watched three or more hours per day of TV on an average school day								
40.4	36.5	36.5	28.2	31.2	27.8	Decreased, 2003-2013	No quadratic change	No change
QN82: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day								
		21.8	25.2	28.7	41.7	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Female Physical Activity						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN83: Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school								
60.3	59.4	57.3	50.8	56.2	52.3	Decreased, 2003-2013	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school								
44.7	39.2	39.7	33.9	39.1	36.7	No linear change	No quadratic change	No change
QN84: Percentage of students who played on one or more sports teams during the past 12 months								
45.8	47.0	50.3	52.3	44.0	48.6	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Female Other	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †	
	2003	2005	2007	2009	2011				2013
QN86: Percentage of students who had ever been told by a doctor or nurse that they had asthma			21.1	20.8	22.7	16.1	Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Female Site-Added						Linear Change*	Quadratic Change*	Change from 2011-2013 †
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN87: Percentage of students who describe themselves as gay or lesbian or bisexual								
				10.6	8.6	No linear change	Not available [§]	No change
QN89: Percentage of students who responded that the person they were going out with had ever threatened them, limited their activities against their will, or made them feel unsafe in any other way								
			13.3	13.1	7.8	Decreased, 2009-2013	Not available	Decreased
QN90: Percentage of students who have been harassed one or more times during the past 12 months because someone thought they were gay, lesbian, or bisexual								
			10.1	11.4	7.6	Decreased, 2009-2013	Not available	Decreased
QN91: 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 past 12 months								
			22.1	22.7	24.7	No linear change	Not available	No change
QN92: Among students who have had sexual intercourse, the percentage whose partners were three or more years older than themselves the first time they had sexual intercourse								
				23.0	21.8	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Female Site-Added	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN93: Percentage of students who have been pregnant or gotten someone pregnant one or more times									
	4.1	5.1	4.9	2.7	4.1	1.5	Decreased, 2003-2013	No change, 2003-2007 Decreased, 2007-2013	Decreased
QN94: Percentage of students who have ever participated in oral sex									
			34.1	29.8	35.3	35.7	No linear change	Not available [§]	No change
QN95: Percentage of students who have had sexual contact with males and females during their life									
				8.7	7.3		No linear change	Not available	No change
QN97: Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)									
			3.1	4.4	2.7	1.5	Decreased, 2007-2013	Not available	No change
QN98: Among students who have had a check-up, the percentage whose doctor or nurse discussed ways to prevent pregnancy, AIDS, or other sexually transmitted diseases (STDs) during their last check-up									
				40.1	42.4	45.0	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Female Site-Added						Linear Change*	Quadratic Change*	Change from 2011-2013 †				
Health Risk Behavior and Percentages												
2003	2005	2007	2009	2011	2013							
QN99: Percentage of students who have ever had the HPV vaccine, a vaccine to prevent human papillomavirus or HPV infection						46.8	43.5	No linear change	Not available [§]	No change		
QN100: Percentage of students who most of the time or always wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day						15.2	14.2	11.8	17.3	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

White* Injury and Violence						Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet								
57.4	61.6	58.1	63.2	55.7	57.4	No linear change	No quadratic change	No change
QN9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else								
4.0	5.6	2.1	0.7	1.8	4.0	No linear change	Decreased, 2003-2009 Increased, 2009-2013	No change
QN10: Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol								
29.9	26.9	25.7	23.9	24.3	18.0	Decreased, 2003-2013	No quadratic change	No change
QN13: Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days								
14.3	13.5	14.4	12.8	9.6	13.0	No linear change	No quadratic change	No change
QN14: Percentage of students who carried a gun on one or more of the past 30 days								
2.9	2.2	3.5	2.6	2.2	3.6	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

White* Injury and Violence						Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN15: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days								
4.3	3.9	3.2	3.0	4.6	3.5	No linear change	No quadratic change	No change
QN16: Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school								
3.4	5.1	2.5	2.7	3.3	4.5	No linear change	No quadratic change	No change
QN17: Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months								
8.8	9.1	5.5	7.3	4.5	5.1	Decreased, 2003-2013	No quadratic change	No change
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months								
30.0	33.2	23.3	27.0	22.3	17.8	Decreased, 2003-2013	No quadratic change	No change
QN19: Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse								
3.3	3.7	1.7	2.8	3.3	3.3	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

White* Injury and Violence	Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
	2003	2005	2007	2009	2011	2013			
QN20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months									
	10.4	11.3	8.4	8.2	10.7	4.5	Decreased, 2003-2013	No quadratic change	Decreased
QN21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to									
	7.3	9.6	8.0	5.9	4.6	6.6	No linear change	No quadratic change	No change
QN24: Percentage of students who had ever been bullied on school property during the past 12 months									
				16.1	20.0		No linear change	Not available [¶]	No change
QN25: Percentage of students who had ever been electronically bullied during the past 12 months									
				17.3	16.1		No linear change	Not available	No change
QN26: Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months									
	28.4	29.8	21.2	20.8	20.1	25.6	Decreased, 2003-2013	Decreased, 2003-2009 No change, 2009-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

White* Injury and Violence	Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
	2003	2005	2007	2009	2011	2013			
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months	20.1	18.2	12.8	8.9	12.1	12.2	Decreased, 2003-2013	Decreased, 2003-2009 No change, 2009-2013	No change
QN28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months	16.1	13.3	9.4	8.7	10.4	12.8	Decreased, 2003-2013	Decreased, 2003-2009 No change, 2009-2013	No change
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months	8.9	8.3	2.1	1.9	7.3	5.2	No linear change	Decreased, 2003-2009 Increased, 2009-2013	No change
QN30: Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	2.5	1.1	0.7	0.3	3.8	2.4	No linear change	No change, 2003-2007 Increased, 2007-2013	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

White* Tobacco Use	Health Risk Behavior and Percentages						Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]
	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever tried cigarette smoking, even one or two puffs	46.8	47.3	40.4	39.5	34.8	32.9	Decreased, 2003-2013	No quadratic change	No change
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years	15.8	11.3	7.0	5.0	7.7	4.2	Decreased, 2003-2013	No quadratic change	No change
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days	16.9	18.5	13.8	13.6	13.0	12.3	Decreased, 2003-2013	No quadratic change	No change
QNFRCIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days	6.4	5.8	4.0	3.7	5.3	1.6	Decreased, 2003-2013	No quadratic change	Decreased
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days	5.0	4.8	3.7	2.0	3.0	1.5	Decreased, 2003-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

White* Tobacco Use						Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days								
10.4	10.4	5.9	5.4	7.4	5.2	Decreased, 2003-2013	No quadratic change	No change
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days								
1.7	2.7	3.6	3.2	5.2	5.7	Increased, 2003-2013	No quadratic change	No change
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days								
12.0	14.0	12.7	9.4	10.9	8.5	No linear change	No quadratic change	No change
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days								
20.3	23.3	17.9	17.4	17.2	15.6	Decreased, 2003-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

White* Alcohol and Other Drug Use						Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN41: Percentage of students who had at least one drink of alcohol on one or more days during their life								
77.8	76.3	74.8	72.8	60.9	62.5	Decreased, 2003-2013	No quadratic change	No change
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years								
24.8	21.9	21.9	16.6	18.8	14.8	Decreased, 2003-2013	No quadratic change	No change
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days								
45.1	49.1	42.1	38.2	27.3	37.4	Decreased, 2003-2013	No quadratic change	No change
QN44: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days								
30.3	29.2	26.6	22.3	16.2	21.7	Decreased, 2003-2013	No quadratic change	No change
QN47: Percentage of students who used marijuana one or more times during their life								
42.9	42.4	38.6	39.6	31.9	38.0	No linear change	No quadratic change	No change

*Non-Hispanic.

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

White* Alcohol and Other Drug Use						Linear Change[†]	Quadratic Change[†]	Change from 2011-2013[§]
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN48: Percentage of students who tried marijuana for the first time before age 13 years								
9.7	6.8	9.6	5.8	6.2	6.6	No linear change	No quadratic change	No change
QN49: Percentage of students who used marijuana one or more times during the past 30 days								
25.4	26.1	22.3	22.6	17.8	23.6	No linear change	No quadratic change	No change
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life								
7.1	8.0	10.9	7.8	7.6	8.6	No linear change	No quadratic change	No change
QN51: Percentage of students who 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								
11.5	16.6	9.7	9.9	13.1	8.3	No linear change	No quadratic change	No change
QN53: Percentage of students who used methamphetamines one or more times during their life								
6.8	5.6	5.7	4.3	3.7	4.7	No linear change	No quadratic change	No change

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

White*						Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
Alcohol and Other Drug Use								
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN54: Percentage of students who used ecstasy one or more times during their life						Increased, 2003-2013	No quadratic change	No change
7.8	7.0	10.0	11.1	15.2	10.6			
QN55: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life						No linear change	No quadratic change	No change
3.1	2.4	2.1	2.0	2.0	2.0			
QN56: Percentage of students who have taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life				18.4	16.4	No linear change	Not available [¶]	No change
QN57: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life						No linear change	No quadratic change	No change
2.3	0.6	2.0	0.8	2.9	1.7			

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

White*						Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
Alcohol and Other Drug Use								
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN58: Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months								
42.7	33.5	26.6	28.4	26.6	30.5	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change

*Non-Hispanic.

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

White* Sexual Behaviors						Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN59: Percentage of students who ever had sexual intercourse								
36.8	38.5	37.7	32.7	28.5	34.3	No linear change	No quadratic change	No change
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years								
4.3	2.9	4.6	2.6	2.4	3.6	No linear change	No quadratic change	No change
QN61: Percentage of students who had sexual intercourse with four or more people during their life								
9.6	9.7	8.6	8.1	9.3	7.3	No linear change	No quadratic change	No change
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months								
27.2	29.1	28.1	27.6	20.4	26.0	No linear change	No quadratic change	No change
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection								
94.6	93.0	91.2	92.5	91.1	90.0	Decreased, 2003-2013	No quadratic change	No change

*Non-Hispanic.

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

White* Weight Management and Dietary Behaviors						Linear Change[†]	Quadratic Change[†]	Change from 2011-2013[§]
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QNOWT: Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)								
10.2	10.3	9.6	10.8	9.7	10.4	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)								
4.3	7.7	4.7	6.1	7.1	7.4	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight								
24.5	27.0	23.7	20.5	22.4	21.9	Decreased, 2003-2013	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight								
39.9	45.5	40.8	39.1	41.9	41.7	No linear change	No quadratic change	No change
QN68: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days								
8.7	11.0	8.9	6.9	6.0	11.8	No linear change	No quadratic change	No change

*Non-Hispanic.

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District 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 2011-2013[§]
2003	2005	2007	2009	2011	2013			
QN69: Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days								
6.5	5.0	2.3	4.9	5.3	4.9	No linear change	No quadratic change	No change
QN70: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days								
3.9	5.8	4.9	3.7	4.2	4.6	No linear change	No quadratic change	No change
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days								
87.6	81.0	80.6	83.6	80.8	72.1	Decreased, 2003-2013	No quadratic change	Decreased
QN72: Percentage of students who ate fruit one or more times during the past seven days								
93.3	90.5	91.5	95.6	93.0	90.0	No linear change	No quadratic change	No change
QN73: Percentage of students who ate green salad one or more times during the past seven days								
75.1	77.5	74.0	77.1	72.6	74.4	No linear change	No quadratic change	No change

*Non-Hispanic.

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District 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 2011-2013[§]
2003	2005	2007	2009	2011	2013			
QN74: Percentage of students who ate potatoes one or more times during the past seven days								
70.5	67.0	60.7	67.3	64.2	58.8	Decreased, 2003-2013	No quadratic change	No change
QN75: Percentage of students who ate carrots one or more times during the past seven days								
63.8	57.4	59.7	65.1	57.5	59.1	No linear change	No quadratic change	No change
QN76: Percentage of students who ate other vegetables one or more times during the past seven days								
87.4	87.3	86.9	88.8	87.2	86.6	No linear change	No quadratic change	No change
QNFRVG: Percentage of students who ate fruits and vegetables five or more times per day during the past seven days								
21.9	18.3	21.7	27.6	22.8	18.1	No linear change	No quadratic change	No change
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days								
35.8	31.1	36.8	42.4	37.4	36.7	No linear change	No quadratic change	No change

*Non-Hispanic.

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District 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 2011-2013[§]
2003	2005	2007	2009	2011	2013			
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days								
2.9	4.9	3.6	1.3	3.3	5.5	No linear change	No quadratic change	No change
QNFR1: Percentage of students who ate fruits or drank 100% fruit juices one or more times per day during the past seven days								
70.6	65.8	68.4	78.3	71.1	67.2	No linear change	No quadratic change	No change
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days								
21.3	16.4	20.4	24.4	18.1	17.5	No linear change	No quadratic change	No change
QNVEG: Percentage of students who ate vegetables three or more times per day during the past seven days								
10.4	12.0	14.0	15.3	11.3	14.1	No linear change	No quadratic change	No change
QNVEG0: Percentage of students who ate vegetables 0 times per day during the past seven days								
2.9	3.5	4.1	2.6	5.4	5.0	No linear change	No quadratic change	No change

*Non-Hispanic.

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

White* Weight Management and Dietary Behaviors						Linear Change[†]	Quadratic Change[‡]	Change from 2011-2013[§]
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QNVG1: Percentage of students who ate vegetables one or more times per day during the past seven days								
69.9	68.3	69.2	72.2	66.3	67.1	No linear change	No quadratic change	No change
QNVG2: Percentage of students who ate vegetables two or more times per day during the past seven days								
30.1	32.3	29.5	36.1	31.0	30.5	No linear change	No quadratic change	No change
QNFV2: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day and ate vegetables three or more times per day during the past seven days								
7.3	10.0	10.7	10.9	9.0	9.7	No linear change	No quadratic change	No change
QN77: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days								
		20.2	12.6	14.7	14.6	No linear change	Not available [¶]	No change
QNSODA0: Percentage of students who drank a can, bottle, or glass of soda or pop 0 times per day during the past seven days								
		29.8	30.6	25.5	42.2	Increased, 2007-2013	Not available	Increased

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District 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 2011-2013[§]
2003	2005	2007	2009	2011	2013			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day during the past seven days								
		12.1	7.0	7.8	9.5	No linear change	Not available [¶]	No change
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day during the past seven days								
		4.9	3.1	2.6	4.5	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

White* Physical Activity						Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
Health Risk Behavior and Percentages								
2003	2005	2007	2009	2011	2013			
QN80: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days						No linear change	Not available [¶]	No change
		59.7	61.4	59.1	55.7			
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days						No linear change	Not available	No change
		10.2	6.6	15.3	12.7			
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days						No linear change	Not available	No change
		34.6	35.1	32.9	35.3			
QN81: Percentage of students who watched three or more hours per day of TV on an average school day						Decreased, 2003-2013	No quadratic change	No change
23.8	30.6	25.1	17.3	23.0	18.6			
QN82: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day						Increased, 2007-2013	Not available	No change
		22.4	25.7	29.6	34.3			

*Non-Hispanic.

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

White* Physical Activity	Health Risk Behavior and Percentages					Linear Change [†]	Quadratic Change [†]	Change from 2011-2013 [§]	
	2003	2005	2007	2009	2011				2013
QN83: Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school									
	58.9	61.3	59.0	54.3	65.2	54.1	No linear change	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school									
	44.0	39.1	41.8	42.0	45.9	38.1	No linear change	No quadratic change	No change
QN84: Percentage of students who played on one or more sports teams during the past 12 months									
	60.7	62.9	61.7	69.5	62.7	61.4	No linear change	No quadratic change	No change

*Non-Hispanic.

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

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

White* Other	Health Risk Behavior and Percentages					Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]
	2003	2005	2007	2009	2011			
QN86: Percentage of students who had ever been told by a doctor or nurse that they had asthma								
		22.4	22.6	21.5	17.8	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

White* Site-Added	Health Risk Behavior and Percentages					Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]	
	2003	2005	2007	2009	2011				2013
QN87: Percentage of students who describe themselves as gay or lesbian or bisexual									
				5.0	6.5	No linear change	Not available [¶]	No change	
QN89: Percentage of students who responded that the person they were going out with had ever threatened them, limited their activities against their will, or made them feel unsafe in any other way									
			7.3	11.1	5.8	No linear change	Not available	Decreased	
QN90: Percentage of students who have been harassed one or more times during the past 12 months because someone thought they were gay, lesbian, or bisexual									
			9.5	10.2	8.4	No linear change	Not available	No change	
QN91: 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 past 12 months									
			14.9	18.1	16.7	No linear change	Not available	No change	
QN93: Percentage of students who have been pregnant or gotten someone pregnant one or more times									
	2.8	2.0	3.8	1.6	2.8	1.7	No linear change	No quadratic change	No change

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

[¶]Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

White* Site-Added	Health Risk Behavior and Percentages					Linear Change [†]	Quadratic Change [‡]	Change from 2011-2013 [§]		
	2003	2005	2007	2009	2011				2013	
QN94: Percentage of students who have ever participated in oral sex			46.1	43.3	36.3	46.0	No linear change	Not available [¶]	No change	
QN95: Percentage of students who have had sexual contact with males and females during their life					5.6	4.9	No linear change	Not available	No change	
QN97: Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)			2.0	3.2	1.8	2.5	No linear change	Not available	No change	
QN98: Among students who have had a check-up, the percentage whose doctor or nurse discussed ways to prevent pregnancy, AIDS, or other sexually transmitted diseases (STDs) during their last check-up					34.5	32.3	36.8	No linear change	Not available	No change
QN99: Percentage of students who have ever had the HPV vaccine, a vaccine to prevent human papillomavirus or HPV infection					34.9	39.2		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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

White* Site-Added	Health Risk Behavior and Percentages					Linear Change†	Quadratic Change‡	Change from 2011-2013 §
	2003	2005	2007	2009	2011			
QN100: Percentage of students who most of the time or always wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day								
		18.7	20.3	11.8	18.5	No linear change	Not available¶	Increased

*Non-Hispanic.

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

¶Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Hispanic/Latino
Injury and Violence**

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
Q8: Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet	87.1	85.2	82.1	85.7	89.7	86.3	No linear change	No quadratic change	No change
Q9: Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else	7.0	7.2	7.6	5.3	4.5	5.8	No linear change	No quadratic change	No change
Q10: Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol	34.1	31.1	34.5	28.5	27.1	22.1	Decreased, 2003-2013	No quadratic change	Decreased
Q13: Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days	17.5	15.1	16.1	14.9	14.2	9.3	Decreased, 2003-2013	No quadratic change	Decreased
Q14: Percentage of students who carried a gun on one or more of the past 30 days	4.2	5.6	4.8	2.7	3.7	1.2	Decreased, 2003-2013	No change, 2003-2007 Decreased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Hispanic/Latino Injury and Violence

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN15: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days								
6.2	7.6	5.7	5.7	4.9	2.4	Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	Decreased
QN16: Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school								
10.9	14.2	8.7	6.5	8.9	7.3	Decreased, 2003-2013	No quadratic change	No change
QN17: Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months								
10.7	10.9	8.2	7.6	7.6	3.4	Decreased, 2003-2013	No quadratic change	Decreased
QN18: Percentage of students who were in a physical fight one or more times during the past 12 months								
39.0	35.4	37.3	36.5	34.9	24.4	Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	Decreased
QN19: Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse								
4.4	5.7	2.8	5.6	4.4	2.9	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Hispanic/Latino Injury and Violence

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
Q20: Percentage of students who were in a physical fight on school property one or more times during the past 12 months	13.9	14.1	16.6	12.3	13.4	6.3	Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	Decreased
Q21: Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to	9.5	11.5	7.7	7.0	6.8	7.8	Decreased, 2003-2013	No quadratic change	No change
Q24: Percentage of students who had ever been bullied on school property during the past 12 months					16.7	12.7	No linear change	Not available [§]	No change
Q25: Percentage of students who had ever been electronically bullied during the past 12 months					9.4	13.9	Increased, 2011-2013	Not available	Increased
Q26: Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	35.2	37.6	30.0	32.1	30.4	32.4	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Hispanic/Latino Injury and Violence

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN27: Percentage of students who seriously considered attempting suicide during the past 12 months	20.3	18.2	13.3	14.9	13.0	17.0	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change
QN28: Percentage of students who made a plan about how they would attempt suicide during the past 12 months	17.1	13.4	9.7	10.9	10.9	12.7	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change
QN29: Percentage of students who actually attempted suicide one or more times during the past 12 months	13.2	12.5	7.7	8.0	9.3	9.5	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	No change
QN30: Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	4.6	4.2	2.6	1.9	2.6	2.4	Decreased, 2003-2013	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Hispanic/Latino
Tobacco Use**

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN31: Percentage of students who ever tried cigarette smoking, even one or two puffs	63.7	54.2	47.5	49.2	52.5	44.1	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	Decreased
QN32: Percentage of students who smoked a whole cigarette for the first time before age 13 years	17.9	14.0	12.1	11.7	9.8	8.1	Decreased, 2003-2013	No quadratic change	No change
QN33: Percentage of students who smoked cigarettes on one or more of the past 30 days	13.4	14.6	11.9	13.9	15.9	8.8	No linear change	No quadratic change	Decreased
QNFRCIG: Percentage of students who smoked cigarettes on 20 or more of the past 30 days	1.2	2.3	1.9	2.2	3.1	0.8	No linear change	No change, 2003-2009 Decreased, 2009-2013	Decreased
QN36: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days	4.9	5.4	3.8	2.3	3.1	0.8	Decreased, 2003-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Hispanic/Latino Tobacco Use

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN37: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days	7.7	5.5	5.6	6.0	6.1	5.6	No linear change	No quadratic change	No change
QN39: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days	3.4	3.7	2.4	2.6	3.2	1.9	No linear change	No quadratic change	No change
QN40: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days	12.7	11.6	10.6	11.5	13.0	6.4	Decreased, 2003-2013	No quadratic change	Decreased
QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days	16.0	16.0	14.0	16.1	18.4	11.2	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Hispanic/Latino
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN41: Percentage of students who had at least one drink of alcohol on one or more days during their life								
81.6	75.5	78.2	73.6	74.6	68.5	Decreased, 2003-2013	No quadratic change	Decreased
QN42: Percentage of students who had their first drink of alcohol other than a few sips before age 13 years								
32.8	30.7	29.2	27.9	28.1	19.0	Decreased, 2003-2013	No quadratic change	Decreased
QN43: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days								
42.3	40.0	41.7	40.4	41.9	30.7	Decreased, 2003-2013	No change, 2003-2009 Decreased, 2009-2013	Decreased
QN44: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days								
22.8	22.8	23.9	23.9	24.1	17.4	No linear change	No change, 2003-2009 Decreased, 2009-2013	Decreased
QN46: Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days								
		38.2	34.2	31.8	34.3	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Hispanic/Latino
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN47: Percentage of students who used marijuana one or more times during their life								
45.2	39.5	37.6	39.6	48.2	49.2	Increased, 2003-2013	No change, 2003-2007 Increased, 2007-2013	No change
QN48: Percentage of students who tried marijuana for the first time before age 13 years								
16.0	11.5	10.9	11.6	15.2	12.2	No linear change	No quadratic change	No change
QN49: Percentage of students who used marijuana one or more times during the past 30 days								
22.3	15.4	17.1	19.8	28.1	25.7	Increased, 2003-2013	No change, 2003-2007 Increased, 2007-2013	No change
QN50: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life								
10.2	10.9	8.9	9.9	11.4	9.1	No linear change	No quadratic change	No change
QN51: Percentage of students who 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								
15.5	13.1	12.8	12.4	13.2	9.2	Decreased, 2003-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Hispanic/Latino
Alcohol and Other Drug Use**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN53: Percentage of students who used methamphetamines one or more times during their life								
9.4	10.7	7.6	5.2	5.5	3.1	Decreased, 2003-2013	No quadratic change	No change
QN54: Percentage of students who used ecstasy one or more times during their life								
9.4	6.8	7.0	10.6	20.0	11.3	Increased, 2003-2013	No quadratic change	Decreased
QN55: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life								
5.3	5.2	4.7	3.3	3.1	2.6	Decreased, 2003-2013	No quadratic change	No change
QN56: Percentage of students who have taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life								
				13.0	10.9	No linear change	Not available [§]	No change
QN57: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life								
2.2	4.2	2.9	2.5	2.6	2.1	No linear change	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Hispanic/Latino
Alcohol and Other Drug Use

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN58: Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months								
44.0	34.2	32.5	29.7	36.8	32.3	Decreased, 2003-2013	Decreased, 2003-2007 No change, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Hispanic/Latino Sexual Behaviors

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN59: Percentage of students who ever had sexual intercourse	44.3	42.2	41.2	42.8	48.8	40.1	No linear change	No quadratic change	Decreased
QN60: Percentage of students who had sexual intercourse for the first time before age 13 years	6.9	6.2	8.4	4.8	7.5	4.8	No linear change	No quadratic change	No change
QN61: Percentage of students who had sexual intercourse with four or more people during their life	13.0	10.8	11.6	12.0	12.7	10.0	No linear change	No quadratic change	No change
QN62: Percentage of students who had sexual intercourse with one or more people during the past three months	27.9	27.5	30.4	29.6	31.5	26.5	No linear change	No quadratic change	No change
QN63: Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse	18.9	16.4	20.5	23.2	23.3	18.5	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Hispanic/Latino
Sexual Behaviors**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN64: Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse								
59.8	58.5	58.7	64.5	58.0	53.7	No linear change	No quadratic change	No change
QN85: Percentage of students who had ever been taught in school about AIDS or HIV infection								
88.3	85.4	84.7	83.7	81.8	87.1	No linear change	No change, 2003-2009 No change, 2009-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QNOWT: Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)								
21.2	18.8	18.3	17.0	21.8	17.8	No linear change	No quadratic change	No change
QNOBESE: Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)								
13.8	18.3	16.9	14.2	13.7	14.1	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight								
42.4	41.1	36.3	30.8	32.7	35.9	Decreased, 2003-2013	Decreased, 2003-2009 No change, 2009-2013	No change
QN67: Percentage of students who were trying to lose weight								
57.0	55.0	54.7	52.1	56.8	52.0	No linear change	No quadratic change	No change
QN68: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days								
13.4	11.4	12.0	11.7	12.8	12.7	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN69: Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days								
9.1	7.8	7.3	6.5	6.2	4.6	Decreased, 2003-2013	No quadratic change	No change
QN70: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days								
6.1	6.1	6.8	6.2	4.6	5.9	No linear change	No quadratic change	No change
QN71: Percentage of students who drank 100% fruit juices one or more times during the past seven days								
82.5	82.0	79.4	78.4	80.3	77.9	Decreased, 2003-2013	No quadratic change	No change
QN72: Percentage of students who ate fruit one or more times during the past seven days								
87.4	87.5	86.8	89.8	89.4	90.1	No linear change	No quadratic change	No change
QN73: Percentage of students who ate green salad one or more times during the past seven days								
55.7	59.9	57.8	58.3	57.4	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, $p < 0.05$.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN74: Percentage of students who ate potatoes one or more times during the past seven days								
58.3	55.4	60.6	59.0	62.5	59.5	No linear change	No quadratic change	No change
QN75: Percentage of students who ate carrots one or more times during the past seven days								
50.7	48.9	52.7	52.0	49.6	52.5	No linear change	No quadratic change	No change
QN76: Percentage of students who ate other vegetables one or more times during the past seven days								
80.0	73.2	75.1	77.1	77.5	79.6	No linear change	No change, 2003-2007 No change, 2007-2013	No change
QNFRVG: Percentage of students who ate fruits and vegetables five or more times per day during the past seven days								
16.0	18.9	21.8	21.2	21.2	19.8	Increased, 2003-2013	Increased, 2003-2007 No change, 2007-2013	No change
QNFRUIT: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days								
31.0	33.4	34.8	31.2	32.9	32.6	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QNFR0: Percentage of students who ate fruits or drank 100% fruit juices 0 times per day during the past seven days								
4.9	5.8	5.4	6.4	4.7	4.5	No linear change	No quadratic change	No change
QNFR1: Percentage of students who ate fruits or drank 100% fruit juices one or more times per day during the past seven days								
63.6	62.2	64.4	61.4	61.7	61.3	No linear change	No quadratic change	No change
QNFR3: Percentage of students who ate fruits or drank 100% fruit juices three or more times per day during the past seven days								
21.1	22.8	23.9	21.2	23.3	22.8	No linear change	No quadratic change	No change
QNVEG: Percentage of students who ate vegetables three or more times per day during the past seven days								
8.5	10.0	13.7	12.6	13.4	12.0	Increased, 2003-2013	Increased, 2003-2007 No change, 2007-2013	No change
QNVEG0: Percentage of students who ate vegetables 0 times per day during the past seven days								
8.1	11.2	8.9	9.7	9.8	7.7	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QNVEG1: Percentage of students who ate vegetables one or more times per day during the past seven days								
50.4	48.8	52.0	54.4	52.8	54.1	No linear change	No quadratic change	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day during the past seven days								
18.9	18.9	22.0	24.7	22.7	23.0	Increased, 2003-2013	No quadratic change	No change
QNFRVG2: Percentage of students who ate fruits or drank 100% fruit juices two or more times per day and ate vegetables three or more times per day during the past seven days								
5.5	8.0	10.2	9.1	10.4	8.7	Increased, 2003-2013	Increased, 2003-2007 No change, 2007-2013	No change
QN77: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days								
		21.5	22.1	18.1	15.3	Decreased, 2007-2013	Not available [§]	No change
QNSODA0: Percentage of students who drank a can, bottle, or glass of soda or pop 0 times per day during the past seven days								
		19.4	17.8	19.3	23.5	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day during the past seven days								
		13.2	13.3	11.4	9.5	Decreased, 2007-2013	Not available [§]	No change
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day during the past seven days								
		8.4	6.3	7.0	5.7	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

Hispanic/Latino Physical Activity	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN80: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days			38.5	38.1	38.3	44.2	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days			17.5	17.8	17.3	17.3	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days			19.7	21.1	20.0	20.6	No linear change	Not available	No change
QN81: Percentage of students who watched three or more hours per day of TV on an average school day	46.9	41.1	42.1	34.8	37.9	31.9	Decreased, 2003-2013	No quadratic change	No change
QN82: Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day			25.3	25.1	28.3	41.1	Increased, 2007-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

**San Diego Unified School District High School Survey
10-year Trend Analysis Report**

**Hispanic/Latino
Physical Activity**

Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
2003	2005	2007	2009	2011	2013			
QN83: Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school								
62.1	62.1	61.3	54.9	55.5	52.2	Decreased, 2003-2013	No quadratic change	No change
QNDLYPE: Percentage of students who attended physical education (PE) classes daily in an average week when they were in school								
41.4	38.8	41.0	34.2	38.3	37.7	No linear change	No quadratic change	No change
QN84: Percentage of students who played on one or more sports teams during the past 12 months								
45.1	48.5	51.3	48.6	42.7	45.3	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Hispanic/Latino Other	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †	
	2003	2005	2007	2009	2011				2013
QN86: Percentage of students who had ever been told by a doctor or nurse that they had asthma			19.2	19.5	17.6	17.5	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Hispanic/Latino Site-Added	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011			
QN87: Percentage of students who describe themselves as gay or lesbian or bisexual								
				7.8	6.6	No linear change	Not available [§]	No change
QN89: Percentage of students who responded that the person they were going out with had ever threatened them, limited their activities against their will, or made them feel unsafe in any other way								
			13.9	11.3	7.5	Decreased, 2009-2013	Not available	Decreased
QN90: Percentage of students who have been harassed one or more times during the past 12 months because someone thought they were gay, lesbian, or bisexual								
			10.4	10.1	10.9	No linear change	Not available	No change
QN91: 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 past 12 months								
			17.6	16.8	20.3	No linear change	Not available	No change
QN92: Among students who have had sexual intercourse, the percentage whose partners were three or more years older than themselves the first time they had sexual intercourse								
				19.0	18.3	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey 10-year Trend Analysis Report

Hispanic/Latino Site-Added

	Health Risk Behavior and Percentages						Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011	2013			
QN93: Percentage of students who have been pregnant or gotten someone pregnant one or more times	4.1	7.0	5.4	4.9	6.3	3.5	No linear change	No change, 2003-2007 No change, 2007-2013	No change
QN94: Percentage of students who have ever participated in oral sex			34.5	35.3	38.4	35.0	No linear change	Not available [§]	No change
QN95: Percentage of students who have had sexual contact with males and females during their life					5.1	4.8	No linear change	Not available	No change
QN97: Percentage of students who have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)			4.0	6.0	3.3	2.9	No linear change	Not available	No change
QN98: Among students who have had a check-up, the percentage whose doctor or nurse discussed ways to prevent pregnancy, AIDS, or other sexually transmitted diseases (STDs) during their last check-up				42.3	42.2	50.5	Increased, 2009-2013	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.

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

San Diego Unified School District High School Survey
10-year Trend Analysis Report

Hispanic/Latino Site-Added	Health Risk Behavior and Percentages					Linear Change*	Quadratic Change*	Change from 2011-2013 †
	2003	2005	2007	2009	2011			
QN99: Percentage of students who have ever had the HPV vaccine, a vaccine to prevent human papillomavirus or HPV infection								
				27.1	37.5	Increased, 2011-2013	Not available [§]	Increased
QN100: Percentage of students who most of the time or always wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day								
		8.8	6.4	7.3	8.8	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.